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**Sona Lakhoyan Olivier**

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 for our Laval MNAs

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Tout mon support en ce mois de sensibilisation au cancer du sein.

All my support on this month of breast cancer awareness.



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# 30,000 new trees in Laval by 2025

*Together, Let's Create a Greener, Cooler, More Resilient City*

Last summer was plagued by forest fires, smog episodes and heat waves. The season was the hottest on record worldwide, reminding us of the urgent need to take action to reverse that trend. Ville de Laval has undertaken an unprecedented change of direction in the fight against climate change. It has tabled the Plan climatique - Horizon 2035, which is presented as a collective approach to ecological transition, a set of commitments needed to create a more resilient territory.

Among the objectives of this plan, Laval wishes to achieve its target of 27% canopy cover (the forest cover formed by the tops of trees) and combat urban heat islands by reducing their surface area from 12% to 11% by 2035. To do so, Ville de Laval plans to plant 15,000 trees on private residential, commercial and industrial land over the next two years and remove 3360 m<sup>2</sup> of pavement. This is in addition to the 15,000 trees it will plant on its own grounds as well as in public right-of-way spaces.

## Up to 10 free trees for residents plus financial incentives for commercial property owners

To encourage the whole community to contribute toward greening the territory, Ville de Laval has just launched a brand-new tree donation program for residents, through which it will donate up to 10 free trees per address.

As for owners of commercial and industrial land located in an urban heat island, they can take advantage of a pavement removal and greening project whose costs will be covered 50% by Ville de Laval. In this regard, Ville de

Laval is working with CANOPÉE - Le réseau des bois de Laval, an organization made up of urban forest specialists. The organization's turnkey services include a site visit, development of a landscape plan based on your ideas and budget, pavement removal and planting as well as maintenance of the landscaping for a period of two years.

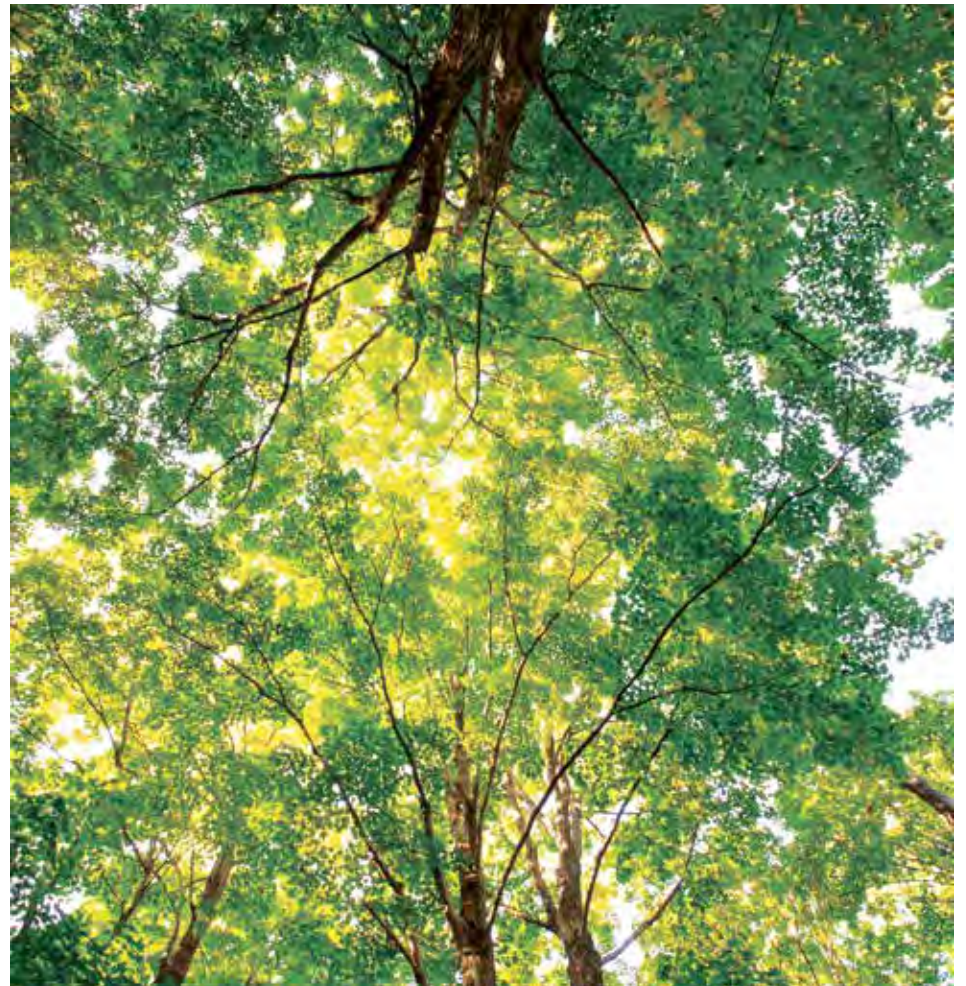
With a total investment of over \$9 million, these projects are being carried out with the financial support of the Québec government as part of the Plan pour une économie verte (plan for a green economy) 2030.

### Why plant trees on residential and commercial properties?

Trees help to regulate temperature and create refreshingly cool spaces in summer. In addition, their shade can help reduce electricity bills. Trees purify the air and promote mental and physical well-being.

Moreover, greening commercial properties and parking lots does much more than combat global warming and prevent flooding in the event of heavy rainfall. From a socio-economic point of view, it offers many advantages, including making spaces more attractive and creating a positive company image. Companies involved in greening demonstrate their environmental responsibility, which strengthens their ties with the community.


To find out more or to apply for financial assistance, go to [grantprograms.laval.ca](http://grantprograms.laval.ca), under Free and subsidized trees.



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Plan pour une  
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verte  Québec 



# 'Wireless' critics ask Laval to reconsider new street parking sign strategy

*Opponents claim system's electro-magnetic waves can aggravate health problems*

**MARTIN C. BARRY**

Local Journalism Initiative Reporter for The Laval News  
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A former leader of a grassroots group that tried more than a decade ago to draw attention to alleged electro-magnetic-induced health issues they claimed were caused by Hydro Quebec's wireless billing meters is asking the City of Laval to look into similar problems they say may be triggered by the city's new wireless parking signage network.

Parti Laval official opposition leader Claude Larochelle, who is the city councillor for Fabreville, tabled a petition during the Oct. 3 city council meeting which had been signed by 23 Laval residents who are opposed to the implementation of the wireless parking signage system.

## Easier snow removal

"These people are sensitive to electro-magnetic waves as well as light pollution and this is the reason why they wished to address the mayor and the councillors," said Larochelle, noting that the petition, which he said was initiated by Véronique Riopel, was accompanied by a letter which had been signed by the 23 residents.

Laval city council gave the go-ahead to the new wireless parking sign system in June. It is expected to simplify snow removal operations and winter-time street parking across Laval in the coming years.

The system will allow the public works department to act smoothly and quickly on snow removal by allowing electronically-lit no-parking warnings to be adjusted wirelessly, while doing away with the need to manually put up sandwich board no-parking signs before snow removal operations.

## Suspected health hazards

The system is also expected to be used during the summer months to warn motorists not to park on certain sides of Laval's streets whenever street-sweeping machinery is expected to pass by.



More than a decade ago, Véronique Riopel (photo above) was one of several people who were leading a movement across the province opposing Hydro Quebec's wireless meters, through a citizens' lobby group based here known as Laval Refuse.

At that time, she and other activists were asking Hydro Quebec to allow them to keep the old non-wireless analog billing meters in their households, as they felt certain that the wireless meters were emitting radio signals which were undermining their health.

Supporters of the anti-wireless cause in Laval and other parts of Quebec said they had gathered evidence and testimonials from persons

who claimed to have fallen ill or suffered significant side-effects. These included migraines and heart palpitations which came on soon after a wireless meter from Hydro Quebec was installed where they lived. They claimed the symptoms went away when they removed the suspected source.

## De la Concorde bike path

During the Oct. 3 council public question period, Pierre Anthian, a former city councillor and one-time mayoralty candidate from Laval-des-Rapides, said he was hearing complaints from bicyclists using the bike path that travels along de la Concorde Blvd. beneath the overpass near the de la Concorde intermodal transit station.

