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MP Annie Koutrakis:
"So many differences –
the world is a different
place from when I was
first elected in 2019."



The Laval News EXCLUSIVE

dans les Services publics pour reprendre un honne commun

Le chef de Cabinet du Premier ministre MARTIN ROSSIGNOL HAUSSE de SALAIRE de 71000\$ en 2023!

Quebec on strike mode



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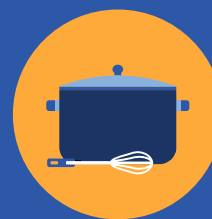
November 11

Remembrance DAY



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Vimy Liberal MP Annie Koutrakis marks her fourth year in office

Thinks the minority Trudeau government will last to the scheduled 2025 election



MARTIN C. BARRY
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Four years after first being elected as the Member of Parliament for the Laval riding of Vimy, Liberal MP Annie Koutrakis is recollecting on the two mandates she received, as well as some of the crises she found herself facing.

Two elections in four years

“So many differences – the world is a different place from when I was first elected in 2019,” she said in an interview last week with the *Laval News* during a pause from one of her many engagements.

Although four years is the average length of a term in office for most politicians, Koutrakis is already in the midst of her second. First elected in the 2019 federal general election, she was re-elected in 2021 when the Trudeau government decided to hold a snap election.

She won the nomination from Vimy Liberal riding association members in early September 2019, with the election itself taking place on Oct 21. She was re-elected in the next general election which took place on Sept. 20 two years ago.

Was promoted quickly

Prior to entering politics, Koutrakis, who is fluently trilingual (French, English and Greek), had been an investment councillor and business administrator. Shortly before being elected, she was elected president of the Hellenic Community of Greater Montreal (HCGM) – the first woman to hold that position.

For a neophyte politician, her rise within the Trudeau government has been noteworthy. She is currently Parliamentary Secretary to the Minister of Tourism and Minister responsible for the Economic Development Agency of Canada for the Regions of Quebec.

As well, she sits as a member on several parliamentary committees: the Subcommittee on Agenda and Procedure of the Standing Committee on Transport, Infrastructure and Communities, the Special Joint Committee on Medical Assistance in Dying, the Standing Committee on Transport, Infrastructure and Communities, and the Standing Joint

Committee on the Library of Parliament.

A learning experience

“It’s a real honour to have been entrusted with the portfolio that I have been,” said Koutrakis. “I have an amazing team of colleagues who are helping. We have an amazing staff.” She said several of the committee portfolios are interconnected.

Koutrakis acknowledged that she faced a steep learning curve after she was first elected. “There was a lot to learn, because this was the first time I stood for election,” she said. “I had to make sure that my constituency office was up and running and the right people were around me to help me.

“It was steep, but you know what – that’s how you grow,” she continued. “You move out of your comfort zone. And I’ve always been a very hard worker. Some people say I’m an overachiever. But I stood up to the challenge and I think I’m better for it and it’s very humbling.”

An early election?

With two years left in the Trudeau government’s current mandate (an election could be held by late 2025 if the minority government manages to hold onto the support it receives from the NDP), Koutrakis speculated on the future political scenario.

“It’s a very, very tough political landscape,” she admitted. “We do have supply agreements in place with the NDP party. And as long as we have that agreement in place, we foresee the next elections to be 2025. But with any minority government, you never know. I mean, we agree on issues now.

Not before 2025, she says

“But it doesn’t mean that tomorrow,” she added. “Some people say that a day in politics is an eternity. I remain optimistic that we will go to the next elections of 2025. There’s no indication right now to say otherwise. People are going through a very difficult time right now with affordability and housing.

“We’re very much aware of that. Our government is trying to give as much help as we can, but focused help, not to everybody at large, but to families that really need it. So, I think that as long as we’ve got the backs of Canadians and we work hard, I’m hoping that we will see the next elections in 2025.”

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OPINION & Editorial



Addressing an inconvenient truth in public education

*A 'call to action' of truth to power by substitute teachers who
deserve better*

High-quality teaching matters more to student achievement than anything else schools do. So, one would assume that the Ministry of Education, school boards, and schools would have a laser-like focus on attracting, training, and supporting the very best people for the job.

As stated in the editorial of October 11 on the plight of substitute teachers, a deeper dive into the issue would be forthcoming consequent to a number of questions asked of the Sir Wilfrid Laurier School Board (SWLSB) regarding its policies and practices related to substitute teaching and substitute teachers.

Answers to several of our written questions regarding substitutes were received, in writing, from Mr. Frédérique Gascon, Interim Coordinator of Legal, Corporate and Communications at SWLSB.

