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Laval Riverains M15-AA coach Tony Polito has led the team to multiple tournament victories and championships over the past few years, much to the delight of the players and their parents. (Photo: Martin C. Barry, Laval News)

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Impacted residents 'uncertain about outcome' of Laval's planned Pie-X Park expansion

City using 'Right of pre-emption' legal move to appropriate homes and portions of land

MARTIN C. BARRY

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

During last week's Laval city council meeting, elected officials had no apologies for a group of residents from an area near Pie-X Park in west-end Laval, where there is growing consternation over a plan by the city to expand access to the park through the purchase or appropriation of nearby private properties.

Petition raises questions

Up to 400 nearby residents have signed a petition opposing a significant part of the city's \$24 million plan to carry out a long overdue refurbishing of the park. They want the city to at least postpone the project, currently scheduled to begin as early as this year, so that some of the impact can be reconsidered.

Christian Veilleux, who has lived on Olivar-Asselin St. for more than 30 years, is one of 16 residents who received legal notices last summer from the city, advising them to vacate 12-foot spaces on their property next to several fenced pedestrian walkways leading from the street into Pie-X Park.



Christian Veilleux of Olivar-Asselin St. in Chomedey is helping to lead residents' efforts to contest some of the City of Laval's plans for Pie-X Park. (Photo: Martin C. Barry, Laval News)

City claims encroachment

"While planning the work, we became aware that your installations encroach on the City of Laval's property and infringe the rights that the City holds on the lot," states the notice from the city. The residents were given up to Sept. 1 last year to sign and return a consent form stating that they agreed to the conditions.

In early November last year, additional notices were sent to the affected residents, informing them that land survey posts were going to be installed to establish the exact property limits. Fences and hedges belonging to property owners which the city claims are on municipal property will be demolished, according to the notices.



Some of the owners of homes around Chomedey's Pie-X Park who stand to be most impacted by the city's plan to improve the space by taking part of their land to improve access to the park. (Photo: Martin C. Barry, Laval News)

For the greater good, says city

Four walkways that lead into Pie-X Park are located adjacent to the following streets: Marguerite-Bourgeoys, Olivar-Asselin, Cardinal, Bernard and Brien. A fifth laneway between Adolphe-Chapleau and Coursol is apparently not included in the project.

The city claims it needs to enlarge the walkways in order to make them more secure and accessible for the population in general, including those who may be physically-challenged or who suffer from limited mobility.

In so doing, the city expects to enlarge the walkways (which currently vary in width from 6 to 10 feet) to 30 feet, while enhancing the grounds with additional lawn and trees.

In addition to these claims, the city also served notice last summer that it was placing a "reserve" status on four houses located near the north and south entrances to Pie-X Park as an option to eventually purchase in order to add space in the park. This was done under a revised provincial law ("Right of pre-emption") for municipalities.

No consultation, residents say

Among other things, the residents complain they were never consulted by the city. In response, Mayor Stéphane Boyer maintained during the February city council meeting (he wasn't present during the March meeting due to illness) that the city has various ways of consulting its constituents, and that a form of consultation had indeed taken place.

Although he praised the park renewal project overall, Parti Laval councillor for Fabreville Claude Larochelle said during last week's council meeting that he was surprised the city was

using the Right of pre-emption clause for single-family homes. He maintained the law is being improperly used by the city, since its intended purpose was to secure properties which had fallen into disrepair and were dangerous because of owner neglect.

Adding to housing shortage

For their part, the residents who would stand to eventually lose their homes claim the city

will be doing more harm than good, because of the current housing shortage.

Stating Action Laval's view of the issue, St-Vincent-de-Paul city councillor Paolo Galati said his party objects to the stance taken by the city. "This is a good project," he said, although he added that the mayor "really missed the mark and failed in his duty as regards consultation."

Sainte-Dorothée councillor Ray Khalil (who is vice-president of the executive-committee) maintained that among the various legal tools available in cases like these to the city (including expropriation, property reserve and servitude) the Right of pre-emption "is the mildest," he said.

However, he offered no apologies to the home owners who stand to be impacted. Laval-les-Îles city councillor Nicholas Borne who is handling the dossier maintained the city has every right to use the Right of pre-emption as it sees fit. But again, no apology to those directly affected.

Residents still uncertain

In a note last week before our deadline to *The Laval News*, Christian Veilleux said a recent closed-door meeting between the residents and their city councillor Sandra El-Helou seemed to end optimistically. "But there was no firm commitment for the future, except that Mrs El-Helou will do her best to improve things and come back to us," said Veilleux.

"The meeting was supposed to last 30 minutes, but lasted 70 minutes," he continued, "which we considered positively, even if we have not had sufficient time to explore thoroughly all issues. Overall, we exited the building with mixed feelings: happy of the discussions, but uncertain about the outcome."



One of the pedestrian entranceways into Pie-X Park in Chomedey where the City of Laval has plans to expand the width up to 30 feet by claiming portions of the private properties on each side.



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3860, boul. Notre-Dame, # 304,
Laval, QC H7V 1S1
Tel: 450-978-9999 • Fax: 450-687-6330
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www.lavalnews.ca

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George Bakoyannis
George S. Guzman

General Director:

George Bakoyannis

VP Sales & Marketing:

George S. Guzman
sales@newsfirst.ca

Graphic Design:

Lareine Zakhour
Elena Molter
Thomas Bakoyannis

Advertising:

Jean Paul Chamberland

Editorial Staff:

Martin C. Barry
Renata Isopo
Maria Diamantis
Savas Fortis
James Ryan

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OPINION & Editorial

THAT'S WHAT I'M THINKING

Robert Vairo



I don't watch TV news. I don't believe what I see anymore

I loved my career. In fact, I tell people that when I die, if I'm allowed to return, I want to repeat what I have done so far on this earth, with a few extras added. That's how much I enjoyed the entire process of journalism; researching, digging, and contacting sources for the right information and then delivering it to my radio and TV news audience. It was my passion. They say if you love what you do, you'll never work a day in your life. That is very true. I had a few side hustles to supplement my income, because one did not become a broadcast journalist for the salary, regardless of the employer. But going to the studio every day was so enjoyable. Serving the listener and viewer was a privilege, and I got a pay cheque for it. It's hard to beat such a life. Throughout my decades in radio and TV, I cannot remember a day I did not enjoy. As a talk show host and reporter, I was often on the road, negotiating for interviews from those reluctant to share information. However, I knew my listeners or viewers wanted to hear these accounts, I was determined to provide them with a factually correct story. Like many of you, I often worked long hours, sacrificed meals and social gatherings, because I was on a mission of sorts. As author Rolf Dobelli writes "trying to make the world a little better, and hold those in power to account." I loved it so much I became an instructor at Concordia's Communications department. I even started a broadcast school for primarily young English broadcast talent, The Montreal Radio and Television School. It was a hands-on approach where media personalities and I passed on knowledge and experience to those now successful in the industry. And I want to do it again, in the next life. But I don't think it'll be the same.

Today, it's a very different story. I don't watch TV news nor listen to radio news, except for the occasional traffic report. There are a lot of reasons for this. I often hear "it's so depressing." Dobelli writes all this news of crisis "destroys our peace of mind."

There is also government financing and grants to media. Hundreds of millions of dollars have been afforded before and after the last three elections and during Covid. Says Journalism historian Marc Edge, "... it

may have saved or created a few media jobs, but at the cost of credibility. Many Canadians now think the press has been bought off by the Liberals." Liberal grants went to every publication from McLeans, CBC, CTV and even Ming Pao Newspapers, which "attempts to accommodate Chinese Communist Party sensibilities"- Canadaland Podcast Network.

Newsroom editors choose the stories and often the viewpoint they want their reporters to take. You've no doubt heard of the CBC reporter questioned by opposition leader Pierre Poilievre as to who specifically he was referring to in his question. The reporter replied, he didn't know. He said he was given the questions by his supervisor.

Those who make mainstream media their only venue of information are subjected to an editor's selection and omission of stories. Journalism observers will say CTV, CBC, Global, Fox News, and CNN all have a dance card, an agenda. Impartiality is rare.