He said that at least one person told him she says a prayer before using the bike path as its layout was so poorly designed that bicyclists are taking their lives in their hands every time they travel on it. Action Laval city councillor for Saint-Bruno David De Cotis said he agreed with Anthian, while noting that a number of other bike paths in Laval are hazardous.

Mayor Stéphane Boyer said the de la Concorde bike path "is not the most pleasant because you pass beneath an overpass and there are echoes while buses and trucks are going along on de la Concorde." But he added that having no bike path at all in that location would be worse. He said the city is continuing to make improvements in order to make the city's bike paths more secure in the future, with special attention being focused on the de la Concorde bike path.

## Linear park controversy

The Action Laval opposition party reacted swiftly last week to the Boyer administration's decision to purchase the first two lots for an eventual linear park in central Laval at a cost of \$2.6 million.

The properties in question are located at the northwest corner of Souvenir and Le Corbusier boulevards near the Centre Laval shopping mall. While two Action Laval councillors said they favour the creation of the linear park, they added that they consider the way the mayor is going about it to be improvisation at a very high cost to taxpayers.

"The mayor has no idea of the total cost of this project," said Saint-Bruno city councillor David De Cotis. "Can you imagine that the government would go ahead into a project without having at least some idea of the total cost? I have never seen anything like this. The only point of reference he has to start this project is an image from his plan for the city centre."

## 'Irresponsible,' says opposition

Mayor Boyer acknowledged that he has never actually seen any hard numbers for the linear park project. Action Laval said it considers the city's purchase of the first properties for the park to be irresponsible if the city has no firm idea of what the eventual cost will be.

Val-des-Arbres councillor Achille Cifelli, who is Action Laval's current interim-leader, said he and the other members of the party voted against the purchase because they had no real idea of where the costs are headed. "We want to put into place responsible and accountable management, along with good governance," said.

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# OPINION & Editorial



## Time for a closer look at the plight of substitute teachers in public schools

Into the new school year, in the throes of challenges to survival of English school boards, hidden monsters rear their ugly heads.

Québec's costly Education Budget obliges greater understanding of the substitute-teacher phenomenon. The acknowledged substitute-teacher-shortage reflects low-numbers working countless-days. In the interest of Québec's 1.25 million students and 30,000 non-certified teachers, an unprecedented deep-dive into defining/describing the substitute-teacher-community and its dynamics is warranted.

The Education Ministry and unions, agreeing on shortages of teachers and teachers-on-call - supply - in education-system-jargon, disagree on the problem's gravity, its causes, and how it affects student-learning. Surprisingly, unions offer scant data on the issue.

Substitute-teachers are integral. Teachers get sick, take leaves for maternity/ bereavement/sabbaticals/other reasons, replaced by substitute/supply teachers from school-board on-call lists. Boards insisted on certified teachers. Not anymore. There's no rhyme-or-reason on how substitutes are integrated into schools, provoking many questions.

Mid-August 2023, Sir Wilfrid Laurier School Board declared 450 open-teacher-positions, five days later only 25. How did 425 teachers materialize-in-a-flash, with what qualifications? Sébastien Joly, executive director of the Québec Provincial Association of Teachers answered with, "Erroneous information. Since the recall hadn't occurred, positions were filled by teachers-on-recall."

The unions and Education Ministry agree it's difficult, sometimes impossible, to fill every teacher-opening, but the current crisis is the worst ever. Most openings are specialist positions that have had hiring stress for years, particularly French-Immersion and Special-Education. Getting accurate information on teacher-shortages is difficult, but one would think the contrary, since human resources are-at-play and should-be-at-work.

Québec school regions and union locals struggle for data on open-teaching-positions, uncertified teachers, out-of-province recruitment and teachers-on-call. Semi-official explanations are plagued by conflicting information from school boards and unions. Some boards don't track, thus leaving statistical voids.

In response to questions regarding substitutes, the Sir Wilfrid Laurier School Board's Frédérique Gascon, Interim Coordinator of Legal, Corporate and Communications, stated: "In conformity with section 47 of the "Act respecting Access to documents held by public bodies and the Protection of personal information", a response will be sent to you by October 23, 2023." Stay tuned for an October follow-up editorial.

President Stéphan Ethier of the Laurier Teachers' Union, representing Sir Wilfrid Laurier School Board teachers conceded by phone that substitutes have no obligation to the Board or to accept calls-for-vacancies. "They're union members when working, paying dues, protected for that day should incidents occur. Substitution isn't a local decision, it's provincial." Shortages differ area-to-area, school-to-school. Laval openings have placed more uncertified teachers in permanent and/or contract positions, as well as teacher-on-call lists.

Legislation requires certification for public-and-private school-teachers, exceptions/exemptions made through Letters of Tolerance, one-year-passes for university-graduates waiting for certification or relocating from other provinces.

The Ministry of Education must certify more teachers by offering abridged-teacher-education-programs combining online and in-person-classes. Teachers with letters-of-tolerance could earn degrees without leaving their communities for a year, having no income. These pathways would certify many very talented individuals who just don't have formal teaching credentials. Presently, only a Master's program exists,

the one-year-program aborted in the 1990s.

In Québec, uncertified teachers aren't rare, many have Bachelor's degrees, having worked for school boards 10-15-20 years, without protection, often treated unfairly, quickly discarded for friends, sons, daughters, nieces and nephews of teachers - in unacknowledged nepotism. No protection for individuals rendering loyal/ professional services.

Why do substitute-teachers pay union dues, without protection, except on working days, deprived of pecking/seniority rights? Unions must do more for these replacement teachers. Common sense questions treatment of these teachers who suffer chronic frustration from non-recognition. Just because no system exists, doesn't mean that one can't be implemented.

Several individuals, speaking anonymously, fearing reprisals, stated that substitute teachers must have a say in a union, or at least be recognized within present unions as real entities entitled to rights/benefits of certified/tenured teachers. "We want our degrees and years-of-service within Boards recognized, and be called upon in that order, same as permanent staff."

Stop who knows who/warm bodies that exclude people with degrees and long service as replacement/contract teachers. "We're educated. We just don't have brevets. It's not about money, same rate-per-day, degree-or-not, changing only on contract," stated the substitute teacher under cover-of-anonymity.

Substitutes need community support. The plight of substitute teachers excluded from school-board human-resources-deployment must be addressed. They're not taken seriously enough but labour-negotiating-power of unions can change things.

Questions require answers. What's regular pay/benefits? Were these unique needs addressed? Not in current negotiations, said Sébastien Joly, executive-director of QPAT, representing Québec public Anglophone teachers. "The subject never came up," he summed up.

Some bureaucratic top-down-military strategies ignore individuals perceived as emotionless robots devoid-of-human needs. Public education demanded that orders be given and obeyed, structures that persist today, sadly devouring defenseless substitute teachers.

In public schools, 2023, principals/vice-principals reign, omitting support-staff from conversations/equations. Too many administrators and students see substitutes as sub-human, constantly ignored and disrespected, as part-timers.

To move forward, change the title. Substitute Teacher stigmatizes. Substituting isn't easy, try it for a week-or-two. Everyone is an expert on public education but which adults are in classrooms day-in-day-out? Teachers and substitute-teachers. Everyone must be empowered. For public education to improve - start with recognizing substitute- teachers who mitigate difficult scenarios with commitment and grit.

Ultimately, substitute-teachers will need their own provincial union. It would be sinful to write-and-not-be-read, for individuals' names and independence to get lost. Advocating for Individual rights that must-apply-to-all, not just the few, is right. Substitutes are crucial throughout public education, yet are treated like migrant workers, invisible, dispensable.

Correction is imperative. Enhancement of public education demands empowerment of all. Substitute teachers deserve appreciation of their worth and value. Ultimately, if unions don't step up, substitute teachers will have to form their own provincial union, as suggested by several anonymous callers.

To shake things, current substitute teachers discarded or wronged by administration, for benefit of favourites, must file union-grievances, best justice until legitimate pecking orders/seniority lists are created and enforced by school boards and unions.

