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New uniforms for AS Laval

AS Laval players from various age groups are seen here in their new uniforms, with BMW Laval general manager for sales Nick Loffreda in the rear at the centre. (Photo: Martin C. Barry, Laval News)

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Laval councillors observe Armenian Genocide and Autism Awareness Month

Mayor responds to residents seeking answers on renewal project at Pie-X Park



The members of Laval city council held their regular monthly public meeting on April 9.

MARTIN C. BARRY

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Mayor Stéphane Boyer opened the monthly city council meeting on April 9 with a reminder to all that the April is Autism Awareness Month.

He said the City of Laval has gone to great lengths over the years to improve the lives of individuals and families who are impacted by autism spectrum disorders.

"This is a cause that's very close to my heart, having worked with young people with autism for several years of my life," he said.

Long meeting agenda

The meeting agenda was especially long and complicated as the council was awarding a large number of service and work contracts (including road surface painting, sidewalk and street repairs) to be fulfilled over the coming summer months.

Chomedey city councillor Aglaia Revelakis read out a statement in which she noted that Armenians are observing the anniversary of the tumultuous and traumatic flight of over 100,000 ethnic Armenians from their traditional homelands a century ago.

Armenian Genocide

City councillor for the district of Renaud

Seta Topouzian echoed Revelakis's sentiments regarding the Armenian community's commemoration of the Genocide. Noting that April 24 is International Armenian Genocide Commemoration Day, she said "we are called upon to remember the victims.

"Remembering the Armenian Genocide contributes to the creation of a future where there is more justice, peace and respect for human rights," she said. "We are too often witnesses to conflicts that impact civilians unfairly.

"It is of utmost importance to underscore the importance of remembering and commemorating the dark events, including the Armenian Genocide," Topouzian added. "Today, while remembering all the victims of the Armenian Genocide, I wish to express my solidarity and my concern for oppressed peoples."

April Autism Month

Just as Mayor Boyer had done, Councillor Revelakis drew attention to Autism Awareness Month. "In 2024, it's important to remember that families of persons who are affected by autism spectrum problems are subjected to discrimination," she said.

"They still face prejudices that are insensitive and not understandable," she added. "We can do more to help people who are living with this condition. We must raise awareness

among the population by all means possible."

And finally, Councillor Revelakis tabled a notice of motion for a resolution she said will make it possible for senior citizens 65 years of age and older to be allowed to pay their property taxes in three installments, rather than two as currently permitted.

Petitions from Cifelli and Piché

Val-des-Arbres city councillor Achille Cifelli and Saint-François city councillor Isabelle Piché each tabled petitions from their constituents.

The petition tabled by Cifelli was signed by up to 1,000 residents asking for the bicycle path on Samson Blvd. in west-end Laval to be removed. In March, he tabled a petition signed by 500 residents asking for the same thing.

The petition tabled by Councillor Piché was signed by 500 people living around des Mille-Îles Blvd. in her district near Autoroute 25 and Levasseur St., where road repaving is badly needed, she said.

Safety and comfort

"It's a question of safety, but also comfort," she said, noting that Mille-Îles Blvd. is in a lamentable and dangerous state for all who

use it.

Piché tabled a second petition. This one was signed by residents near Marcel Villeneuve Ave., asking that the speed limit between de l'Harmonie and Montée du Moulin be reduced to 50 km/h as it had been before being increased to 70 km/h.

During the public question period, Christina Gaston, who has a home near Parc Pie-X on the edge of Chomedey, said that she and several hundred other residents had been waiting for months to hear back from city officials regarding a petition contesting a major refurbishment project at the park.

Residents from Pie-X Park

Mayor Boyer said city officials had met in recent weeks with a delegation of residents affected by the project. "I know that at the moment the city manager has both hands working on the dossier," he said.

"This is just to reassure you that we are aware there are concerns out there over what was initially proposed. But we are very open to changing the plans.

"We are not here to expropriate anyone, nor are we here to harm the quality of life of anyone. Our goal is simply to improve the park. It's a neighbourhood where there are lots of needs."



* Model shown: 2024 Sentra SR trim

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OPINION & Editorial



The world is getting fatter. And so is Canada.

Obesity is becoming a greater health concern than hunger

The global obesity epidemic is escalating at an alarming rate. According to a recent study in *The Lancet*, the number of people living with obesity surpassed one billion globally in 2022. Since 1990, obesity rates have more than doubled in adults and quadrupled in children and adolescents.

Moreover, the data indicate that 43 percent of adults were overweight in 2022. This report suggests that obesity is now recognized as a greater global health concern than hunger, signalling a paradigm shift in our collective concern toward overweight and obese populations.

The situation is projected to worsen. According to the World Obesity Federation's 2023 atlas, 51 percent of the global population, amounting to over four billion people, will be classified as obese or overweight by 2035. This shift in focus from hunger to obesity indicates that the world is not necessarily running out of food but is rather facing a complex issue of food distribution and consumption. Hunger has always been an issue of unequal distribution, while the rising global obesity risks suggest a more intricate problem.