The politician plays the media

Politicians hold news conferences or allow scrums (where reporters gather around with cameras and microphones), only because regardless of what the reporter asks, it is an opportunity for them to deliver their message. Playing the media has become a favourite past time of not all but many elected. Their message is what they want you to believe, not what you should really know about them or their situation. Often, they mislead. Some reporters will follow up with more direct questions but the slick politician will seldom answer, much less deliver the naked truth.

Artificial intelligence

With the introduction of AI (artificial intelligence) especially, visuals are often not what they seem. Photos and video can be fabricated or taken from an entirely different and unrelated setting. Reports are not always produced by humans. AI has done that. Do you remember when news reports were written in the third person, making the author a dispassionate narrator? This is no more. Writers often include opinions, or intentionally omit facts in what should be an unbiased, balanced, and fair report. It seems

the industry no longer has anything to do with real journalism

Fake demonstrators

Do you really believe those demonstrators are sincere, out there because of their political convictions? That they are protesting, wreaking havoc, blocking entrances, destroying property and disrupting events because they believe in a cause? Of course not.

I invite you to visit www.indeed.com/career/demonstrator/salaries, a web site that advertises for demonstrators, and includes hourly rates. Want a job?

In Canada, the Plenty Collective, a self-described "mutual aid group", have paid demonstrators for "liberation of Palestine" manifestations and others. There may be, but I have been unable to find funding for pro Israeli protests. A city councillor for the Victoria, BC area, Ian Ward, wrote in a social media post that "paid 'protestors' are promoting antisemitism & call for violent intifada."

Are you disgusted yet? I am.

Former colleague Wendy Mesley, fired by the CBC for the most woke and frankly stupid reason, suggests switching to blogs and podcasts. She writes in a recent article in the Globe and Mail, "TV is the last place I go for news. I devour The New York Times, the Guardian, Al Jazeera and The Globe. I spend hours reading blogs, newsletters and sites I've found online." I fully agree. I would add newspapers, publications and blogs to the right of the political pendulum to complete the canvas, and not forget to read the comments. Those can be informative and entertaining. Give credit, and support surviving local newspapers, especially ones that are privately owned. They do their ultimate best to deliver a truthful and accurate picture. They have survived for a reason.

Ultimately, the responsibility is yours. Manage your media consumption. Determine if these so called 'breaking news' items are indeed relevant to your personal life. If you're going to, read and watch what interests and affects you, but always with a dose of suspicion. Look for more than one source, and decide what you should believe.

It's beyond sad, but it's gotten to this.

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Laval Firemen's Race set for Sunday June 2

Although the big weekend is months away, City of Laval officials are already preparing for the 12th annual Firemen's Race, an event that never fails to stir up enthusiasm among people from far and near at the beginning of each summer.

Taking place on Sunday June 2, it promises to be a day of excitement for thousands of runners who will be taking part. During the day, ultramarathoner Manuel Cabral, who is an ambassador for the race, will be making good on a pledge to run 100 kilometres before crossing the finish line.

It's all to raise funds for the Fondation des pompiers du Québec pour les grands brûlés (FPQGB), an organization which provides support to burn victims.

"Year after year, the Firemen's Race has generated significant and inspiring anecdotes

about exceptional people who came together to raise funds for the burn victims," says Laval city councillor for Concorde-Bois-de-Boulogne Sandra Desmeules, who is responsible for culture, sports and leisure dossiers on the executive-committee.

"The enthusiasm this race for beginners or seasoned veterans generates reaches far beyond Laval," she adds. "I congratulate the participants in the race who will be running together on June 2 in support of this worthy cause."

Those wishing to participate will be able to choose from 1, 2, 5, 10, 21 and 42.2-kilometre trajectories, leading through various scenic areas of Laval.

All participants will be receiving an identifying number patch to be worn on their backs, free warmup exercises, an official T-shirt (for 5-km. and higher participants), a participation medal-

lion, access to the results platform, a snack, and access to a celebration event afterwards.

The finish line will be at the Firemen's Festival, taking place on the same weekend on the Collège Montmorency outdoor grounds.



Laval donates \$25,000 in humanitarian aid to Gaza

As a gesture of solidarity with the people of Gaza, the City of Laval has donated \$25,000 to the Canadian Red Cross's Middle East Humanitarian Crisis Fund in order to support international rescue efforts.

"That which is happening in the Middle East is deeply troubling to me," Mayor Stéphane Boyer said in a statement. "With this gift, we hope to demonstrate our willingness to help out. Millions of people are impacted by this crisis and it is important to show our support beyond mere words.

"All the assistance will help to alleviate suffering while providing humanitarian assistance to the most people who are in need," the mayor added. "This testimony to our solidarity is part of a series of recent humanitarian actions, including some sent to Haiti, Ukraine, Lebanon, Turkey, Syria and Morocco."

Council votes unanimously in favour of Piché CPR motion

Laval city council recently voted unanimously in favour of a slightly amended motion tabled by Action Laval city councillor for Saint-François Isabelle Piché calling for organizations offering services to senior citizens to receive free training in cardiopulmonary resuscitation (CPR).

A few years ago, Laval city council approved a motion that allowed automated heart defibrillators to be installed at all of the city's arenas and community centres.

This latest development will allow seniors to acquire knowledge and practical experience in order to be able to intervene in emergency situations involving heart problems.

"I feel certain that this measure will be beneficial to the vast majority of our population," said Piché. "This is basic training that should be available to everyone."

Councillor Piché said the idea of facilitating CPR training came to her while contemplating that the population of most cities in Quebec, including Laval, is steadily aging. More than 80,000 residents of Laval (pop. around 445,000) are currently 65 years of age or older.

"This proposal was something that was obvious to support our organizations in the context of their activities with the population," she added. "The unanimous support for my proposal underscores the underlying correctness of it."

Mayor's reaction to Quebec's budget 2024-2025

Reacting to the provincial government's 2024-2025 budget which was released last week, Mayor Stéphane Boyer could scarcely conceal his disappointment, but insisted the city will continue to pursue its priorities.

"The current financial situation is a difficult one, we are conscious of that, and Quebec

had to make choices," he said in a statement. "Despite the clear absence of sums identified for our priorities, we intend to continue to push our major axes forward with the government to the benefit of all Laval residents."

Laval is currently pursuing four priorities: transport and mobility (including the exten-

sion of the Metro's orange line into western Laval); economic innovation and development (which includes a major component to expand Laval's biotechnology industrial park); housing and social development; and finally additional financial support from Quebec for local media, which includes community newspapers.

Curé Labelle in Ste-Rose closed until 5pm Thursday

The City of Laval is advising motorists who use Curé Labelle Blvd. in Sainte-Rose that it will be closed between Sainte-Rose and Roi-du-Nord boulevards up to Thursday March 21 at 5 pm because of emergency repairs being carried out on the sewer network

beneath the street.

Until Curé Labelle reopens again to traffic, the Laval Police will be on hand to direct traffic during rush hours, while also providing assistance to motorists trying to reach local streets and businesses.

According to the city, the repair work is taking place day an night in order to get it done as swiftly as possible. It is recommended that motorists who will be driving through the area plan an alternative route ahead in order to minimize inconveniences.

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500-signature petition demands withdrawal of Samson Blvd. bike path

Action Laval maintains the Samson path should never have been created

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

Action Laval city councillor for Val-des-Arbres Archie Cifelli, who is interim-leader of the opposition party, tabled a petition during the March 12 city council meeting, with the signatures of nearly 500 western Laval residents who are asking the city to close the bicycle path along Samson Blvd.

Action Laval claims it doesn't oppose the city's implementation of bike paths, and even supports the creation of new bike paths as part of its platform.

However, the party's members feel there are security and environmental issues the Boyer

administration hasn't addressed with bike paths, and that there hasn't been enough public consultation.



Action Laval city councillor for Val-des-Arbres Archie Cifelli, who is also the opposition party's interim-leader, tabled a petition in Laval city council last week, with the signatures of 500 people demanding the withdrawal of the Samson Blvd. bicycle path. (Photo: Martin C. Barry, Laval News)

Notorious bike path

The party maintains that the Samson Blvd. bike path has turned into one of the more flagrant examples of bad planning by the city. A stretch of the path where it passes past Autoroute 13, interfering with the flow of traffic while endangering cyclists, is probably familiar to many western Laval residents.