Renata Isopo

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## Acquisition of land in the downtown core

*A first step towards the development of Linear Remembrance Park*

With the acquisition of the first two lots strategically located at the northwest intersection of Le Corbusier and du Souvenir, the City of Laval is beginning the implementation of a large park with a final length of 1 km, in the heart of downtown, on both sides of Du Souvenir. A flagship project that is part of the Downtown Special Planning Program (SPP) vision, its development will contribute significantly to the greening of the sector and active mobility from east to west. A public consultation will eventually be launched on the development of this large park. Already, the City plans to green as soon as possible the land with a total area of 1663.6 m<sup>2</sup> newly acquired following the approval of the municipal council.

“Today’s acquisition is a strong signal of our desire to green downtown Laval. The progressive development of the linear park will multiply the islands of freshness and, by the same token, will help create a more convivial living environment for citizens. This is a first step towards the metamorphosis of our city.” — Stéphane Boyer, Mayor of Laval

It should be noted that other projects aimed at greening downtown Laval and improving its experience are also planned, including the development of the wooded area of Trait-Carré, the development of a regional park in Carré Laval and several cultural interventions in the Montmorency pole.



## \$292,272 to support 4 projects for youth through the Place du Souvenir Fund

Four promising projects that promote the inclusion, participation, accessibility and perseverance of young people from disadvantaged backgrounds will be supported by a total investment of \$292,272 from the City through the Fonds Place-du-Souvenir. Since 2017, the City of Laval has invested nearly \$3,392,000 for young people from disadvantaged backgrounds in the territory through the Place-du-Souvenir.

“The City of Laval is proud to support these four structuring projects that will reach many young Laval residents. In addition to promoting their full development, these projects will have a significant impact on the fight against poverty and exclusion, and they will contribute to improving the quality of life of Laval youth. As an administration, it is our wish that the significant sums from the fight against corruption be reinvested in the community. Thanks to the Place du Souvenir’s Fund, we are pleased to give back to Canadians what is rightfully theirs.” — Stéphane Boyer, Mayor of Laval

Each year, members of the Fonds Place-du-Souvenir advisory committee recommend projects that can respond to current issues affecting Laval youth. Among all the projects presented, four were selected by the City, in particular because they correspond to the orientations of the 2021-2025 Integrated Youth Action Plan, namely the fight against poverty and social exclusion, school perseverance and educational success, access to cultural, leisure, sports and outdoor activities, as well as the social integration of young Laval immigrants.

### The four projects selected this year

1. Les Productions le P’tit Monde will undertake the project

“Creativity at the service of the school perseverance of young Lavalians”, intended for students aged 10 to 13 who are accompanied in the creation of short fiction films. Duration: 10 months, amount awarded: \$55,968

2. The Maison des enfants le Dauphin will set up its project “Confidences à un Dauphin 2.0 – Agilité et consolidation”, a personalized and confidential correspondence service currently available in 38 elementary schools in Laval that will be enhanced during this new phase. Duration: 2 years, amount awarded: \$100,131
3. The Initiative locale St-François en action, as part of its project “Pour un vivre ensemble à St-François”, will hire a resource specialized in youth and immigration who will coordinate the implementation of unifying activities. Duration: 2 years, amount awarded: \$102,656
4. Bluff Productions will implement its project “Tools and workshops for the prevention of psychological distress accompanying the play Rose”, a play for youth aged 11 to 15 that addresses the issue of mental health. Duration: 1 year, amount awarded: \$33,517

### About the Place du Souvenir Fund

Created in 2017, resulting from the recovery of sums previously embezzled by corruption and collusion in Laval, the Fonds Place-du-Souvenir is a lever for intervention allowing children and adolescents aged 0 to 17 from disadvantaged backgrounds to reach their full development.

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Saveurs  
de Laval 

# David De Cotis takes part in Terry Fox School's annual cancer run

*'It gives me hope that we are heading towards solutions,' says Action Laval city councillor*

**MARTIN C. BARRY**

Local Journalism Initiative Reporter for The Laval News  
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Action Laval city councillor for Saint-Bruno David De Cotis took part on Sept. 22 in Terry Fox Elementary School's annual Terry Fox Run.

In keeping with the legacy left behind by Terry Fox, the students take part in the fundraiser for cancer research each year.

"I see these youths getting involved and it gives me hope that we are heading towards solutions in this fight," De Cotis said.

## Youths getting involved

"Social involvement is built up through small gestures like this," he added. "Little by little, big things become reality."

For the students at Terry Fox Elementary, taking part in the Terry Fox Run is now an annual ritual. Under the watchful eye of their teachers, the students fulfill the promise of the courage of the late Terry Fox as their role model.

## 'National hero,' says De Cotis

De Cotis emphasized that Terry Fox was "more than a role model, he was a national hero. That he is inspiring this new generation is one of the most wonderful things I have ever seen in my city."

"We at the Sir Wilfrid Laurier School Board are proud to see our youths becoming involved for causes like this one," said Barbara Barasso, the SWLSB commissioner for District 6. "We will continue to encourage this kind of involvement."



## Virginie Dufour introduces bill *Intent to put an end to evictions of tenants in order to make tourist accommodation*



Official Opposition critic for municipal affairs and housing, Virginie Dufour, introduced an important bill in the National Assembly to prohibit evictions aimed at transforming housing into short-term tourist accommodation.

At a time when Quebec is experiencing the worst housing shortage in its history, the Liberal member for Mille-Îles wishes, with her bill, to offer better protection to tenants against this practice, by putting an end to these conversions that contribute to the crisis. It reminds us that it is our elders who are too often the unfortunate victims of

these evictions and that it is imperative to protect them from such manoeuvres.

"There is an urgent need for concrete action to increase housing supply and not the other way around. In the midst of a housing crisis, we can no longer accept tenants being put on the street to convert units into short-term tourist accommodation. After denying this crisis for years, the CAQ has the opportunity to take a first step by quickly calling our bill and thus better protecting tenants," she said, presenting the bill.

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# At work and play, meet Fabre MNA Alice Abou-Khalil

*She likes to bike or roller blade after long sessions in the National Assembly*

**MARTIN C. BARRY**

Local Journalism Initiative Reporter for The Laval News  
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An avid enthusiast for physical activities, including bicycling and roller blading, Fabre CAQ MNA Alice Abou-Khalil says she needs the workouts to make up for all the sitting-down time spent at the Quebec National Assembly. (Photo: Martin C. Barry, Laval News)

In a wide-ranging interview a year after first being elected to the Quebec National Assembly, CAQ MNA for Fabre Alice Abou-Khalil told *The Laval News* she is on the verge of persuading the Legault government to build at least one new high school in Fabre to meet the needs of an expanding population that includes a large number of families.

Last October 3 marked the end of the first year since the 2022 provincial election. Laval's voters decided that four out of six of the region's National Assembly seats would go to Premier François Legault's Coalition Avenir Québec. In the meantime, a local deficit in local educational resources was just one of the needs identified by Abou-Khalil.

## New high school needed

"In Fabre there is no école secondaire – there is no high-school," Abou-Khalil pointed out during an interview last week at her Sainte-Dorothée constituency office, while noting that neither the French- or English-speaking communities currently have access to a high-school.

Although the number of children living in the riding falls just beneath a threshold that would be necessary to meet the education ministry's requirements for a new high school, Abou-Khalil said that with demographic changes taking place now, the high school could become a reality by next year.

## Pushing, but no promises

"I'm pushing for it," she said. "But I can't push if the student numbers are not there as required to build one. I'm not making any promises. But the discussions are there. We're waiting for the right number of students to be able to attend these



schools before we move forward and go on with the project."

All things considered, however, it is more likely a French-language high school will be built first since the area's linguistic demographics currently favour it. Abou-Khalil said many residents of Fabre she met since becoming their MNA have been urging her to build a new high school.