The answers would indicate that the current system for recruiting, developing, deploying, and keeping teacher-talent in the classrooms is broken. At SWLSB, and undoubtedly at other school boards, the fluidly-applied situational policies/politics and the abject failure to manage this 10-15% 'drain and drag' on the education budget is questionable at best. The numbers speak for themselves.

Shockingly, SWLSB board has about 800 more substitute teachers on its list than it has regular teachers, which raises critical points of competition for substitution work among the candidates on the list, and, in the absence of school board/school policy for 'subbing' and W5 (who, what, where, when, why) about what schools do, serious implementation flaws quickly emerge.

Mr. Gascon reports that 690 out of the 1473 substitutes on the list have Bachelor's degrees but not Brevet (Teacher Certification). A comparative analysis of current protocols in public education stacked against the best human-resource practices in the corporate sector, reveals that at every juncture, education comes up short. When asked if the school

board directs its schools as to what criteria to employ in hiring/deploying substitute teachers, Mr. Gascon answered that "They are instructed to hire qualified teachers as a priority."

Is this a best practice in the management of Human Resources? There was no explanation as to what schools do when they don't have access to the qualified teachers needed. No statement about what norms, if any, are used, to deploy substitutes at any time.

Unquestionably, no public or private enterprise can thrive over time without paying close attention to how it recruits, trains, and retains its very best people. It is unacceptable that the system currently in place does not manage human-capital more effectively.

On an even more disquieting note, many questions submitted to SWLSB went unanswered, which makes one ponder at the seriousness of human-resources-management in general.

Traditional measures used to identify teaching talent of available substitutes, such as whether they have graduated from an approved program or have acquired a Brevet, don't provide many clues about who will actually be effective in the classroom at raising student performance. Without data systems that can track individual teachers including long-term substitutes over time, the Ministry of Education and school boards can't monitor performance based on which preparation program graduated from, or how well students in classrooms achieve at the hands of substitutes.

Building a stronger data infrastructure is basic to setting up a better human-capital system in Education. As stated in the October 11 editorial, data was not available from SWLSB, LTU (Laurier Teachers Union), or QPAT (Québec Provincial Association of Teachers). The information received from Mr. Gascon is the closest acquired so far.

From the numbers reported above, it can be confirmed that teacher-shortages are real, large, growing, and worse than previously thought.

When indicators of teacher-quality (certification, relevant training, experience) are taken into account, the shortages are even more acute than currently estimated for shortages of credentialed teachers.

This matters because a shortage of teachers harms students, teachers, and the public education system as a whole. Lack of sufficient qualified teachers destabilizes public education, threatens students' ability to learn, reduces teachers' effectiveness, promotes higher teacher turnovers provoking misuse of economic resources that could be better allocated elsewhere. Teacher shortages make it more difficult to build a solid reputation for the teaching profession, drive teaching talent away from the classroom, and further perpetuate the shortage.

School boards must tackle working conditions and other factors that drive teachers to quit and dissuade prospects from entering the profession, thus making it harder for school boards to retain and attract highly-qualified teachers. Unattractive pay, challenging school environments, weak support of professional development, insufficient recognition, underappreciation of effort - all contribute to a decline in quality services for public education that long-suffering overburdened tax payers pay for. In addition to addressing these factors for all schools, extra support and funding must be provided where teacher shortages are even more problematic, such as in Special-Needs-Programs.

The best-before date for adding the crucial, essential, and controversial issue of the role of substitute teachers in public education is past due, and it is now imperative to add it to the agenda (demands) pursued by mainstream teacher unions currently negotiating with the Québec government on working conditions and salaries.

A way must be found for the voiceless substitute-teacher-community to be heard.

Renata Isopo

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City marks important contributions by its volunteers

The City of Laval is going all out this year to thank its volunteers, with several events and other ways of showing gratitude planned.

On Oct. 25, the city kicked off a month-long celebration of homage to the volunteers, with a show held at the Salle André-Mathieu. More than 700 volunteers turned up to enjoy the entertainment and merriment.

The city plans to keep up the pace with an ongoing publicity campaign that will include ad spots in local newspapers as well as online social

media. In addition, an exhibition of photos of volunteers will be making the rounds at City of Laval public library branches over the coming months.

During the same timeframe, the city will be holding special volunteer training days in conjunction with community organizations in Laval that are working closely with the municipality.

Volunteers will have the opportunity to learn about aspects of volunteer work involving financial and administrative responsibilities.



Festival NUM 2023: the place to be this month in Laval

The City of Laval's public library branches are inviting families to come on out and have fun with art and digital technology at the fifth annual Festival NUM.

Until Nov. 12, it's a chance to learn about the practical artistic applications of digital technology at nine library branches. A grand finale event will be held Nov. 11 and 12 and the Multicultural Library branch.