"As soon as we said 'cycling path,' I didn't have to convince people to sign this petition," said Cifelli, adding that "it was they who were explaining to me why they felt it was necessary to sign. The population is especially angered because they were not consulted."

According to Action Laval, the city administration tabled an overall plan that the mayor's team voted for without question.

Deemed a 'dangerous' path

"The plan is based on 'norms' which are blind and which don't take into consideration the reality of the terrain," the party said in a statement, while adding that one major Montreal media said in July 2023 that the Samson Blvd. bike path is on a list of the 10 most dangerous bike paths in the province.

"It's dangerous, it's badly positioned, it has a negative impact on the environment, so why does the mayor persist in implementing a plan that was badly developed?" continued Cifelli. "Why doesn't he consult his population?"

"The mayor has simply not understood that his role is to contest the decisions of the admin-



istration in order to bring them forward into better decisions. If he contents himself to follow the recommendations of the administration, he fails in his most important task."

Consultations denied

As well, Action Laval maintains that if the population had been consulted, the Samson Blvd. bicycle path would never have been put into place. They also claim to have suggested in July 2022 that the city hold public consultations, although Mayor Boyer opposed this.

"Safer and more efficient alternatives to encourage active mobility are possible," says the party, suggesting that in the situation of the Samson Blvd. bike path, a route along Bord-de-l'Eau Rd. (where there already is a bike path) would have been better.



The Samson Blvd. bike path is seen here along a stretch near Autoroute 13 where, according to complaints, fast-moving traffic endangers users of the bike path (green band on the pavement).

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even in the spring





Conference Board of Canada: Economy knocks Quebec finances off course

Bridge to nowhere

The province's budget shows how sensitive fiscal plans are to economic performance. The cumulative deficit from fiscal years 23-24 to fiscal year 28-29 is expected to be \$37.8 billion, much higher than the generally rosy picture painted at this time last year.

By nature of the Balanced Budget Act, Quebec's \$37.8 billion cumulative deficit is made up of \$13.9 billion in contributions to the Generations Fund, \$7.5 billion in contingency reserves, a counterbalance of \$6 billion in expected bridging between revenues and expenses, and the rest an operational deficit.

What's most worrisome about the province's latest budget is the lack of detail on its eventual plan towards balance. The \$6 billion "gap to be bridged for achieving fiscal balance in operations" comes with little detail. As a result, this budget clouds the picture of Quebec's fiscal position, and shows that there is much work to be done for the province over the coming years to return to a sustainable fiscal path that promotes to government's goal of intergenerational equality.

Rx for healthcare

Expenditures in health and social services have seen a notable rise, from \$41.8 billion in 2018-2019 to \$63.9 billion in 2024-2025, representing an average annual growth rate of 7.3 per cent. The surge in health care spending can be attributed to strong population growth, inflation, and the lasting effects of COVID-19.

The government's agreement with the Common Front, Quebec's public sector unions representing mostly health and education workers, will result in wage increases outpacing inflation in coming years, with the agreement set to the end of 2027-28. To address the challenges posed by an aging population and increased demand for services, the government is working to reform the health care system in hopes of improving access to care and services while significantly reducing further growth in overall spending. The establishment of Santé Québec in 2024 aims to decentralize decision-making and reduce bureaucracy, leading to a more efficient and responsive health care system.

Counting on future growth

Despite a higher-than-expected deficit, the province's debt-to-

GDP ratio is set to increase only over the next two years, behind a slower economy, before declining again after economic growth weighs against a falling deficit.

While the province is keeping its commitment to reduce the net debt-to-GDP burden to 30 per cent by fiscal year 2037-38, that will be difficult given its budget last year had estimated net debt-to-GDP would be 35.8 per cent by fiscal year 2027-28, notably lower than what is expected in this budget. That means the movement towards its net debt-to-GDP goal will need to come from a significantly stronger economy and a commitment to restoring balance sooner rather than later.

A darker path to a brighter future

Overall, the budget's key indicators paint a more difficult picture for Quebec's finances. There has been a significant deterioration in the province's balance over the forecasting horizon. The province remains committed to many of its goals of reaching a surplus in terms of the Balanced Budget Act, but the path to get there is going back to the drawing board.

While the commitment is clear, the details of the plan to get there are less clear. The budget comes with a hope to find more revenue and explicitly includes \$6 billion in a bridge to help align revenues and expenses which work against the deficit but is not explicitly defined. There is some breathing room in the planning via \$1.5 billion each year in contingencies.

The government has not significantly altered the amounts allotted for the Generations Fund with roughly \$2.2 billion committed over the next two years, ramping up to \$2.7 billion by 2027-28. The Generations Fund is a dedicated fund where budgetary surpluses, proceeds from asset sales, and other exceptional revenues are deposited. Its purpose is to reduce Quebec's debt burden over the long term by generating returns that can be used to pay down debt. The challenge is that deposits in the fund are currently being made with larger deficits, thus adding to the province's debt.

Finding enough pennies to make a dollar

The budget also comes with a spend of \$1.9 billion to help spur prosperity by increasing economic potential through support of the development of key sectors, increasing the labour force, and boosting productivity in the construction industry.

As part of the review, the government is seeking to re-align spending as a share of GDP and revenues as a share of GDP. The budget highlights that one reason for the new disconnect is the 1 percentage point decrease in taxes for the two bottom tax brackets.

Turning over every rock

The province is looking to find ways to be more efficient, with the hope of increasing revenues by \$2.9 billion by re-aligning its tax system and improving revenue collection efforts.

On top of the targeted improvement to tax collection efforts, the province is set to conduct a full review of its tax measures and budgetary spending, and the results of that review will be presented with next year's budget.

The largest effort is a re-alignment of tax help for business, by abolishing tax credits for retaining workers, helping support Quebec film and television production, and re-focusing IT tax credits toward higher-paying jobs. These changes are expected to reduce the cost of tax assistance by \$1.0 billion between fiscal years 24-25 and 28-29.

The provincial government is also set to ask for more efficiency from various government enterprises with the hope of finding \$1.0 billion in savings over the budget period. The province is also seeking an extra \$300 million over five years in tobacco tax revenues.

Finally, the province will provide an extra \$96.5 million over five years to help strengthen tax collection and fight economic crime, which is expected to yield \$660 million in extra revenue.

Confronting tough economic realities

Quebec's latest budget reflects the realities of weaker economic growth in an environment of restrictive monetary policy. The economy struggled in 2023 as higher interest rates gradually took effect. The economy also contended with extreme wildfires and large-scale public sector industrial action which hurt production in affected sectors.

Looking ahead, the government anticipates growth of 0.6 per cent in 2024, a slightly stronger growth outlook than our own projection of 0.3 per cent. Growth is expected to pick up in the second half of the year, contingent on interest rate cuts. As some momentum builds, growth is forecast to rise to 1.6 per cent in