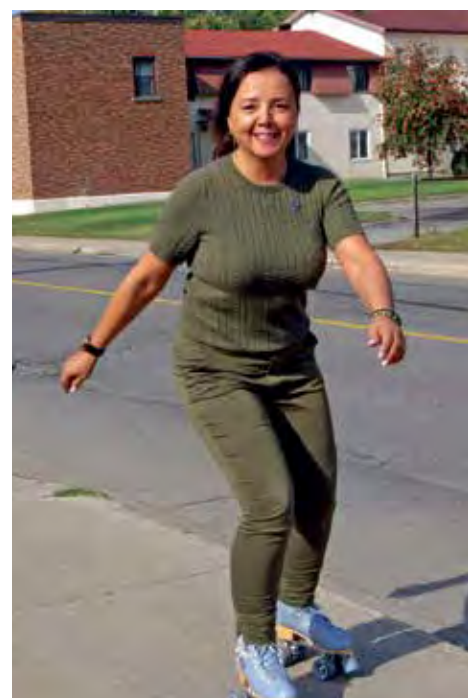
According to the riding's current demographics, 65 per cent of residents are French-speaking, while 35 per cent claim a language other than French as their primary means of communication.

## Biking, basketball and blading

With the busy schedule Alice Abou-Khalil keeps as an elected official, dividing herself between Quebec City and Laval, it's truly a wonder she manages to find the time for the extensive amount of physical activity she makes a point of engaging in regularly.

An avid bicyclist, women's basketball player and roller-blading enthusiast, she cycles daily to her riding office from her home in Chomedey. She thinks nothing of biking for several hours to travel from Laval to visit friends in Old Montreal or in Candiac across the St. Lawrence River on Montreal's South Shore.

"Usually in the summer I mainly use my bike," she said, while adding that she manages to cover these kinds of distances in a single day. Still, she finds or makes time for her family, while keeping up with her responsibilities as member of the National Assembly for Fabre. Abou-Khalil also likes to indulge in basketball. "I'm short, as you might be able to tell, but I'm a hell of a player," she said.



## Needs physical activity

While noting that one of the occupational hazards of being an MNA is that you spend a lot of time sitting in the National Assembly's "Salon bleu" (the legislative chamber) or in commission hearings, she said that after sitting sometimes for four days straight "I need to make up for that time" through physical activities such as biking.

Although National Assembly members tend to be heard from mostly when a controversial issue arises, MNAs and their support staff are dealing more often with constituents' problems, which may (among other things) involve immigration, disputes with provincial government ministries, or bureaucratic situations requiring intervention.

One recent and as yet unresolved issue involves a dispute between some residents in a small pocket of streets and Hydro Quebec. In a petition the residents submitted to Abou-Khalil, they claim the public electric power company has been systematically depriving them of electricity.

## Hydro Quebec dispute

"Every time there's a big outage, they are the last to be reconnected," said Abou-Khalil, noting that Hydro Quebec's policy is to bring larger pockets of customers back online following blackouts.

Originally from Lebanon, Abou-Khalil is a single parent with two daughters. She has an extensive professional background in computer network architecture, as well as surveillance and security, with companies like Telus, Videotron, National Bank, SNC-Lavalin and Desjardins. She is currently Parliamentary Assistant to the Minister of Cybersecurity and Digital Technology.



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**Recherche de  
participants**

## Rencontres interculturelles et intergénérationnelles

*Parler en français avec des voisins*

**Quoi :** Des participants d'origines culturelles diverses échantent en français avec des aînés.

**Activité :** Offrir à des participants de diverses cultures habitant Laval, nos voisins, l'opportunité d'améliorer leur français et de mieux connaître les gens de leur milieu de vie en parlant avec des bénévoles aînés de la Maison des grands-parents de Laval de diverses thématiques.

**Quand :** Les lundis soir (du 16 octobre au 11 décembre 2023)

**Heure :** de 19h00 à 20h30

**Lieu :** Bibliothèque Multiculturelle  
1535, Boul. Chomedey, Laval, QC H7V 3R2

**Coût :** GRATUIT

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# Intergenerational Interviews and The Legacy of Senior Citizens

MEET  
*Grace Ingrouville*



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 Aamna Raza, Steven Kaladzis, Giordano Mambro, Pandelis Tsamblakos

Grace Ingrouville grew up in Gaspésie in an anglophone area. She went to a catholic school but then moved to the city at 12. She enjoyed elementary school more than high school because in high school there were many changes and everything was new. For example, new friends, a new school and even streetlights were invented. High School was a challenge for her. She always wanted to fit in and do well in school. There were too many people there and there was no tutoring. Those were also the ages where she would experience new things. Cigarettes were not considered harmful back then, instead they were considered cool but Grace quit smoking in her early 20s.



In Grace's opinion, the best invention was microwaves. She also really likes computers, electricity, velcro and dental floss. She really liked typewriters and house phones. The TVs back then were not colored, but she liked watching hockey. Grace studied at Vanier College and became an educator at a daycare. She worked as an educator for 25 years and it was her favorite job.



In Grace's opinion, she doesn't think the world is in a better place now. She wants kids these days to go out and play instead of staying on electronics. She never really had a favorite sport to play but she did enjoy watching hockey. She liked going to rock concerts and, in the summer of 1972, she got to see the Rolling stones and Stevie Wonder was the backup singer. She even got to see Elton John. Grace toured Nova Scotia and even got her picture signed by Anne Murray. She has two sons named Anthony and Christopher and her husband's name is Fernand. Her favorite places she's visited is Italy and she went to Venice and went on a gondola. She also went to Switzerland by train and went on a Zermatt. She went to St. Markos Square and also went to Oklahoma.

One piece of advice she would give to our generation is to value education and to not smoke at a young age. She also thinks you should be true to who you are and to stay in school. One thing she would do differently when she was younger is to get more education and more knowledge and to trust and to take more positive risks. Her favorite time period was when she got married because everything was new and she really liked meeting her husband. She met him at 18

and got married at 22. She also really enjoyed her 20s. Her favorite memory was meeting her husband because he helped her with a lot and he gave her a lot of support.

The most important lesson to her is to get a good education and to focus and stay positive and value your education. The hardest thing that's happened to her is moving from the country to the city because she always felt homesick. Another struggle was the death of her dad. He died when she was 65 and he died from COVID-19. She couldn't see him anymore when he got put into the hospital. His death affected Grace deeply and she didn't handle it well. Grace wants to be remembered as reliable, loyal, kind, dependable and a good parent. She's not in touch with any of her high school friends anymore considering they went their own ways.



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# Intergenerational Interviews and The Legacy of Senior Citizens

MEET  
*Danny Tansky*



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.

Born in 1946, Montreal, Danny's family struggled quite a bit when it came to money. He had to start working at 14 just to help provide for his family though, the struggles did not affect his childhood. Some of his favorite memories as a kid were running around and playing outside with his elementary school friends and enjoying the outdoors.

After moving out in his twenties, he was off to work in retail. He sold a wide range of products. Though he

had no dream job, one of his biggest regrets was not choosing a career path he was more passionate about. During his twenties he met his wife on a blind date. They got married in the 60's and later on gave birth to his first of three daughters which was the happiest day of his life. Danny would give anything to go back and relive his twenties and thirties, which is when he had the happiest moments of his life with wife and kids and his career was thriving.

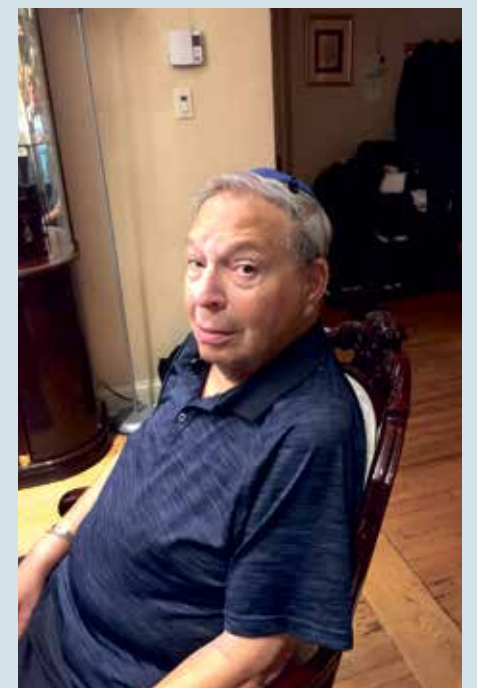


If he could tell anything to younger generations it would be to enjoy your life! Before you know it, your life can flash before your eyes, and Danny wishes he could go back to being his younger self any day. Though he loves how wise he's become due to his age, he's not a fan of the health problems that follow it. June of 2022 Danny found out he had a brain lesion and had to get it removed in November. He hopes younger generations take good care of their young bodies and never end up in the same situation he had.