Virtual reality, creative music, coding, digital projections and robots are just some of the activities to be enjoyed by children six years

old and up, as well as by teens and their parents.

"The universe of technologies and digital may seem rather complex and technical, but it is more important than ever to know how to use them, since more than ever they are part of our lives," says Laval city councillor for Sainte-Rose Flavia Alexandra Novac, who is responsible for cultural dossiers on city council.

In all, more than 50 activities are planned. They include: virtual reality (using VR headsets) for 12-year-olds and older; electronically-lit sweater creation using electrical circuits; and

techno-tinkering, where you can handmade all types of interesting devices, including mini-robots, magic bracelets, bike lights, etc.

The library has invited special guest presenters. They include franco-Montrealer Téo Leroux who will be unveiling his original digital work, *La forêt fantastique*. Presented in conjunction with MAPP MTL, this event will be a collaboration between Leroux and children from daycamps in Laval.

During the presentation, members of the public will be able to make their own contribu-

tions to the work from iPads, including animations projected in real-time on the outer façade of the Multicultural Library building.

Finally, during the entire month of November at the Gabrielle-Roy branch of the library network, artist Louis Bouvier will be presenting his exhibition, "*La conjugaison des pensées complexes*."

The exhibit is made up of two sculpture-instruments producing sounds whenever they are approached by people. Children and parents may be interested in trying this concept out.

Thanks to all volunteers who shape our community.

To acknowledge and highlight the involvement of thousands of Laval volunteers, Ville de Laval expresses its gratitude by honouring them during the whole month of November.



Quebec public sector workers call for more strike days

Four powerful Quebec labour unions have formed a common front

MARTIN C. BARRY

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Quebec public sector union workers who walked off the job last Monday have announced three more strike days for Nov. 21 to 23, unless a deal can be reached before then with the prov-

incial government.

Around 420,000 public sector employees were on strike last Monday as part of a one-day walk-out to protest the Quebec government's latest

contract offer.

They disrupted schools, health-care facilities and social services. Union members, who are seeking better wages and improved working conditions, dismissed the government's latest offer which was made on Oct. 28.

Common front formed

The workers from various unions (Centrale des syndicats du Québec (CSQ), Confédération des syndicats nationaux (CSN), Alliance du personnel professionnel et technique de la santé et des services sociaux (APTS) and Fédération des travailleurs et travailleuses du Québec (FTQ) have formed a common front.

"Everything in Quebec will be closed for three days," CSN vice-president François Enault said earlier this week during a news conference regarding the upcoming strike days. An FTQ leader said the workers will walk off the job again unless the government returns to the negotiating table with better offers.

They rejected gov't offer

The provincial government's latest contract offer included an increase of 10.3 per cent over five years for base salaries, which was just over a percentage point higher than the previous offer. However, some jobs would get an extra 2.5 to three per cent increase from the government.

The common front is demanding an increase of up to 20 per cent over the next three years. The impact of the strike last Monday was felt at public schools throughout the province, where teachers picketed and classes could only start by late morning or by the afternoon.



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* Excludes 500 mL or larger glass bottles, which already have a 25-cent deposit.

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Remembrance DAY

November 11

How and why we celebrate Remembrance Day

Remembrance Day has been recognized in Canada since 1931. However, the occasion was initially known as Armistice Day, and was exclusively a celebration of the end of World War I. Here's what Remembrance Day is all about today and how you can celebrate it.

REMEMBRANCE DAY IN CANADA
Remembrance Day is celebrated annually

on November 11 to honour the contributions of all military service members who gave their lives defending our nation. Similar commemorative events, such as Decoration Day in June and Paardeberg Day in February, were held before World War I. However, the scale of the Great War and the extensive human cost incurred by the conflict led to the adoption of a single celebration.

Canada's armed forces have since been involved in a number of conflicts, including World War II, the Korean War, the Gulf War and the war in Afghanistan, as well as a long list of peacekeeping operations across the globe. Veterans of these wars are likewise honoured on Remembrance Day.

*In memory
of our heroes*

On this Remembrance Day, take the time to stop and think about the thousands of Canadians who have selflessly given their lives to protect this beautiful nation.

Thanks to these courageous men and women who bravely fought in the name of freedom, Canadians have the opportunity to live in a country where peace and democracy reign free.

To honour their memory and acts of valour, wear your poppy proud, and participate in a moment of silence at 11:11 a.m., wherever you may be.



HOW TO CELEBRATE REMEMBRANCE DAY

Here are some ideas for honouring our veterans and their bravery:

- Wear the poppy over your heart
- Observe two minutes of silence at 11 a.m. on November 11
- Attend a Remembrance Day ceremony in your region
- Speak with veterans, or listen to interviews with them
- Learn more about Canada's memorial monuments
- Visit a war museum or memorial in your region
- Learn more about Canada's involvement in a conflict, peacekeeping mission or humanitarian effort

To learn more about Remembrance Day visit www.veterans.gc.ca.