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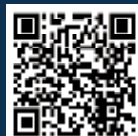
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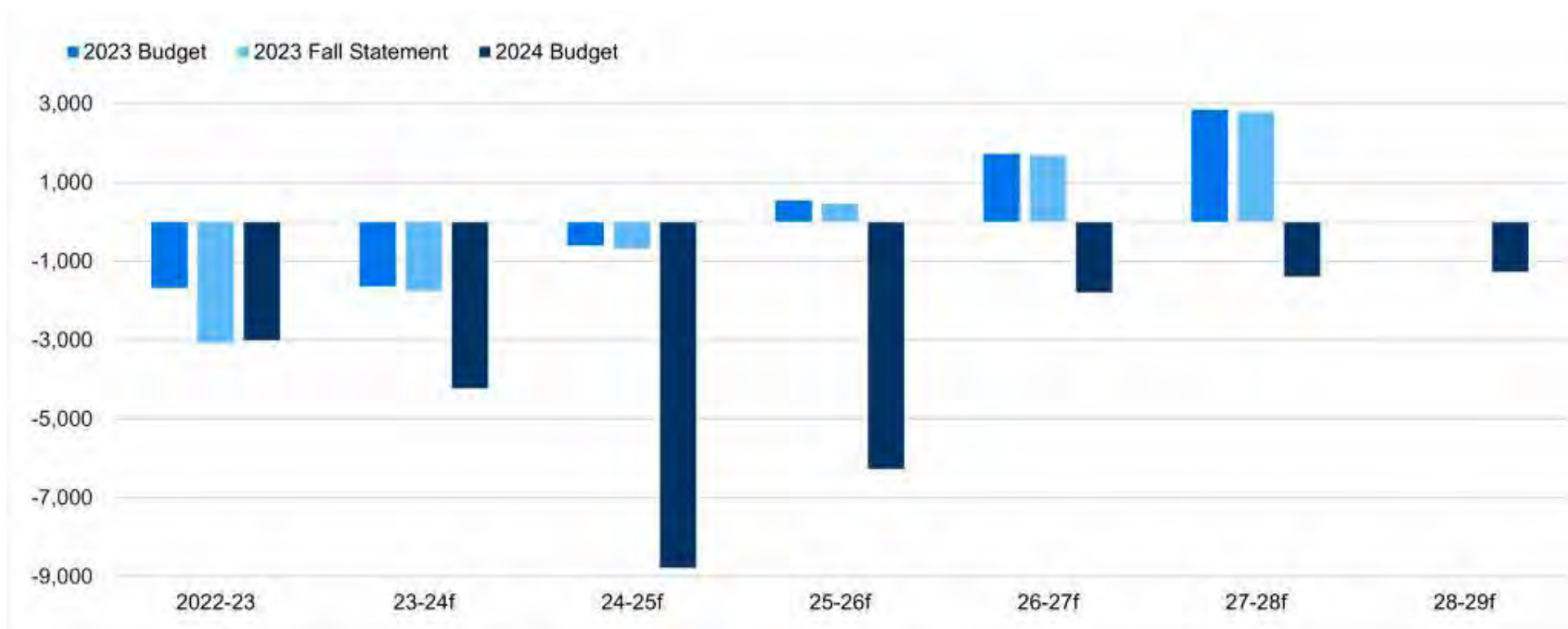
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Et bien d'autres encore...



A new fiscal picture: budget balance before deposits to the generations fund, \$ billions. f=forecast (Source: Finances Québec)

2025, below the national average and closely matching our own projection of 1.7 per cent.

While inflationary pressures are easing, several sticking points remain including service and shelter prices. Globally, the performance of the U.S. economy and impact of rising geopolitical tensions add further uncertainty to the inflation outlook.

Quebec's labour market is rebalancing after a period of extreme tightness in the wake of the pandemic. Over the next two years, the government expects a combination of softer labour demand and weaker labour force growth to weigh on job creation. While this will exert some upward pressure on the unemployment rate, constrained labour force growth will keep conditions in the job

market relatively tight.

Interest rates are the principal driver of the outlook for several key expenditure categories. Strong population growth and elevated savings buttressed demand for goods and services in 2023. Yet household spending growth will cool in 2024 as consumers reign in some discretionary spending and navigate higher debt service costs.

Meanwhile, residential investment, which declined by an estimated 17.8 per cent in 2023, will stabilize posting growth of 0.4 per cent in 2024. However, housing starts are projected to remain below the 10-year pre-pandemic average, keeping a lid on supply and affordability. The government is optimistic about

the near-term growth outlook for non-residential investment, pointing to the commencement of large projects in the mining and battery sector, as well as improved business confidence.

Despite slowing economic growth and lower inflation the nominal value of Quebec's output is still forecast to grow by 4.0 per cent in 2024 and 3.8 per cent in 2025. This indicates a growing tax base and is a positive sign for government revenues.

In Summary

The financial outlook for Quebec has been thrown off course due to poor economic performance. The province is pursuing ambitious efficiency gains and revenue measures to realign its fiscal balance. It's a risky proposition.

Federal Dental Care Program

CHAMBRE DES COMMUNES
HOUSE OF COMMONS
CANADA

Dates from which applications will be accepted (65 years and older)

People aged:

87 years old and +	➔	december 2023
77 to 86 years old	➔	january 2024
72 to 76 years old	➔	february 2024
70 to 71 years old	➔	march 2024
65 to 69 years old	➔	may 2024

Annie KOUTRAKIS
MP for Vimy
450-973-5660

Fayçal EL-KHOURY
MP for Laval - Les Îles
450-689-4594

**For more information on the Dental Care Plan
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<https://www.canada.ca/en/services/benefits/dental/dental-care-plan.html>

March 20, 2024 • The Laval News • 9

Coach Tony Polito leads Riverains M15-AA to victory with a formula for success

Hockey Laval adolescent boys' team clinches 2023-2024 LHLL series championship

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

The Ligue Hockey Laurentides-Lanaudière's 2023-2024 season has been a fruitful one for Hockey Laval Riverains M15-AA coach Tony

Polito, as well as for the young players he oversees, and everybody else who provides support. To speak only of this season, when the team clinched the 2023-2024 championship in their division, would be to overlook the fact that the last few years have been extraordinary under coach Tony's leadership, as well as with his

brother Manny's contributions in the past year.

Action and results
It's been eight years since Tony Polito joined

Hockey Laval as a coach. In the last three years alone, the Riverains M15-AA team of promising 15-year-old players has succeeded in clinching as many as six championships.



Coach Tony confers with team support personnel during a practice held at the Hartland Monahan Arena in Laval-Ouest last week. (Photo: Martin C. Barry, Laval News)



Coach Tony provides some rinkside tips on strategy to his team's 15-year-old players. (Photo: Martin C. Barry, Laval News)





My best wishes to all our Greek constituents of Laval on the occasion of the

Greek Independence Day



SONA LAKHOYAN OLIVIER
Députée de / MNA for Chomedey
450-686-0166 | Sona.LakhoyanOlivier.CHOM@assnat.qc.ca



To all my Greek constituents of Laval, my most sincere wishes on the occasion of Greece's Independence Day, March 25th 1821!

À tous mes concitoyens grecs de Laval, mes vœux les plus sincères à l'occasion du Jour de l'indépendance, le 25 mars 1821 !



ALICE ABOU-KHALIL
Députée de Fabre
(450) 689-5516
Alice.Abou-Khalil.FABR@assnat.qc.ca
538, rue Principale
Laval, QC H7X 1C8

"It's humbling, I guess you could say," he said in an interview with *The Laval News* late last week just before the team stepped out onto the ice for a practice at the Hartland Monahan Arena in Laval-Ouest. For the last two seasons in a row, the team finished first in the league, making it all the way this year as champions in the playoffs.

With the LHLL season over, the Hockey Laval Riverains M15-AA players are now playing in regionals. Whoever prevails in the best-of-



Laval Riverains M15-AA assistant coach David Mollica, left, is seen here with head coach Tony Polito with the Ligue Hockey Laurentides-Lanaudière banner the team recently won after finishing first in their division. (Photo: Martin C. Barry, Laval News)



A former junior hockey player, coach Tony Polito jumps into the action on the ice during a practice at the Hartland Monahan Arena. (Photo: Martin C. Barry, Laval News)

"This year it was a special group," he said. "Their dedication, their will to just be better. They come to the arena and it's just a joy to be with them each time. And I enjoy every second of it. I'm just enjoying the time spent with these

With the success of the Riverains under his belt, Tony acknowledges that he recently caught the attention of the Montreal Knights Hockey Academy, for whom he has agreed to coach a U16 “travel” team. “I got approached with a different opportunity,” he said, while adding, “that’s what I’m going to be doing next year.”

Χρόνια Πολλά!



FAYÇAL
EL-KHOURY
MP FOR LAVAL-LES ÎLES
faycal.el-khoury.c1@parl.gc.ca



ANNIE
KOUTRAKIS
MP FOR VIMY
annie.koutrakis@parl.gc.ca

Happy Easter

4 Easter celebration activities to do with your children



Easter is the perfect time to make memories with family and organize entertaining outings with your children. Are you looking for original ideas to keep your little ones occupied? Here are some playful at-home activities or outing ideas to celebrate Easter in a fun and creative way.