Quarantine didn't affect Danny that badly. He had his wife to keep him company and together they found new hobbies to keep them occupied, like puzzles and collecting old stamps.

He and his wife would love to go to the Caribbean together, but due to age they don't really see that happening. When they were younger they did love traveling together though! They visited many places and even went to Expo 67 together. It was one of the most fun days in Danny's life.

After Danny passes, he wishes to be remembered as a fun and adventurous guy. Due to his upbringing, he didn't get to enjoy the simple things in life, and he hopes his friends and family can acknowledge how hard he's worked to get to this point. He wants everyone to know that hard work does pay off and to just keep moving forward!



# Intergenerational Interviews and The Legacy of Senior Citizens

MEET  
*Jackie Tansky*



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 Katerina Karamitsos, Annalia Gazzola, Justin Makar, Matteo Enea



On May 12th, 2023, we interviewed Jackie Tansky about her experiences in life. We spoke about her family, some advice she gave to future generations, immigration, and her job. After the interview we got some very interesting information.

We talked first about her childhood and where she was born. Jackie was born in China. She grew up in a duplex. She told us how she went to pools even though she couldn't swim. She went to libraries as well. Jackie told us about her passion for reading. She explained how ever since she could read, she went to

the library. There was a kid's section so she went there. Her favorite books were Sue Barton books. Then, we talked about Jackie's job. Jackie always wanted to be a nurse, but she wasn't the biggest fan of school. So, instead she worked with pediatricians and helped mothers take care of their other children while one was with the doctor. She also helped get the children ready for the doctor to come. She weighed them and just helped the doctor do the little things before the appointment.

Jackie gave some advice for fu-

ture generations. Jackie believes that you should always enjoy life and make the best of living. She says to do things while you can, especially while you're young.

The 60s and 70s were her favorite time period. She liked the music and songs, and her favorite bands were the Rolling Stones and The Beatles. She also liked the movies back then.

Jackie has a big family. She has 3 children and 12 grandchildren. One of her grandchildren is married and currently lives in the United States. She told us how she zooms with her grandchild.

Jackie brought a souvenir with her to show us. It was a picture of her and her husband. Her husband was also there getting interviewed as well by somebody else. Her husband's name is Danny.

We had a very exciting time interviewing Jackie. We learnt interesting facts and cool details. We spoke about her family, her life, her job, some advice and more. We will always remember this project and we hope we can do this once again.



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# Intergenerational Interviews and The Legacy of Senior Citizens

MEET  
*Lilly Rail*



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 Bianca-Estella Hincapie Osorio, Cristiano Moniz and Luca Evangelatos

Lilly Rail is a kindhearted elderly woman who is half Italian and half Jewish and was born and raised in Montreal, Canada. She had moved to Nova Scotia and she lived there for 4 years with her husband. She loves traveling to the States and around Canada.

Mrs. Rail's best years were when she was in her 20s, when she got married to her husband.

They had 2 daughters, and she now has 3 grandchildren, the oldest being 27 and the youngest 23.

Life was much easier for her when she was in her mid-20s because she had less stress and now that she's

older everything goes by too quickly, it's harder for her to adapt.

Her husband was very free spirited and would spend almost every day trying to do different fun activities with his family and spending time with them. They would also go on vacation almost every summer. He would live every day to the fullest, because he knew there would maybe be not be a tomorrow. He would have frequent heart attacks and had 2 open heart surgeries, and he later passed away at 57 years old.

Mrs. Rail had many jobs throughout her life. She was an accountant and worked at the reception, but her favorite job out of all of them was

working at the Jewish Rehab Hospital in Chomedey. She would recruit volunteers and she said it was an amazing experience because the atmosphere was great. She also stated that the people were extremely kind, and it was her dream job. She retired on September 27th, 2011. Mrs. Rail said retiring was nice considering the fact she got free time to do whatever she wanted to do but all the illnesses and sicknesses that she was getting made her immune system weaker as time passed.

The reason she moved to Nova Scotia was because her husband was transferred for his job. Later on, they had to come back to Montreal because



the company he was working for had closed down. She wasn't upset when she had to move back to Montreal because she used to always get major migraines because the pulp mills would stink up the house.

Mrs. Rail and her husband did a lot of traveling. They went to Italy, the United States and Canada. In Italy they visited Rome, Milan, Pisa, Sorrento, Venice. When she traveled the U.S her favorite states to visit were Florida, Vermont and New Jersey. And in Canada her favorite places to visit were Edmonton and Calgary, where she visited a fascinating museum about dinosaurs.

To sum up everything, Mrs. Rail is a lovely woman, and she has a lot to tell like all the places she's visited, her marriage and many other things. She had a variety of very unique jobs, and she had lots of fun working at them especially at the Jewish Rehab Center. Getting to know her and life stories was refreshing and fun!



# BREAST CANCER



## Awareness

### Do you know the *risk factors* associated with breast cancer?

October is Breast Cancer Awareness Month across Canada. Even though this disease has many causes, several factors can increase the risk of contracting it. Here's an overview of some of those risk factors.

#### 1. PREVIOUS CONDITIONS

You're more vulnerable to developing breast cancer if abnormal cells have been detected in your breasts in the past or if

you've had previous abnormalities.

#### 2. AGE

More than 80 per cent of cases in Canada occur in women over the age of 50.

#### 3. ALCOHOL

According to the World Health Organization (WHO), drinking one beer or one glass of wine per day is enough to increase your risk significantly.

#### 4. MENSTRUAL CYCLE

Early menstruation and late menopause are linked to the possibility of developing the disease.

#### 5. FAMILY HISTORY

Your risk of getting the disease is higher if your mother, sister or daughter has been diagnosed with breast cancer, especially if it was before menopause.

#### 6. PREGNANCY COMPLICATIONS

Your risk increases if you've never carried a pregnancy to full term or if you've been pregnant after the age of 30.

#### 7. BODY WEIGHT

People who are obese have a higher statistical likelihood of getting breast cancer.

#### 8. TAKING HORMONES

Undergoing hormone replacement therapy for more than five years is associated with the onset of this type of cancer.

#### 9. PHYSICAL INACTIVITY

A sedentary lifestyle increases the likelihood of a breast cancer diagnosis.

For more information, visit [cancer.ca](http://cancer.ca).

### 10 signs you may have breast cancer

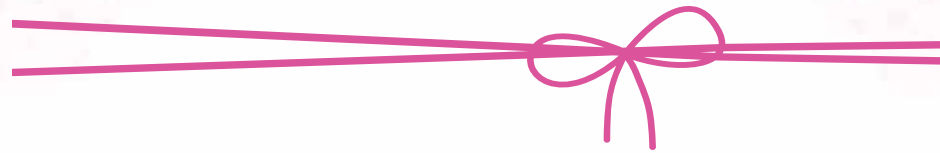
The development of breast cancer can be subtle. However, certain signs and symptoms – which may indeed be benign – should prompt you to make an appointment with your doctor immediately to be sure of where you stand. Here are 10 things to look for.

1. A painless lump in a breast
2. A change in breast size or shape
3. The appearance of dips or folds in the skin
4. Heat, redness or swelling in one breast
5. Persistent itching
6. Crusting or flaking nipple skin
7. Discharge coming from a nipple without squeezing
8. A lump in the armpit
9. An inverted or turned-inward nipple
10. A hardening or thickening of the breast tissue

Make a habit of inspecting your breasts every month to spot any changes. Above all, remember that early diagnosis increases your chance of recovery.



## October is BREAST CANCER Awareness Month



*It's all about  
learning, giving,  
and hope.*



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# BREAST CANCER



## Awareness

### 3 ways to *help* someone with breast cancer

Has a friend or family member of yours been diagnosed with breast cancer? As a loved one, you can support their physical and psychological well-being in several ways. Here are three tips.