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On this Remembrance Day, we commemorate the brave men and women who died in the line of duty, as well as those who currently serve in the armed forces.

Aglaia Revelakis
Municipal councillor
District of Chomedey
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*We remember our
nation's fallen who
risked their lives
for our freedom.*



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Remembrance DAY

November 11

Three ways of understanding Canada's war contributions

Living in a peaceful country like Canada, it's easy to forget the wars of the 20th century in which our country's freedom and harmony hung in the balance. On Remembrance Day, and throughout the year, we should engage with this past so that we can better appreciate the great sacrifices made by Canadians in these devastating conflicts. Here are a few good ways to reconnect with this history.

1. VISIT A WAR MEMORIAL

There are over 6,000 war memorials in Canada, each with a unique story and significance. These affecting and artistic

constructions will inspire you to reflect on the soldiers who dedicated themselves to various war efforts and the histories they represent.

2. DISCOVER THE HISTORY

To wholly appreciate the sacrifices of Canadian soldiers, we need to know who they were and why they were fighting. One way of learning about this is by visiting one of Canada's many military and war museums. Another way is by reading about the history. Some good places to start your research are the Military Heritage section of the Library and Archives

Canada website and the History section of the Veteran Affairs Canada website.

3. SPEAK WITH AND SUPPORT CANADA'S VETERANS

Veterans are usually happy to tell you about their military experience. By talking with them you'll gratify their need to share their personal stories and also learn a meaningful bit of history you can keep alive by passing on to others. Additionally, you can support veterans in financial need by donating to organizations like the Royal Canadian Legion and VETS Canada. Visit their websites – legion.ca and vetscanada.org – for more information.



Izzy dolls: a Canadian symbol of good will

Though poppies are a powerful symbol of Remembrance Day in Canada, Izzy dolls are also becoming increasingly well known. These small, hand-knitted dolls are named after Master Corporal Mark "Izzy" Isfeld, a Can-



adian soldier who died while serving on a peacekeeping mission in Croatia in 1994.

On Isfeld's first peacekeeping mission, he was deeply affected by the suffering of the children he encountered. Many of the children he met had no toys or personal belongings, as they had to leave everything behind when they fled from dangerous situations. This gave Isfeld's mother,

Carol, the idea to create Izzy dolls so her son would have something to give the children he met while serving.

The legacy of the Izzy doll continues to bring comfort and smiles to children around the world. Over the past two decades, Canadian soldiers and health-care workers have given out more than 1.3 million dolls to children in war-torn areas

and regions affected by natural disasters as a small token of goodwill and hope. The dolls are also often given to refugee children who resettle in Canada.

Today, Izzy dolls are made by volunteers across the country. If you're interested in becoming part of this effort, you can find patterns and instructions for how to make the dolls online.

November 11

REMEMBRANCE DAY

Forever etched on our hearts

We salute those who fought for our freedom



FAYÇAL

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Montreal's Hellenics mark 83 years since Greece said 'Ohi' to fascism

The WWII Axis powers first ran into serious resistance in 1940 in Greece

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Patriotic Greeks from all over Montreal joined elected officials from across the region along with leaders from the Hellenic community for a ceremony on Oct. 29 at the Greek Community Centre in Côte des Neiges marking the 83rd anniversary of the historic day during World War II when Greece rejected its occupation by Axis forces.

Each year, Ohi Day is celebrated throughout Greece, Cyprus and Greek communities around the world to commemorate the refusal by Greek Prime Minister Ioannis Metaxas when presented on Oct. 28, 1940 with an ultimatum made by Italian dictator Benito Mussolini.

A straightforward 'no'

The ultimatum was presented to Metaxas by the Italian ambassador to Greece. It demanded that Greece allow Axis forces to enter Greek territory and occupy certain strategic locations, or otherwise face war. The name for the day comes from Metaxas' straightforward reply. "No," he is reputed to have said curtly, following which he added, "Then it is war."

In response, Italian troops stationed in Albania, which was an Italian protectorate, attacked the Greek border, marking the beginning of Greece's involvement in World War II. On the morning of Oct. 28, Greeks took to the streets, irrespective of political affiliation, shouting "Ohi." Since 1942, it has been a national celebration marked annually. Saying 'ohi' to fascists

Dignitaries who attended this year's event organized by the Hellenic Community of Greater Montreal included the Consul General in Montreal for Greece Katerina Varvarigou, Vimy Liberal MP Annie Koutrakis, Saint-Laurent Liberal MP Emmanuella Lambropoulos, Park Extension city councillor Mary Deros, Laval city councillors Aglaia Revelakis and Vasilios Karidogiannis and local Greek community leaders.