1. HAVE A SWEET TREAT TASTING

Organize a trip to a chocolate shop or a sugar shack in your area. Or, if you prefer to stay home, taste various chocolate treats or have specialty maple products delivered to your doorstep. Let the whole family enjoy it!

2. CREATE A MINI FARM

Transform your play area into an Easter mini farm with a few simple crafts. For example, you could have your kids make farm animals, like chickens, rabbits and sheep from recycled materials. Stimulate the imagination of your young artists!

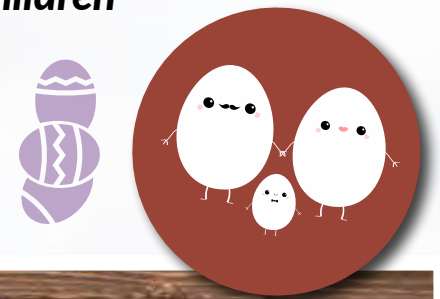
3. VISIT A PETTING ZOO

Visit a local farm or petting zoo for a delightful day amongst animals. Many petting zoos offer special Easter activities, like wagon rides and egg hunts. This is a fun and educational way to spend time with your family during Easter weekend.

4. MAKE GREETING CARDS

Get the whole family involved in making personalized Easter cards using coloured paper, stickers and other crafting materials. These cards can then be mailed or delivered to your loved ones to convey your sincerest Easter wishes.

Make this Easter memorable thanks to these delightful and accessible activities ideas for the whole family!



My best wishes to all for a
Happy Easter

Mes meilleurs vœux à tous pour de
Joyeuses Pâques



ALICE ABOU-KHALIL

Députée de Fabre

(450) 689-5516

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

538, rue Principale
Laval, QC H7X 1C8

Wishing you a Happy Easter!

Je vous souhaite de
Joyeuses Pâques !



SONA LAKHOYAN OLIVIER

Députée de / MNA for Chomedey

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

Happy Easter

Easter and the days that make up Lent

Did you know that Easter is directly preceded by Lent? This key period of the Catholic calendar comprises 40 days of fasting and reflection, which ultimately culminates in celebrating Easter Sunday. These are some of the holy days typically observed during lent.

SHROVE TUESDAY

FEBRUARY 13, 2024

This is a day for letting loose before Lent. It's frequently celebrated with extravagant parades and festivities such as Carnival in Rio de Janeiro and Mardi Gras in New Orleans.

ASH WEDNESDAY

FEBRUARY 14, 2024

The first day of Lent. This holy day is characterized by the practice of marking crucifixes with the ashes of burnt palm leaves on the foreheads of devout Christians.

PALM SUNDAY

MARCH 24, 2024

The final Sunday of Lent and the first day of Holy Week (the week leading up to Easter Sunday), this day commemorates

the triumphant arrival of Christ into Jerusalem, when followers laid down their cloaks and small branches of trees in front of him as a sign of respect.

HOLY THURSDAY

MARCH 28, 2024

Also known as Maundy Thursday, this is the celebration of the last supper of Jesus and his apostles, when he predicted his death and resurrection.



GOOD FRIDAY

MARCH 29, 2024

On this day, Christians observe Jesus' suffering and death on the cross. While it may seem like a misnomer for such a solemn occasion, it's been suggested that in



this case, "good" merely refers to a day of religious observance.

EASTER SUNDAY

MARCH 31, 2024

The most important day in the Christian calendar, Easter Sunday is a time for feasting in celebration of the resurrection of Jesus from the dead.

Overall, Lent is a time for fasting, giving up bad habits, adopting wholesome practices and reflecting on spiritual values. Regardless of whether or not you're religious, the days leading up to Easter are

the perfect time to be more mindful of how you live your life.

Easter is considered a moveable feast, because the day it falls on can be anywhere from March 22 to April 25. The difference from year to year can be attributed to variances in the lunar calendar. Easter will always land on the Sunday following the first full moon after the spring equinox. If the full moon happens to be on a Sunday, then Easter is celebrated the following week.

*Nos vœux les plus chaleureux
à l'occasion de Pâques !*

*Our best wishes to
you on the occasion
of Easter!*

FAYÇAL

EL-KHOURY

MP FOR LAVAL-LES ÎLES

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



ANNIE

KOUTRAKIS

MP FOR VIMY

annie.koutrakis@parl.gc.ca

Happy Easter

Plan a 100% eco-friendly Easter

Do you want to celebrate Easter in an eco-responsible way this year? Here are a few simple tips to help you rise to the challenge.

DECORATIONS

Check out your local second-hand stores to find lovely Easter decorations. If you're good with your hands, you can also get crafty with materials you already have at home. Use your imagination!

CHOCOLATES

Do you want to give chocolate figurines or eggs to your loved ones this Easter? Look for delicious creations from your



local chocolate shops, ideally ones that prioritize environmental responsibility and use things like organic fair-trade cocoa and compostable packaging.

CLOTHING

Looking for something new to wear this Easter? Organize a clothing swap with friends. You could also visit your local thrift stores to find stylish outfits at low prices or simply pick up one or two fabulous accessories at a boutique near you.

FOOD

Purchase locally grown produce whenever possible. Your local farms and specialty bakeries and pastry shops have everything you need to cook up an Easter feast. Stock up on fresh eggs, fine cheeses, tasty ham, soft bread and more. Bon appétit!

Finally, say no to single-use products like plastic straws. Instead, opt for washable napkins and reusable utensils. Every little bit helps to protect the planet and combat global warming. We must work together to make it happen!

Organize an Easter egg hunt you won't forget!

Easter is fast approaching, and what better way to celebrate this joyful holiday than by planning an unforgettable Easter egg hunt for your children? Follow these tips to create magical memories your little ones won't forget!



THEMED EGG HUNT

Give your egg hunt a theme to make it even more exciting. Whether it's pirates, princesses or farm animals, the experience will surely capture your children's imagination.

CLUES AND RIDDLES

Increase the intrigue by incorporating clues and riddles. Engage your children in a playful adventure where they must solve mysteries to discover the location of the hidden eggs.

PERSONALIZED EGGS

Customize Easter eggs based on your children's interests. Paint them with their favourite colours and add stickers or funny written messages to make the hunt extra unique.

HUNTING ZONES

Establish different hunting zones in your yard or inside the house. Each space can have its own theme, riddles or clues, offering a varied and engaging experience.

DECORATED BASKETS

Build anticipation by providing each child with a lovely basket. Decorate them according to the theme of the egg hunt for an even more immersive experience.

TREASURE MAP

Draw a treasure map of the inside or outside of your house. Your children can follow the path and discover the fun obstacles you've prepared for them.

This year, get ready to experience an Easter egg hunt like no other as you watch your little adventurers marvel at the surprises in store!

HAPPY Easter

On behalf of your city councillors, we wish you a very Happy Easter! May you spend time with those you love and surround yourself with those who make you happiest.

Isabelle PICHE
St-François

Paolo GALATI
St-Vincent-de-Paul

Aglaia REVELAKIS
Chomedey

Achille CIFELLI
Val-des-Arbres

David DE COTIS
St-Bruno

À L'ÉCOUTE de nos citoyens !

LAVAL

Happy Easter

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KIDS' CORNER

Learn. Play. Be amazed!

The great chocolate egg rescue

By Sarah Beauregard
and Johannie Dufour

Translated by Lynette Adams

The residents of Cocoaville were busy one morning preparing for the big Easter picnic. The whole town looked forward to this event, held yearly in a magnificent field of tulips. As was the tradition, each villager brought a dish to share.

Jen the Hen had just put the finishing touches on her succulent vegetable salad when she heard a knock on the door. Opening it, she saw her neighbour, Sonny the Bunny, holding a box of chocolate eggs and looking entirely despondent.

"What's happening?" asked Jen with a worried voice.

"It's my eggs," he moaned, showing her his ruined chocolate eggs. "I left them by the window, and the sun melted them."

"Oh, I see," his friend replied. "But they're not completely melted. I'm sure we can rescue them."

"Do you really think so?" replied Sonny hopefully.

"Sure! Hurry home and get all your candies and come right back," directed Jen, already rummaging through her cupboards.