#### 1. ASK WHAT THEY NEED

If you don't live with the person, ask questions to get ideas for how you can help. They may like company for a chemotherapy appointment, or you may be able to do a grocery run, provide childcare or clean a bathroom. There are so many ways to make their daily life a little easier. That said, if your loved one prefers to handle things alone, respect their decision and resist the urge to insist on helping.

#### 2. DON'T TRY TO DO TOO MUCH

It's quite often enough just to be present for your loved one. Remind them that you're available to help or simply spend time together,



reading a book or listening to music. If you feel unsure how to react or worry your actions will be awkward, say so. Your honesty is the key to a trusting relationship.

#### 3. HELP THEM THINK OF THINGS OTHER THAN THE ILLNESS

Breast cancer is a tough ordeal. When you're with your loved one, it's a healthy practice to talk about subjects that have nothing to do with their illness. For example, if they feel up to it, you could invite them to do something special like go to the movies. Don't be afraid to share the latest gossip from your friend group or ask for their famous spaghetti sauce recipe.

Ultimately, the most important way to help your loved one through their breast cancer journey is to make them feel your love. A listening ear, a word of encouragement, a smile and a hug are all free, and they can do a world of good.

### How does breast cancer affect your *bones*?

Did you know that breast cancer treatments could affect patients' bone density? Indeed, both chemotherapy and hormone therapy destabilize bone marrow and weaken bones in addition to reducing ovarian function and, consequently, levels of estrogen (a hormone that contributes to the development of healthy bones). It's estimated that women who undergo breast cancer treatment lose between two and four per cent of their bones' calcium within the first year of treatment. (This loss is even more apparent in premenopausal women.) Furthermore, bone deterioration accelerates in women already experiencing osteoporosis.

Therefore, if you're currently undergoing treatment or are about to start, make sure to adopt a well-balanced diet rich in calcium (milk, cheese, lentils, vegetables, etc.) and vitamin D (egg yolks, fish, liver meat, etc.). Calcium is essential for maintaining strong, healthy bones, while vitamin D allows your bones to better absorb calcium. It's equally important to get enough ex-

ercise, as physical activity plays a vital role in maintaining healthy bones. To stay active without draining too much energy during treatment, prioritize low-impact activities such as walking.

Lastly, consult your healthcare team for support! Your doctor, nurse, pharmacist, nutritionist and physiotherapist can all provide valuable advice on how to better care for your bones, both during and after treatment. There are also tests that measure patients' bone density and evaluate the risk of developing osteoporosis. If needed, certain types of medication can help strengthen bones and prevent degenerative disease. Make sure to get informed!



*Thinking of breast cancer victims on this national month of awareness*

ASSEMBLÉE NATIONALE DU QUÉBEC



**SONA LAKHOIAN OLIVIER**  
MNA for Chomedey

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LAVAL



Spread the **HOPE**, find the **CURE**

*On this **breast cancer awareness month**, I would like to send my support and encouragement to anyone affected by this disease.*



**Aglaia Revelakis**  
Municipal councillor  
District of Chomedey

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By Martin C. Barry

## Laval police believe former teacher Ronald Angelo Cecchini, charged with sex crime involving a child, may have had more victims



The next court appearance for Ronald Angelo Cecchini, 70, is scheduled for Nov. 8. (Submitted by Laval police)

Laval Police are seeking the public's help to find more potential victims of a 70-year-old man charged with indecent assault on a young child.

According to the police service, Ronald Angelo Cecchini was a teacher at an English elementary school in the city's Chomedey

district between 1979 and 1982. Indecent assault was a charge in the Criminal Code during that period.

Police say "multiple acts of a sexual nature" involving a young victim took place over several years.

"While in a position of authority in a specialized class, he took the opportunity to touch a young victim," Laval police said in a release.

Police say Cecchini also worked as a teacher in Ontario's Halton region, though it did not specify during what period.

Cecchini was arrested in June. His next court appearance is scheduled for Nov. 8.

Investigators are asking alleged victims to call 450-662-4636 or call 911 and mention the file number LVI-210525-045

## Teacher assaulted in class by 13 year old female student...

A 65-year-old teacher suffered upper-body injuries after being assaulted in the middle of class by a 13-year-old student Thursday afternoon at a Laval school.

The event occurred shortly after lunch at the Odyssée-des-Jeunes school, according to information from Laval Police spokesperson Érika Landry.

The teacher allegedly asked the student to change her behaviour, after which the girl assaulted her. Some students reported

that the assault was carried out with scissors, but that information has not been confirmed by police, said Sgt. Landry.

The surrounding students attempted to intervene, and the teaching staff was eventually able to subdue the student.

The teacher was taken to hospital for treatment of upper-body injuries and possible nervous shock, according to the police spokeswoman. The teen was also taken to hospital for a psychological evaluation.

In the evening, the young suspect was arrested by police for assault with a weapon, and she was released on a summons. As a result, she is no longer in custody pending a possible charge.

The file will soon be forwarded to prosecutors, said Sgt. Landry.

The Centre de services scolaire de Laval confirmed in an email that an incident had occurred at the school involving a student "who became disruptive and physically attacked their teacher."

## Three Lavallers among the Grandparent scam network dismantled

Seniors reportedly lost hundreds of thousands of dollars to the fraud ring that was dismantled on Wednesday

The network of grandparent-type fraudsters dismantled Wednesday October 4th, by the Sûreté du Québec (SQ) has claimed countless elderly victims in the United States for whom the wounds are still very raw.

According to evidence presented in U.S. courts by the FBI, the network relied on a boss in the United States, Medard Ulysses, who organized flying teams of money collectors. The man was described as a bully, violent, demanding, and the only member of the U.S. strand of the fraud who made a lot of money and drove a luxury car.

His teams of small-time criminals moved from one big city to another: Miami, Washington, Baltimore, Indianapolis. When they arrived, they spotted vacant residences.

From Canada, the fraudsters would then contact seniors in the region: septuagenarians, octogenarians, nonagenarians, retirees from all walks of life, whether they were former workers, teachers, even a retired engineer specializing in nuclear submarines.

### Grandson in troubled waters

Victims were told that their grandson was in urgent need of cash due to an accident, arrest or legal proceedings. The fraudsters would give them the address of a vacant house and ask them to send the money through a delivery service like UPS or FedEx. An accomplice of the network would then pick up the parcel as soon as it was delivered. Each collector could pick up to 100 parcels per week in a city. Then everyone would disappear without a trace and move on to the next town.

The collectors had to film themselves when they opened the

packages and send the video to one of their superiors, to make sure they didn't tap into the till. One defendant admitted in court that he had often been tasked with collecting all the proceeds of fraud in a city for the benefit of the big bosses of the network, whose identity he did not know. The prize pool easily reached \$200,000, or even \$300,000 for a week, and sometimes up to \$600,000, for a single team.

The defendant said he frequently brought hundreds of thousands of dollars to these chefs who waited for him in luxury hotels with a bill-counting machine. For major East Coast cities, the money was often brought to a Manhattan jeweler whom an FBI investigator described as a money launderer.

In 2019, according to the account of an American defendant turned collaborator of justice, Canadian bosses realized that \$400,000 was missing from the pot and began looking for the person responsible for the loss, which caused concern among collectors.

David Green, a 25-year-old collector who pleaded guilty in the case, told a U.S. judge that a 28-year-old member of the network had informed him that "this scheme has been going on for a long time and that he may be older than me and him."

### The Shadow of the Mafia

On Wednesday, in collaboration with several U.S. police and law enforcement agencies, including the FBI, a task force headed by the Sûreté du Québec investigators and including police from Laval, Montreal and Richelieu-St-Laurent, arrested 13 individuals from the greater Montreal area including Laval, allegedly involved in this grandparent-type fraud network that is allegedly linked to Montreal organized crime, particularly the Mafia.

According to police, some of the suspects were selling lists of names of potential victims, and the fraud is believed to be at least \$10 million, according to our information.