In interviews with Newsfirst Multimedia, some of the dignitaries who attended shared their thoughts on the significance of Ohi Day. "In 1940, the Greeks said ohi to fascism," said Revelakis, suggesting that Greeks at that time fundamentally rejected the war-mongering tenets of fascist extremism and chose to fight back in order to preserve their freedom.



"It's very important that people understand that united we are strong and that this is the way we can have peace in the world," she added. Councillor Karidogiannis agreed that resistance to fascism remains one of the most important lessons to be learned from Ohi Day. "It's still very relevant today," he said.

Vigilance still needed

"The fight against fascism and nazism and all sorts of extremes is still ongoing on a worldwide scale. But, you know, surprisingly also even on a very local scale within Laval there are extremist elements here and there causing trouble in our community and this must be fought because it tends to spread very easily if not taken care of at the start.

"So, it's very important that we celebrate Ohi Day every year and remember how and why it happened, why we continue to celebrate it so that we can pass on the message to future generations in order to fight extremisms of all sorts," said Karidogiannis.

'Heroes fight like Greeks'

Councillor Deros said Ohi Day should serve to remind us all, regardless of whether we have Hellenic roots or not, that when Greece faced such a great threat "there were strong individuals who said no, they didn't want to give in, and they were willing to fight so that we could have the freedom that we have today."

Paraphrasing Winston Churchill, who once said "Hence we will not say that Greeks fight like heroes, but that heroes fight like Greeks," Deros continued, "they weren't afraid to die, but they went out for their beliefs. They believed in their freedom and democracy and they fought hard for it and won."

Lambropoulos said, "It's a day that I believe needs to continue to be celebrated year after year. It's especially important because Greece stood up to the nazis and fought in order to stand up for their values when a lot of other countries did not put up such a fight. It's a day to be proud to be Greek and to honour the heroes who fought in that war."

We salute the heroic spirit of our brave Canadian soldiers

November 11

Remembrance Day

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Fire destroys Al Sultan restaurant on Curé Labelle Blvd.

After being targeted several times by arsonists' threats, the Al Sultan restaurant on Curé Labelle Blvd. at the southern gateway to Chomedey burned down during the early hour of Nov. 1, while heavy damage was also done to two adjacent businesses.

Around 2 am, according to news reports, 9-1-1 operators

were alerted that an alarm at the restaurant had gone off. At least 45 firefighters responded to the scene, but quickly determined that the blaze was out of control.

Fire department arson investigators were on the scene the following morning, along with Laval Police crime scene investigators.



Photo: Courtesy of Laval Firefighters Assoc.

LPD arrests minor after stabbing near École secondaire Curé-Antoine-Labelle

The Laval Police say they have arrested a person under the age of 18 in connection with a stabbing that took place recently near École secondaire Curé-Antoine-Labelle in Laval's Sainte-Rose district.

On the afternoon of Oct. 23, the LPD had rushed to Roi-du-Nord Park, in front of the

high school, where a brawl between several people saw a teenager get stabbed.

Although not life threatening, the victim's wounds were serious.

On Nov. 2, the LPD said they arrested a suspect, described as a minor, who now faces charges of aggravated assault, simple assault

and illegal possession of a weapon.

The LPD said that since the academic year resumed in September, one LPD officer has been assigned to visit the school twice a week as a measure to prevent violent incidents.

It is not the first time violence has been reported at the Centre de services scolaire de

Laval (CSSL) high school.

In November 2021, as reported by The Laval News, two teenagers were beaten at the high school as they were leaving classes by a group of young people who fired a gunshot during the altercation, ultimately leading to a large police deployment and the arrest of one suspect.

LPD searches for suspect wanted for 'grandparent scam'

The Laval Police are seeking the public's help to positively identify and locate a suspect they believe is involved with a series of grandparent frauds.

The LPD claims the suspect in question, one of two being investigated, impersonated a targeted

victim's grandson during a phone call.

Impersonating the grandson, the suspect is alleged to have claimed he was in custody because he had caused an accident in a vehicle while using a cell phone at the wheel, the SPL said in a statement that noted the suspect also told the elderly

victim that he had injured a pregnant woman during the accident.

A second suspect allegedly posed as a lawyer named Mr. Bello, who joined the call and stressed how serious the situation was and that \$5,000 bail was needed.

The Laval Police say they are looking for a white male, around 35 years old, who speaks French. He is around 5'10" with a shaved head and dark beard.

Anyone with information is asked to call the LPD's info-crime hotline at 450-662-4636 or 911. The file number is LVL-230726-048.