A few minutes later, the rabbit returned with an assortment of sweets, including caramels, licorice and all sorts of allsorts! In her own kitchen, Jen found jujubes, yogurt-coated raisins and pralines.



The two neighbours set out immediately, decorating the chocolate eggs. Their minds turned to the villagers.

"Look!" exclaimed Jen. "With all these colourful bits, this egg looks like Brock the Peacock!"

"And with the yogurt-covered raisins, this one will look like Sam the Lamb!"

After they'd given each egg a personal touch, they put them carefully into a cooler. Proud of their work, the hen and rabbit made their way to the tulip field, where they made a grand entrance. The locals were so impressed with Sonny's unique chocolate eggs that they offered heartfelt congratulations.

"All the credit goes to my charming neighbour," he replied, gesturing to Jen. "Her brilliant idea made my eggs turn out so beautifully."

Ever since that day, Cocoaville has had a new tradition. A friendly chocolate egg competition takes place each year during the Easter picnic.

THE END



Easter BUNNY'S

wonderful word hunt



16 EASTER-THEMED WORDS
are hidden in this puzzle. Can you find them all?

V	B	T	L	I	J	E	A	S	T	E	R	O
D	D	S	G	G	E	K	L	S	U	W	M	T
E	M	G	X	V	F	N	Z	T	Y	Q	B	X
F	U	N	Z	C	H	O	C	O	L	A	T	E
L	C	P	D	T	P	U	M	R	I	M	K	Y
O	N	A	P	U	J	H	S	R	M	P	C	A
W	E	R	Q	F	Y	C	V	A	A	V	M	D
E	B	A	S	K	E	T	H	C	F	D	F	N
R	U	D	U	M	I	V	C	B	G	E	Z	U
S	N	E	W	H	L	K	G	N	I	R	P	S
C	N	V	K	C	I	U	C	H	I	C	K	S
K	Y	Z	J	E	L	L	Y	B	E	A	N	S
F	H	D	G	Y	Y	B	M	X	L	J	M	Q
Z	X	D	E	C	O	R	A	T	E	S	K	U

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March 11 to April 10, 2024

Celebrate Ramadan!

Canadian Muslims celebrate Ramadan

The month of Ramadan is upon us once again. For Muslims across the globe, these few weeks are a sacred time for worshipping Allah.

This time period offers Muslims an opportunity for devotion, reflection and celebration of the mercy and love of Allah.

As the Islamic calendar is based around the lunar cycle, the Holy month of Ramadan rotates by approximately ten days each year.

Ramadan is the ninth month of the Islamic calendar, observed by Muslims worldwide as a month of fasting, prayer, reflection, and community. The annual observance of Ramadan is regarded as one of the Five Pillars of Islam and lasts twenty-nine to thirty days, from one sighting of the crescent moon to the next.

It is a commemoration of Muhammad's first revelation.

Fasting from dawn to sunset is obligatory for all adult Muslims who are not acutely or chronically ill, traveling, elderly, breastfeeding, diabetic, pregnant, or menstruating. The predawn meal is referred to as suhur, and the nightly feast that breaks the fast is called iftar.

Although rulings have been issued declaring that Muslims who live in regions with a midnight sun or polar night should follow the timetable of Mecca, it is common practice to follow the timetable of the closest country in which night can be distinguished from day.

The spiritual rewards of fasting are believed to be multiplied during Ramadan. Accordingly, during the

hours of fasting, Muslims refrain not only from food and drink, but also tobacco products, sexual relations, and sinful behavior, devoting themselves instead to prayer and study of the Quran.

The month of Ramadan contains the most blessed of nights, also known as Laylatul Qadr, about which Allah asks:

"What will make you realize what the Night of Power is like?"

The Night of Power is better than a thousand months.

Angels and the Spirit descend upon it with their

Lord's permission with every command;

There is peace that night until the coming of dawn." [Quran: 97:1-5]

ASSEMBLÉE
NATIONALE
DU QUÉBEC

*J'aimerais souhaiter à
tous les musulmans un
joyeux Ramadan*

*I would like to wish all
Muslims a happy Ramadan*

ALICE ABOU-KHALIL
Députée de Fabre
(450) 689-5516
Alice.Abou-Khalil.FABR@assnat.qc.ca
538, rue Principale
Laval, QC H7X 1C8

*Sending my
best wishes for a
Happy Ramadan*

ASSEMBLÉE
NATIONALE
DU QUÉBEC



SONA LAKHOYAN OLIVIER
Députée de / MNA for Chomedey
450-686-0166 | Sona.LakhoyanOlivier.CHOM@assnat.qc.ca

March 11 to April 10, 2024

Celebrate Ramadan!

Ramadan: Time of reflection and spiritual devotion

Healthy adult Muslims fast during the month of Ramadan from dawn until dusk. This includes abstaining from drinking, eating, immoral acts, and anger. Other acts of worship such as prayer, reading the Quran, and charity are also encouraged during the holy month.

The exact dates of Ramadan change every year because the Islamic calendar is based on the cycles of the Moon. Therefore, the Holy month of Ramadan rotates by approximately ten days each year.

Ramadan lasts either 29 or 30 days, and the time during which it takes place varies every year. This is because the date depends on the lunar calendar, which is roughly 10 or 11 days shorter than the commonly used Gregorian calendar.



During this Ramadan period, we recognize Canada's Muslim population who are welcoming and celebrating the Islamic holy month.

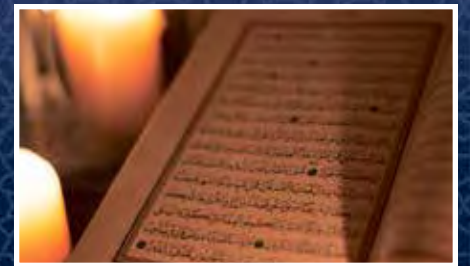
While small, the proportion of Canada's population who reported being Muslim has more than doubled in 20 years, rising from 2.0% in 2001, to 4.9% in 2021.

Compared with the overall population, higher proportions of Arabs (73.6%) and West Asians (57.2%) reported being Muslims.

At the same time, Muslims practice charity and prioritize service to others during the month. Ramadan is a special time for community, a time of sharing and caring for each other, that is characterized by a greater sense of generosity and forgiveness.

Muslims gather in homes, mosques and community centres to break their daily fast at the evening meal known as iftar.

To all those observing, Ramadan Mubarak!



*Nos vœux les plus chaleureux
à tous les musulmans
à l'occasion du Ramadan !*

*Our best wishes to all Muslims
on the occasion of Ramadan!*



FAYÇAL

EL-KHOURY

MP FOR LAVAL-LES ÎLES

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



ANNIE

KOUTRAKIS

MP FOR VIMY

annie.koutrakis@parl.gc.ca



Things to do



THIS MONTH

Looking for something to do? Here are some upcoming events happening in the Laval area.