The suspects apprehended Wednesday are David Anthony Di Rienzo, 30, of Laval, Manuel-Alexandre D'Astoli, 26, from Laval, Jordan Fogel, 33, from Laval, Tenaj Johnson, 28, of Pierrefonds, Paul Létourneau, 26, of the borough of Saint-Léonard, Mason Pereira-Walker, 28, of Dorval, Steven Petruzzello, 30, of Montreal, Joshua Sarroino, 29, of Montreal, Carson Sean Vaudry, 28, of Montreal, Luca Savvidis, 29, from the borough of Saint-Laurent, Christian Valdez, 29, from Chambly, Jason Anthony Aqvi, 43, from the borough of Saint-Laurent, and Dia Pettas, 27, from Kirkland.

### Laval man absolved of murder was among the 13 arrested for grandparent-scams

A Laval man acquitted in the murder of a person who was killed while dining at the Dix30 shopping complex on Montreal's South Shore was among 13 people arrested last week following a police investigation into grandparent scams.

Joshua Sarroino is one of three men who were seated at the same table as Éric Francis De Souza, when De Souza was shot to death at a restaurant in May 2019. They are among those who were charged with Sarroino at the Montreal courthouse last week.

A few weeks after he was acquitted, Sarroino pleaded guilty to charges related to police finding firearms in his former apartment in Laval while he was being investigated for De Souza's death. During court proceedings last week, Sarroino was ordered to deposit \$5,000 to secure his release on bail while facing the grandparent scheme charges.

## Suspect arrested in connection with Laval homicide

The Laval Police announced last week that they arrested a 40-year-old man in connection with a homicide committed last May outside Place Bell. According to the LPD, Jean-Philippe Mirand was arrested on Sept. 26 by the Laval Police in Halifax with

the co-operation of Halifax police and with assistance from the RCMP. Mirand's arrest followed the fatal stabbing May 7 of Vick Sévère Paul, 51, who had ties to street gangs and died in a hospital after an altercation on Claude-Gagné St. near Le Corbusier Blvd.

Police allege Mirand fled the country after the attack. They say that on Sept. 24, it was determined that he was in Halifax. The suspect was accompanied under guard to Laval and now faces a charge of culpable manslaughter.



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# Chomedey PLQ MNA Sona Lakhoyan Olivier is focused on local issues

*Drew inspiration from her father, proud of her Armenian heritage*



Chomedey Liberal Member of the Quebec National Assembly Sona Lakhoyan Olivier (seen here on election night Oct. 3, 2022) says she wants to help create better outdoor recreational and leisure environments around the river's edge in conjunction with the City of Laval. (Photo: Martin C. Barry, Laval News)

**MARTIN C. BARRY**

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

As far as Chomedey Liberal MNA Sona Lakhoyan Olivier is concerned, until you've actually served as a member of the Quebec

National Assembly, you can't have a real idea of just how demanding the job is.

Lakhoyan Olivier was back in Laval last Friday afternoon for the Thanksgiving long weekend, after spending the previous week in Quebec City working on National Assembly business.

Before being elected on Oct. 3 last year, Lakhoyan was an employee of Loto-Québec, serving as an executive hostess to VIP clients at the Montreal Casino.

The work often took her outside the Montreal region to meet Loto-Québec VIP clients in places like Charlevoix, Trois Rivières and Quebec City.

She has also served as an elected member of the former Commission scolaire de Laval (CSDL), as well as vice-president of the board of directors of the Fondation de la Cité de la Santé.

## Armenian-Lebanese roots

Raised on Guénette St. in Chomedey, Lakhoyan Olivier was born in Beirut, Lebanon. Given that Middle Eastern nation's well-known multicultural identity, she remains a strong defender of multiculturalism in Canada and Quebec.

Having been born into an Armenian family, she attended an Armenian community school during her primary education years in Beirut, followed by high school in Arabic, and then a French-language girls' school in Montreal, and finally Concordia U.

She was greatly influenced by her father who was deeply involved in the local coaching and organizing for community sports as well as the Scouting movement. "In the Armenian diaspora, we help each other a lot," Lakhoyan Olivier said. "So, naturally I continued in my father's footsteps."

## She excelled in athletics

In her teens and twenties, she was a noted athlete at Armenian sporting events sponsored by the *Homenetmen*, a pan-Armenian diaspora organization devoted to sports and scouting. "I was involved in the sports and I became a coach in Montreal, but at the same time always involved in the Liberal Party doing volunteer work and whatever needed to be done," she said.

She played a key role in helping to found an Armenian community Scouts troop in 2016. The group grew quickly from fewer than 100 members in the beginning to more than 300 today.

In her role now as MNA for Chomedey, Lakhoyan Olivier said she is worried about the riding's situation with regards especially to the rising number of homeless people and the challenging security problems they are beginning to generate.

## Local security issues

Having conducted some research among local merchants with the help of her staff, Lakhoyan Olivier was told by a good number of store owners that shoplifting has reached epidemic proportions. She said she hopes to see measures taken in the near future, in conjunction with the City of Laval, to help relieve the problem.

Other projects she hopes also to bring to fruition with the city include developing more green spaces on the vast expanses along the edges of the rivers that surround Laval. "We need to beautify that corridor, we need to make a marina, we need to make Chomedey a vibrant place," she said.

"You know, thirty years ago in Laval, I'd see flowers and greenery, but now it's cement," she continued. "Now everybody is talking about the *îlots de chaleur*, you know the heat islands when there are no more trees and no more tree cover."

## Youth and senior citizens

"So, we need to find a way to provide space to the people, especially to our youth and our elderly. The most vulnerable of our society are our elderly and our children. We need to offer to our kids a place where they can leave their computer games behind. They need a place and the city has to offer a place."

With these kinds of projects in mind, she said she is thinking of creating a Green Chomedey Committee that would be open to all, working in conjunction with the City of Laval.

"I would like us to come up with a committee so that we can offer pathways in nature along the river, places that embellish, so that young and old can go in a secure environment."

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Chomedey Liberal Member of the Quebec National Assembly Sona Lakhoyan Olivier is seen here with members of her family during a gathering last May at her Samson Blvd. constituency office. (Photo: Martin C. Barry, Laval News)





# DIRECT ANSWERS

FROM WAYNE & TAMARA

## EMANCIPATION

**Q** When is it time to divorce a family member? I've been helping my partner manage his father's long-term care. This entails working with his brother, who controls the purse strings. My partner and I are both artists, juggling multiple careers to realize our life work and get the bills paid. Our income is limited.

My partner's brother is a self-made multimillionaire with multiple homes and his own private jet. We give what we can in terms of love, support, and managing round-the-clock care. The brother attempts to make us feel guilty by saying it is normal for all siblings to contribute financially, and why aren't we?

I found this man disgusting, repulsive, and nauseating when I first met him 12 years ago, and I feel exactly the same way now. I have always pretended to have a good time and to love him, which adds my dishonesty to the picture.

The brother is about to limit how much money he contributes for his father's care. He will loan his father the rest. Once the equity is drained from the home and his father becomes indigent, the brother will provide the resources to take care of him.

My partner is at peace that inheritance isn't part of his future, but my life is thrown entirely off balance, and I end up with many sleepless nights. What bothers me is the distortion of reality. I communicate with my partner's brother in writing, but he consistently misrepresents what I've written to him.

When I resend the information again and again, he claims it never happened or continues to

misrepresent what I said. I showed the correspondence to a neutral third party, and she confirmed my perceptions.

This man does not appear to be conscious of his distortions and really believes his lies are true. We've tried telephone communication, but it is simply too traumatizing for both my partner and me to talk with him on the phone.

My counselor of many years has advised terminating the relationship, and my partner is also considering this. What do you think?

Marc

**A** Marc, the first time you meet an individual who tells you up is down, right is left, and good is bad, it stuns you. You question

your own judgment. But there are some people who will look you straight in the eye and lie.

Because you operate from a basis of honesty and integrity, you are dumbfounded that there is not some appeal to goodness or some line of reasoning which will get through to your partner's brother. But there isn't.

Believe the evidence of your own eyes. This man operates from the principle that he always gets to have his own way. You don't need to understand why he is that way. You need only accept how he is.

Your father-in-law is going to be taken care of financially, and that is a wonderful thing. You asked when it is time to divorce a family member. The answer in your case is it was time about 11 years ago.