Sexual assault suspect may have had other victims: Laval police

The LPD is appealing to the public in order to determine whether a sexual assault suspect had other victims.

Mathieu Bonneau, 38, was arrested Oct. 27 in connection with sexual assaults committed on victims younger than age 16. The alleged assaults took place over the past few years.

While Bonneau is a resident of Quebec City, Laval police believe the assaults occurred while he was in Laval. Bonneau has been a teacher in Quebec City for the past 10 years.

Bonneau faces charges of sexual touching of a

person aged under 16 and sexual assault. He was freed subject to conditions and is expected back in court on Dec. 19.

Anyone with any information they feel could help the investigation is urged to call the LPD at 450-662-4636 or 9-1-1. The file is LVL-231018-054. The Quebec City police can also be contacted at 418-641-2447.



Mathieu Bonneau (Photo: Laval Police Dept.)

LPD nets death threats suspect while checking on Pont-Viau bar

The Laval Police say a routine security check conducted at a bar in Laval's Pont-Viau district recently led to the seizure of a restricted weapon as well as the arrest of a suspect wanted for uttering death threats.

The LPD says the security inspection, part of a detail now routinely carried out by the LPD with the Sûreté du Québec during a wide-ranging crackdown on violence and street gangs, led to the identification of Kevin Duroseau for whom an arrest warrant had previously been issued.

A search of Duroseau, age 30, by the combined squad members found he was wearing a bullet proof vest and was in possession of a switchblade knife, which is a prohibited weapon.

A subsequent search of Duroseau's vehicle turned up a 9 mm Glock semi-automatic pistol.

He faces charges of illegal possession of a restricted weapon, as well as possession of a prohibited weapon, and remained in custody on Oct. 31 pending his next court appearance on Nov. 15.



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DIRECT ANSWERS

FROM WAYNE & TAMARA

FAUX FEELINGS

Q I'm a male, 28, in a happy relationship for a year. None of us is perfect, but we are a good fit for each other and I have a lot of personal respect for my girlfriend. I also think she is now serious about our relationship.

For the past year, she claimed she was excited about me from the time we first met. Now, however, she admits she went out and had sex with another man just hours after setting up the first date with me. Even though this is not technically cheating, I have doubts about her intentions and character.

She claims she was heartbroken at the time and just grabbing attention. I have a hard time understanding why someone would set up a date with a man she claims she liked, then hours later go out and have sex with a man she claims she did not like.

If she has sex with someone she claims she did not like, how about when she meets somebody she does like? Is having sex a routine part of going out for her? Is she going to be faithful? Sometimes I even feel like taking revenge.

I found this out by reading a love letter,

addressed to her, I discovered by accident in her photo album. Taking the letter out of the envelope, however, was not an accident. I can most likely get over this, but I think it would have been better to know early on.

If she didn't care about him, why would she store the letter in a place where we usually store our good memories?

Mario

A Mario, the latest popular idea is that you can learn to love someone. This is a new twist on "love is a decision." But if you believe love is a decision, how do you exclude other emotions as decisions? It appears instead of deciding to love her, you've decided to loathe her.

The heart looks for love, and when you didn't feel it, your emotions went to anger and resentment with thoughts of revenge. Compatibility does not equal love. Why is your heart looking at something which happened prior to your first date? Because it doesn't feel love for this woman.

Tamara

SCHADENFREUDE

Q Today I am turning to you for help. I need information on how to denounce someone for tax evasion. Here is my story.

I met a man who tended bar as a hobby. He is very rich and I am very poor. I was fascinated by his personality even though, despite all he told me about himself, he concealed his true identity. Once he asked me to marry him, but as I grew to know his real personality, I told him no.

For some reason or other, I became curious what became of him. I investigated and learned he was living with another woman. When he learned about my investigation, he intruded in my apartment when I was not there. I am, however, aware of the danger of accusing him of what I cannot prove.

If it wasn't for a photo he gave me of himself, I'd have no proof of his existence. He keeps using different names in public life and driving

cars registered to friends. I believe he indulges in criminal affairs, running several businesses without getting involved under his true name. But if he could be brought to justice, it would be all right with me.

Natasha

A Natasha, you need help, but not the kind you seek. Why is this man even in your thoughts? He is out of your life. You told him no.

Yet you are wasting time with useless thoughts of revenge.

You say yourself you have no proof. Yet you want to punish him. Even if you get revenge, you have not advanced your life at all. Understanding why you want revenge will allow you to advance your life.