<div>SOIRÉE VITICOLE <i>Wine Tasting</i></div> <div></div> <div>Friday, March 22 5:00 - 9:00 PM</div> <div>Sélection Caviste 651 Boulevard Curé-Labelle, H7L 5R7</div> <div>One-of-a-kind tasting evening with more than 20 selected wines, and two winemakers sharing their expertise.</div> <div>General Admission: \$68.83</div>	<div>GRAND IFTAR <i>Ramadan</i></div> <div></div> <div>Friday, March 22 6:00 PM</div> <div>Le Château Royal 3500 Boulevard du Souvenir, H7V 1X2</div> <div>Islamic Relief Canada invites you to a Grand Iftar this Ramadan in support of Palestine Emergency.</div> <div>From \$48.31</div>	<div>BOOTCAMP <i>Performance & construction</i></div> <div></div> <div>Saturday, March 23 10:00 AM - 4:00 PM</div> <div>Escadron 2770 Avenue Jacques-Bureau, H7P 6B3</div> <div>Build a team that will help you achieve the vision you have given yourself for your construction company.</div> <div>From \$94</div>	<div>RENOVATION GALA <i>Show</i></div> <div></div> <div>Saturday, March 23 5:00 PM</div> <div>Le Palace 1717 Boulevard le Corbusier, H7S 2K7</div> <div>Radio Centre-Ville's Gala De La Grande Rénovation is offering a show, some singing, a play, and a draw.</div> <div>\$164.97</div>
<div>LES SOIRÉES CINÉMA <i>Ballet</i></div> <div></div> <div>Saturday, March 23 6:00 - 9:00 PM</div> <div>Ballet Tompkins du Québec 3671 boulevard Saint-Martin O, H7T1A7</div> <div>Classic and modern ballet movie evenings presented by the Ballet Tompkins du Québec.</div> <div>\$2.50 – \$8 (ongoing promotions)</div>	<div>RARANAVAL <i>Party</i></div> <div></div> <div>Saturday, March 23 6:30 - 12:00 AM (March 24)</div> <div>Salle St-Louis 55 Rue Saint Florent, H7G 2H9</div> <div>Experience the wildest party of the year, where the rhythm, the ambiance, and the energy will blow your mind!</div> <div>General Admission: \$24.89</div>	<div>LES GRANDS DÉJEUNERS <i>Conference</i></div> <div></div> <div>Wednesday, March 27 8:30 AM - 12:00 PM</div> <div>Château Laval 3500 Boulevard du Souvenir, H7V 1X2</div> <div>Understand the power of the brain, learn the impacts of mental workload, strengthen emotional intelligence, etc.</div> <div>General Admission: \$143.73</div>	<div>NOIR 2024 <i>Easter formal event</i></div> <div></div> <div>Thursday, March 28 10:00 PM - 3:00 AM (March 29)</div> <div>Westwood Bar & Grill 1950 Rue Claude-Gagné, H7N 0E4</div> <div>This year, All Black Affair will be held at the Westwood located inside Place Bell, with music provided by the very best!</div> <div>From \$33.28</div>



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WST



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Electric malfunction blamed for Fleetwood St. fire

Some initial investigating by Laval Fire Dept. experts suggests that a blaze that caused significant damage to a three-storey multi-unit residence on Fleetwood St. in Chomedey on March 14 was caused by an electrical system malfunction. Damages to the building itself are estimated at

\$225,000, while damages to the interior furnishings are estimated at \$50,000.

Up to 20 people who were residing in the building's six units, as well as in an adjacent building next door, were evacuated and have been forced to seek shelter elsewhere, largely

because of extensive smoke damage.

A call about a fire at the building in eastern Chomedey south of Saint-Martin Blvd. came in to the Laval Fire Dept. around 2:30 am. Nine units from the LFD, including 34 firefighters, were deployed.



Fleetwood St. fire

Recent Laval Fire Dept. calls

Mar 16: Building fire on Pacifique Ave. Called in to the Laval Fire Dept. from the Laval-des-Rapides sector.

Two-storey residential structure. Smoke apparent upon arrival of firefighters, with a Code 10-07, meaning intervention necessary.

Firefighters advised motorists and neighbours to avoid nearby Montmorency and D'Argenteuil streets until the end of operations.

Fire damages house in Sainte-Rose

March 15: Around 3:30 am, a house on Roseval St. in the City of Laval's Sainte-Rose sector was significantly damaged by fire.

According to an incident report filed by the LFD after the firefighters' arrival, flames could be seen shooting from the basement.

They called in a Code 10-09, meaning a full rescue operation, with aggravating factors possible.



Sainte-Rose house damaged by fire

Teens arrested in Laval after two-hour car chase

Two male teenagers took several police services, including the Laval Police, on a two-hour chase in a stolen vehicle over a large area of the Montreal region early last Saturday morning, ending with their arrests in Laval.

Blainville police first noticed the teens in a late-model Toyota Highlander just before 4 a.m. Saturday and alerted the Sûreté du

Québec. Suspicions were aroused, the police said, because the occupants were young.

The two then led police on a chase along autoroutes 15, 640, 40, 13 and 20, getting off at 55th Ave. in west end Montreal. The SQ lost sight of the car, but then the LPD spotted two teens matching the descriptions walking along Pie IX Blvd. in Laval and moved in to

arrest them.

The car was found two streets away, although it had not yet been reported stolen by its owner in Mirabel.

According to reports, both teens were known to the police, who said they had a history of run-ins with the law. At the time, they had several conditions imposed by court

order, including not to be in contact with each other.

The driver faces a possible charge of dangerous driving, as well as possession of a stolen vehicle, along with breach of conditions, including curfew. He remained in custody and was expected to appear in court via videoconference last weekend.

Pont-Viau beauty spa sprayed with gunfire

Avanti Le SPA, a women's beauty spa with locations in Laval's Pont-Viau district as well as in Montreal, was sprayed with bullets overnight from March 15-16, shortly after a car dealership was also attacked by gunfire in Montreal.

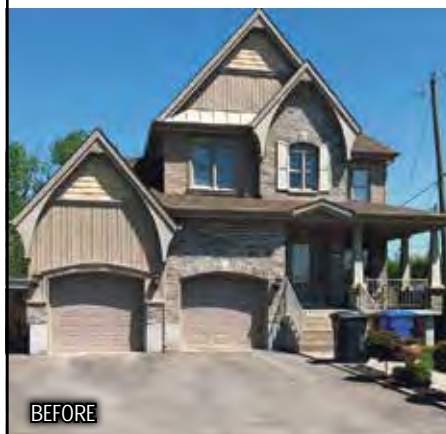
Around 1 am, the Laval Police received a call about an alarm that was triggered at the spa on Saint-Martin Blvd. in Chomedey near McNamara St. Upon arrival, they could see bullet impact marks on the front window.

There were no reports of injuries, but an LPD spokesperson said it was the first time they had to deal with this type of incident at the spa. LPD investigators are analyzing security camera images for leads to suspects.



Around a half-hour after this incident, a car dealership in Town of Mount Royal in Montreal was also shot at, although it isn't known whether the two incidents were related.

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H7V	610 Blvd. Curé-Labelle	Jean Coutu
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DIRECT ANSWERS

FROM WAYNE & TAMARA

By A NOSE

Q My behavior and emotions make no sense to me. I have a wonderful boyfriend. At first I admit I was not fully attracted to him. At the time I was hung up on dating gorgeous men that in the end brought me nothing but a pretty face. But the more time I spent with my boyfriend, the more I realized how compatible we are.

My friends and family love him. We are a great couple and share similar views on life. We laugh together and play together. He is ambitious, mature, and so sweet you can see the goodness in his heart by his eyes. In bed we have amazing chemistry. He is sensual and gentle, which is what I love and have at last found.

One thing perplexes me: I cannot accept his large and long nose. I know it sounds crazy. This one imperfection of his keeps me from fully saying yes and concluding he is the perfect guy for me to marry. I've told him this, and he mostly laughs it off. He even makes fun of his own nose.

I used to have a long nose myself, but not anymore. Could this be the insecurities I felt as an unattractive child? When I am with him, I am fully in love and forget about his nose. When he

is gone, all these nagging doubts begin.

Joyce

A Joyce, there are two versions of the Cyrano de Bergerac story: the original play by Edmond Rostand, and the movie version starring Steve Martin. In both stories, Cyrano fears rejection by the woman he loves because of his large nose. Rostand's play ends unhappily, but Martin's movie shows love triumphant.

Unlike the Cyrano story, your boyfriend's nose is not a problem for him. It is a problem for you. You are doing to him what was done to you as a child. Others made you feel unattractive, and that is how you feel about him.

Is being with him like wearing an ugly sweater? Do you obsess about what your children would look like?

We are not judging you based on this aspect of your personality, but you haven't met someone you love so much that the outside package doesn't matter. Love causes us to see the world through different eyes. Until that happens, your relationships may resemble the Rostand story, not Steve Martin's.

Tamara

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Q I recently married. Prior to getting serious, I told my husband about my not so spotless past, giving him the opportunity to bow out. He said my past didn't matter. He didn't, however, return the favor. After we married, the official who denied his driver's license reinstatement told me he has not one, but seven alcohol related arrests.

My husband vehemently denies he has a substance abuse problem, but he took 120 pain pills in a week's time. See a pattern? He accuses me of infidelity, which is impossible because he hardly ever lets me out of his sight. He's gone so far as to accuse me of poisoning our dog against him.