Wayne & Tamara

## INNOCENCE LOST

**Q** I caught my husband cheating over a year and a half ago. We have worked things out meanwhile and even bought our first home. What is eating me up every day is always wondering if he will ever do this again.

I asked him today if there was someone else, and indirectly he never answered my question. I feel so lost and insecure. What should I do to get past this?

Donna

**A** Donna, the difficulty with staying with a cheater is you have to believe they won't do again what they were not supposed to do in the first place. The first time your husband cheated, he took away your ability to believe he is faithful.

We can't tell you how to get past this. With this man, you can only look out for your own best interests.

Wayne

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

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

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# Firefighters flung open the doors for 'open house' at Laval's firehalls

*Thanksgiving event was a chance for moms, dads and kids to blast the sirens*



Seen here with firefighters with the Laval Fire Department, including department director Patrick Taillefer, are members of the Foley and Nadeau families at Chomedey No. 2 firehall last Sunday Oct. 8. (Photo: Martin C. Barry, Laval News)

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

At some point during their lives, children and parents alike have thought for a moment or two about living the life of a firefighter.

## A learning experience

While only a relative few ever follow through on it, once a year – on Thanksgiving Weekend – management and staff at the Laval Fire Dept. fling open the garage doors at the city's nine firehalls.

Every kid living in Laval – young or older – gets a chance to make believe they're a fireman or firewoman. It's always an opportunity to get up close

to the shiny, bright red ladder and pump trucks parked in firehall garages all over the island.

## A day at the firehall

For kids probably more used to playing with scale-models, actually being able to climb behind the wheel of a huge shiny red rig and being able to touch the intricate controls is something they will probably remember for a long time.

From morning to late afternoon last Sunday, everybody got a chance to learn all about the work of firefighters, to watch and take part in equipment demonstrations, to receive fire prevention advice, and even to climb into a truck and feel what it's like to live the life of a firefighter.



The Laval Fire Dept.'s Thanksgiving Weekend open house event was a chance for moms, dads and kids to blast the fire and emergency vehicle sirens. (Photo: Martin C. Barry, Laval News)



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# HOROSCOPE

Week of OCTOBER 15 TO 21, 2023

The luckiest signs this week:  
CAPRICORN, AQUARIUS AND PISCES



## ARIES

You'll feel on edge, and a particular event will encourage you to consider making life changes. In your career, a competing business will tempt you with an offer for better working conditions and opportunities for advancement.



## TAURUS

You'll take time to pamper yourself and indulge in a few small pleasures. You'll negotiate rates to achieve a settlement that will improve both your work and personal well-being.



## GEMINI

At work, you'll have to face numerous urgent and complex situations. These experiences may turn out to be beneficial, as they'll give you skills that will serve you throughout your career.



## CANCER

Your pride will be tested. Fortunately, you'll have an opportunity to show yourself in a positive light. If you act for the right reasons, you can't go wrong. Share accurate, useful information.



## LEO

You'll have some small family chores to handle. You may also have to stay at home for part of the week, perhaps to keep an eye on some work or to wait for a late delivery.



## VIRGO

You may need to start multitasking. The telephone may ring incessantly. Maintain harmony by avoiding criticism when you're with your significant other — or anyone else, in fact.



## LIBRA

Be prudent with money and try to stick to your budget. Additional expenses related to home or family may arise. You'll need to exercise discipline with your young children.



## SCORPIO

As the cold, gloomy weather sets in, you'll feel the need to take care of your body. It would be wise to join a gym to incentivize you to exercise regularly.



## SAGITTARIUS

Rather than rushing into a decision, think twice. If you let yourself be carried by the current, it'll take you to your destination. Trust your instincts over the next few days.



## CAPRICORN

Take care when speaking, as you could appear foolish to more than one person. Fortunately, only your pride will be affected, and it'll help lighten a heavy atmosphere.



## AQUARIUS

Time is valuable. Try not to schedule too many appointments on the same day and run the risk of overlap. A vacation would be beneficial.



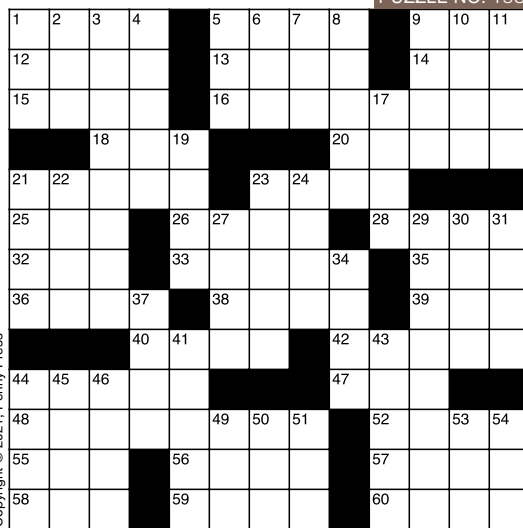
## PISCES

As the days get shorter, you'll look for an activity that will bring you intense joy. You'll find yourself infused with an energy that moves you to entertain yourself more often.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 158



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### ACROSS

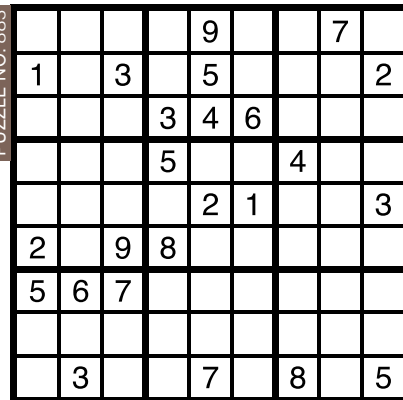
1. Sailors' yases
5. Coral barrier
9. "\_\_\_ to a Nightingale"
12. Caper
13. In excess of
14. Coffee holder
15. Reflex site
16. Postponing
18. Natural
20. Brief letters
21. Uniform color
23. Face card
25. Naught
26. Urge on
28. Roof extension
32. Unusual
33. Gala
35. Soup veggie
36. Trial
38. Snout
39. "My country, \_\_\_ of thee . . ."
40. Customer

### DOWN

1. Biblical vessel
2. In the distance
3. May gems
4. Say
5. \_\_\_ and reel
6. Night before
7. Long, skinny fish
8. Former French coin
9. Eliminate
10. Sand ridge
11. Hen products
17. Oxen neckwear
19. Puff of smoke
21. Sharl
22. Pelt
23. Court listener
24. Linkletter and Carney
27. Window unit
29. Talent
30. Mineral deposit
31. Ill at \_\_\_
34. Evergreen bushes
37. Grass
41. Appears
43. Angels' headgear
44. Body bandage
45. Popular drink
46. Just
49. Afternoon meal
50. Get sun
51. Writing liquid
53. Far down
54. Footed vase

# Sudoku

PUZZLE NO. 883



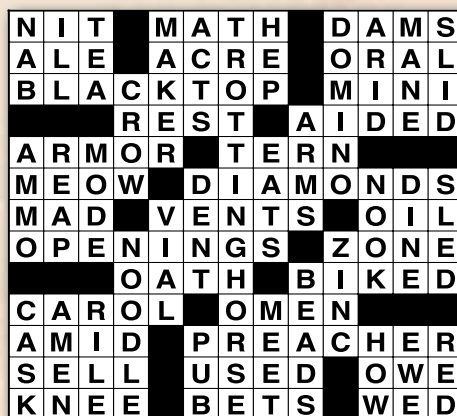
### HOW TO PLAY:

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

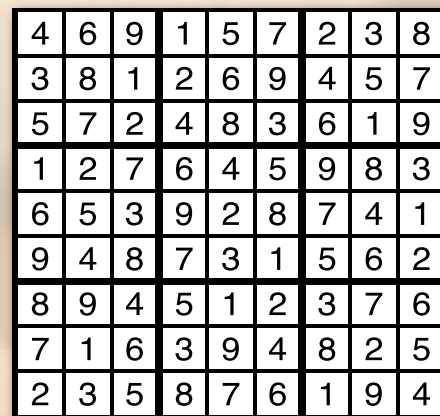
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.

### Last Issues' Answers

## CROSSWORDS



## Sudoku



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