Wayne

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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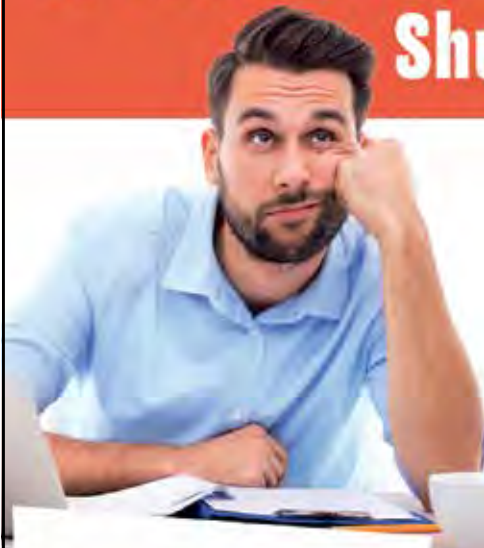
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Chomedey Legion holding poppy campaign before Remembrance Day

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

Members and supporters of the Royal Canadian Legion's Branch 251 (Chomedey) gathered at the veterans' hall on Curé Labelle Blvd. recently to open the Legion's annual poppy-selling campaign which will be taking place up to Remembrance Day on Nov. 11.

In keeping with an annual tradition, the first poppy was presented to a leader from the local community. This year it was a representative from Vimy MP Annie Koutrakis' office, political attaché Aaron Stafford, who accepted on her behalf.

Barbara Vezina, who is chairing the branch's poppy campaign this year, said funds from the campaign will be going towards several good causes.

They include La Maison du Père, the Old Brewery Mission, several palliative care facilities, Saint Anne's Veterans' Hospital, as well as shelters for women and children who are victims of domestic violence.

Branch 251 is extending an invitation to all who may wish to join them at Remembrance Day ceremonies being held in Laval at the Veterans' Cenotaph on Souvenir Blvd. near City Hall beginning after 10:30 am on Saturday Nov. 11.



Left, Royal Canadian Legion Branch 251 president Dean McKay officially kicked off the annual Remembrance Day poppy campaign last week when he pinned the first poppy onto the lapel of Aaron Stafford, political attaché for Vimy MP Annie Koutrakis. (Photo: Martin C. Barry, Laval News)

Ghouls welcomed to Saint-Bruno Halloween Party in Lausanne Park



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

For the 15th consecutive year, Action Laval city councillor for Saint-Bruno David De Cotis held a large outdoor Halloween party on Oct. 31 in Lausanne Park near the centre of his district.

The spooky and ghoulish event drew as many as seven thousand residents, including many children with their parents, from the area.

They were able to have fun entering and passing through a "haunted house" which had been set up, while also being able to walk through a

challenging outdoor maze.

The event, like several other community gatherings De Cotis sponsors in Saint-Bruno throughout the year, was supported through sponsorship from several local businesses, rather than funding from the city, he pointed out.

The year's other events include a Fête de quartier (which raises funds for the Société d'Alzheimer), and a Fête nationale event. "All of these are done in the spirit of building a sense of belonging to the community," added De Cotis. "To be of service to the citizens: this is what it's all about."

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HOROSCOPE

Week of NOVEMBER 12 TO 18, 2023

The luckiest signs this week:
CAPRICORN, AQUARIUS AND PISCES

ARIES
Even if you haven't planned anything, it's not too late to organize a romantic getaway. If you're currently taking a training course, don't lose concentration until it's over. At work, analyze every detail, even if it's difficult and time-consuming.

TAURUS
Your emotions may get the better of you this week. In this situation, it's important to learn to let go and deepen your spiritual knowledge. If you're in a relationship, it's essential to make the time to have fun together now and again.

GEMINI
Don't let impatience get the better of you. Break up the monotony in your relationship by going on new and exciting adventures with your loved one. In your professional life, you'll have the courage to make big decisions.

CANCER
You'll be handling emergencies this week. This will benefit you at work. In love, it's the little touches that express the intensity of the feelings you and your partner have for each other.

LEO
When tensions arise in your relationship, you tend to want to resolve the situation too quickly. At the office or elsewhere, you'll be able to impose respect in chaotic situations, which will give you a measure of pride.

VIRGO
You'll have to be patient with a family member this week. You may already be getting out the Christmas decorations and sprucing up your home. On the other hand, the idea of moving could arise spontaneously.

LIBRA
You'll have to make several trips for work or personal reasons. Express your feelings to resolve a conflict that's dragging on. Avoid being overly critical of your significant other for a simple little mistake.

SCORPIO
If you're in a difficult financial situation, you'll know what to do to get out of it successfully. Don't be shy. Show off your skills to win over the support of your employer.

SAGITTARIUS
Your mind may be flooded with ideas this week. You'll start many projects without completing them and suggest many activities to your friends. At work, a certain task will take longer than expected to complete.