To top off everything else, despite my parents helping us pay the bills, he recently bought a weekend at a time-share resort. I feel I've been

fighting single-handedly for our marriage. Will this man ever live in reality?

Mia

A Mia, the crime show "Naked City" ended each episode with the same tag line: "There are eight million stories in the Naked City. This has been one of them." Most of the shows ended on a melancholy note with people wishing things hadn't happened as they did.

Your husband committed a crime against you: fraud. He was impersonating someone you could love. At the end of each "Naked City" episode, people dealt with the aftermath of what was done to them and moved on with their lives. Like everyone else in the Naked City, you should, too.

Wayne

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

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HOROSCOPE

Week of MARCH 24 TO 30, 2024

The luckiest signs this week:
SAGITTARIUS, CAPRICORN AND AQUARIUS

ARIES
You may need to negotiate skillfully in various contexts such as at work or with your friends or partner to achieve harmony. You'll have to make compromises and adjustments to cultivate happiness in all your relationships.

TAURUS
At work, you may experience some confusion and conflict. This could prompt you to start thinking about a career change. Take the time to weigh the pros and cons and get advice from those closest to you.

GEMINI
You'll find yourself in a position to stand out. This could transform your life in the long term. Your value will be highlighted in a variety of ways, boosting your self-esteem and self-confidence.

CANCER
You may decide to move soon, especially if the family home has proved too big since your children left the nest. In your relationship, change could strengthen or rekindle your passion.

LEO
Your outspokenness will be evident as you express openly what others think in silence. A secret could leave you perplexed for a while. The Full Moon will have a revealing effect. A revelation will show you the way forward.

VIRGO
If you're struggling financially, you could discover some interesting solutions. You'll finally get the opportunity to invest in a project dear to your heart or, at least, to redecorate your home.

LIBRA
This will be an active and dynamic week. You may need to shake things up with certain people. Even if you prefer keeping the peace, it's time to assert your position to re-establish harmony with those close to you.

SCORPIO
Your talents will increase tenfold, opening the door to a spiritual awakening. You'll develop a deeper perspective and greater empathy, allowing you to see things in a new light. The artist in you could also be revealed.

SAGITTARIUS
A post on social media could inspire you. Someone close to you will play a key role in helping you become the person you've always wanted to be. This will guide you toward fulfillment and happiness.

CAPRICORN
If you have a jam-packed week, make sure to space out your appointments to avoid scheduling conflicts and minimize the pressure. Time is precious; carefully manage yours.

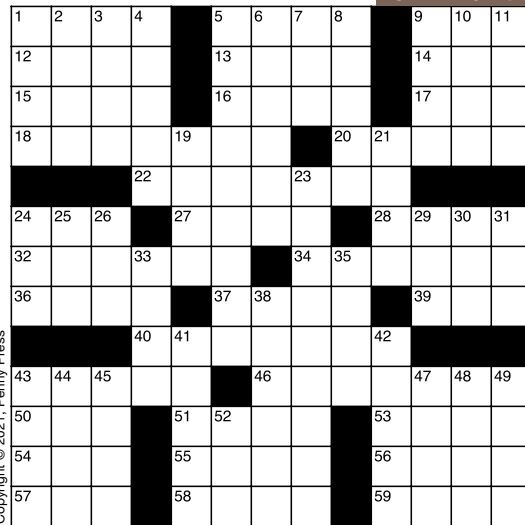
AQUARIUS
You could decide to radically change your life on a whim. This transformation could involve going back to school or starting a new career in line with your deepest aspirations.

PISCES
The heart has its reasons, which reason knows not. Even if you try to rationalize a situation, your emotions will influence your choices. Sometimes, you must step out of your comfort zone to move in the right direction.

Coffee Break

CROSSWORDS

PUZZLE NO. 169



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ACROSS

- Too
- Grating sound
- Chap
- Chicken's house
- Concert solo
- Slippery
- Occasional
- _____ slicker
- This girl
- Contestants
- Diner customer
- Stuck
- Get _____ of
- Mislay
- Engrave with acid
- Secret groom
- Promise
- Dog's pest
- Seltzer
- Exercise place
- Hold dear
- Home movie

DOWN

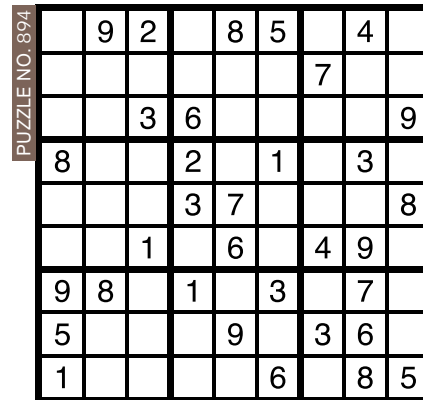
- Land measure
- Bank transaction
- Type
- Musical drama
- Thoroughbred
- Emerges
- Model
- Money recipient
- Directory
- Dull pain
- Colorist
- Bugs
- Animosity
- Biblical pronoun
- Folk knowledge
- Father's boy
- Geologic ages
- Deadlocked
- Aardvark's snack
- Rents
- Deficiency
- At a standstill
- Lemon drinks
- Willingness
- Game official, for short
- Feeling awful
- Stag's mate
- Harbor vessel
- Mew
- Hesitation word
- Swiftess
- Lip
- Far East
- Place to stay
- Ms. Hunt
- Traveler's permit
- Strong metal
- Fender damage
- Protected inlet
- Forest component
- Transport
- Gardener's aid

Sudoku

HOW TO PLAY:

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

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

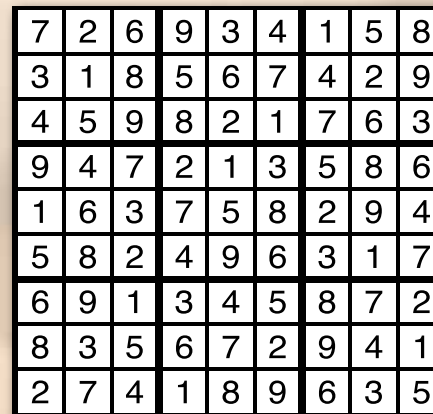


Last Issues' Answers

CROSSWORDS



Sudoku



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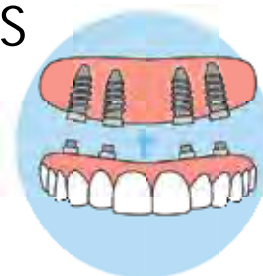
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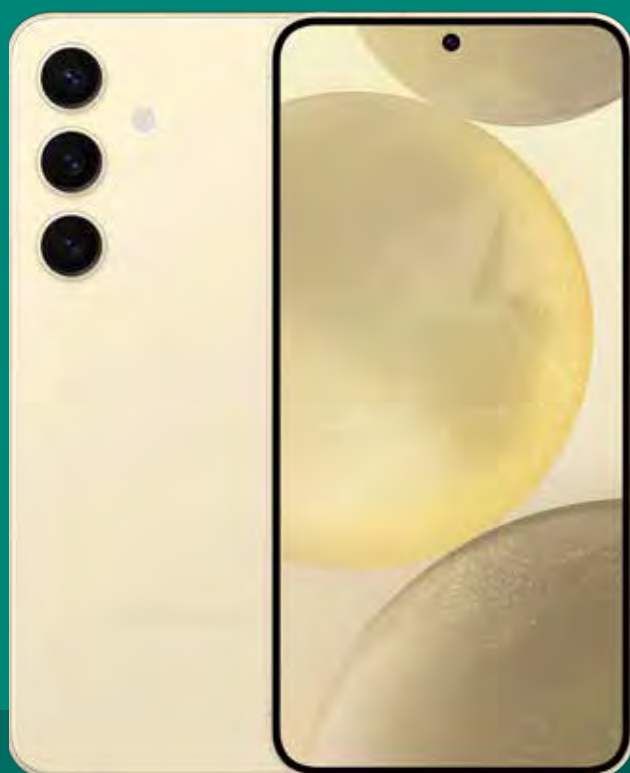




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