CAPRICORN
Excessive stress could bring down your energy. It's essential to get some rest and make changes to your daily routine. You could turn to spiritual practices to relax.

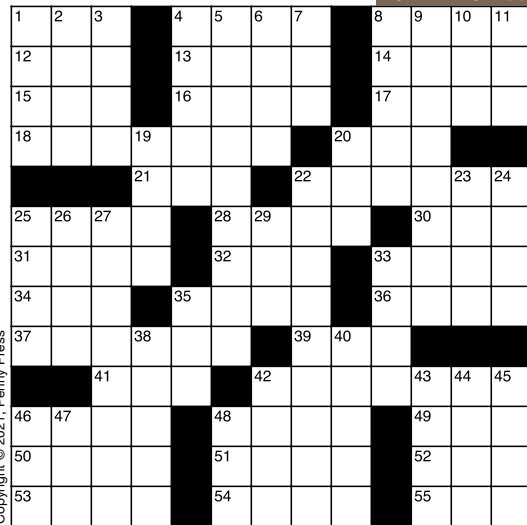
AQUARIUS
Your social life will be particularly active this week. Even if you're craving solitude, someone will bring you out of your shell and put a smile on your face. Rather than pushing back, let yourself be guided by the change.

PISCES
At work, you'll be responsible for organizing an event that brings many people together, such as an important meeting. When you combine business with pleasure, you'll have more fun at work. You'll be more productive in a relaxed environment.

Coffee Break

CROSSWORDS

PUZZLE NO. 160



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ACROSS

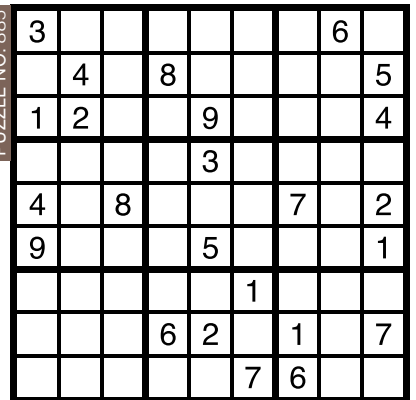
1. First gear
4. Dude
8. Corrosive liquid
12. Miner's product
13. Body of knowledge
14. Party
15. Rowing blade
16. Pass over
17. With competence
18. Like some skirts
20. "___ Abner"
21. Which person?
22. Discussion groups
25. Skin hole
28. Food for Muffet
30. Dove's cry
31. Cut down
32. Follower of neither
33. Ensemble
34. Pod vegetable
35. Appeals urgently
36. Scope
37. Respond

DOWN

39. Church seat
 41. Grass
 42. Variety of language
 46. San Antonio athlete
 48. Kitty sigh
 49. Ginger drink
 50. ___ Grey tea
 51. Unlocked
 52. Take legal action
 53. Spotted
 54. Ties the knot
 55. Commandment number
- transport: 2 wds.
10. Not well
11. Dawn to dusk
19. Startled
20. Deposit eggs
22. Sweated
23. Solitary
24. Fountain drink
25. Mate for mama
26. Yoke of ___
27. Restore to confidence
29. Pig
33. Weep
35. Flower plot
38. Planet
40. Deserves
42. Hoodwink
43. Direction
44. Sherlock's find
45. Juvenile
46. Realize
47. Remit funds
48. Sound of a punch

Sudoku

PUZZLE NO. 885



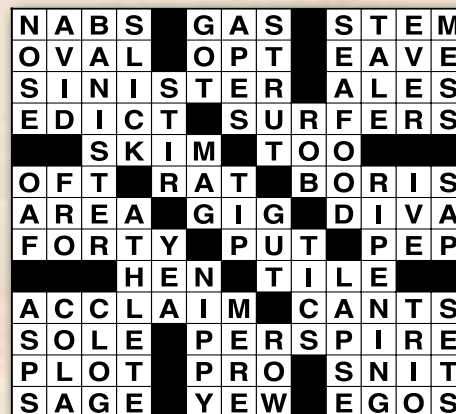
HOW TO PLAY:

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

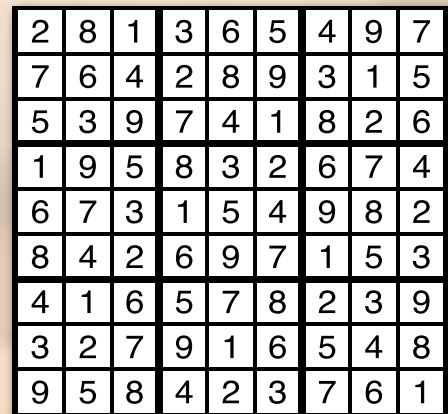
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.

Last Issues' Answers

CROSSWORDS



Sudoku



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