Canada is not immune to this trend. The obesity rate in our country ranges between 30 and 33 percent depending on the source, with the overweight rate also exceeding 30 percent in many reports. Some studies even suggest that our obesity rate is now higher than that

of the U.S.

The call to action by *The Lancet* is a serious one. Experts argue that the issue is closely related to the accessibility of ultra-processed foods. In response, the Trudeau government has implemented several measures since 2015, including new front-of-packaging regulations set to take effect in 2026, which will help consumers identify products high in fat, sugar, or sodium. Additionally, Bill C-252, currently in the Canadian Senate, aims to restrict food and beverage marketing directed at children. While it is too early to assess the impact of these measures on the obesity epidemic, they represent a step in the right direction.

However, many experts had high hopes for a significant change with the introduction of the new food guide. Despite being over five years old, the guide has not been able to reverse the trend of increasing obesity rates, while Canada's life expectancy has decreased for three consecutive years, from 82.3 years in 2019 to 81.3 in 2022. Although COVID-19 and other factors have contributed to this decline, obesity is a known risk factor for premature mortality and increased medical needs throughout life.

The complexity of obesity as an issue is evident. Factors such as poverty, education, access to healthcare, and lifestyle all play a role in determining an individual's risk. One emerging trend is the increasing use of GLP-1 drugs like Ozempic, originally designed for diabetes

management, for non-medical weight loss purposes in the Western world. The impact of obesity on COVID-19 mortality rates has also brought attention to these drugs as potential solutions for weight loss.

The recent departure of Oprah Winfrey from the WeightWatchers board, coupled with her admission of using a GLP-1 drug, led to a 20 percent drop in the company's shares. This news, along with the decreasing shares of snack food companies like Mondelez, PepsiCo, and Nestle, indicates a growing concern in the industry about the impact of these drugs on consumer behaviour.

With projections suggesting that nearly 25 million Americans will be using these drugs by 2032, the industry is closely monitoring the situation. While official numbers are unavailable in Canada, there was a shortage of Ozempic for a while, highlighting the growing demand.

Policy decisions will undoubtedly influence the demand for these novel drugs. The new Pharmacare bill introduced in Parliament this week did not include these drugs, but it will be interesting to see whether governments will view them as a solution to the obesity problem.

Our current approach to addressing obesity is not yielding the desired results. However, as with many other health challenges, the solution may once again emerge from Big Pharma.

Dr. Sylvain Charlebois

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Laval takes action to minimize disruptions caused by construction work

Laval city council adopted a new by-law at its April sitting which will hopefully improve traffic flow along streets where construction projects, maintenance, renovations or demolitions are taking place.

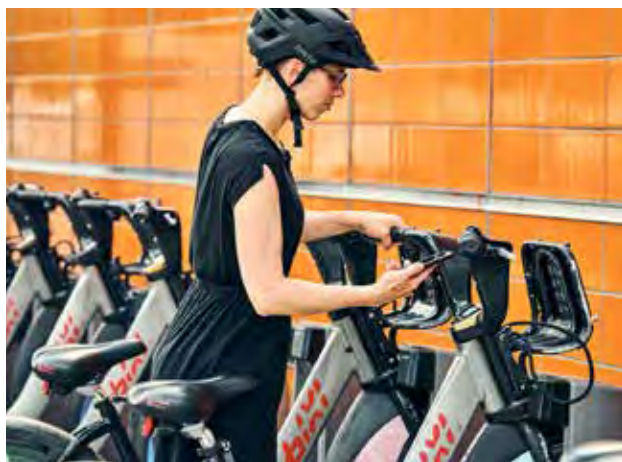
“With the adoption of this new by-law, our priority is to promote respectful and exemplary conduct towards everyone who uses the roads,” Mayor Stéphane Boyer said in a statement.

As things now stand, according to the mayor, obstructions without permits in Laval are not only creating risks for the security of the public, but are also generating substantial costs

for the city. “Better control will allow us to reduce how long disruptions on our roads are taking place,” he said.

The new by-law makes it mandatory for construction contractors to file a declaration with the city regarding how long they intend to occupy the sidewalk, bike path or street with stored construction materials and to obtain a permit.

A new schedule of permit fees comes into effect beginning on May 1. The rate charged will depend on factors such as the size of the obstruction, the amount of time it will be in place and the type of street that stands to be impacted.



BIXI begins a new season in Laval

One of the sure signs of spring in Laval each year can be seen when self-serve BIXI rental bikes become available in Laval.

Last year, 295 BIXI units were deployed in various neighbourhoods of Laval and the same number is expected again this year. Two-hundred and fifteen of them will be regular pedal bikes, while 80 more will be electrically-assisted bikes available at 26 BIXI stations.

“Strengthened by its 2023 standings for active mobility, the City of Laval is increasing its offer to residents with an initiative aimed at encouraging active transit, in order to contribute to the reduction in greenhouse gases attributed to transportation,” Mayor Boyer said.

“Through concrete actions, we are reaffirming our commitment

to promoting active, sustainable and environmentally-conscious mobility,” he added.

The city says that in order to encourage active mobility among Laval residents, it will be offering 1,500 people from Laval a financial incentive ranging from \$45 to \$70 applicable to BIXI bike sharing services.

The offer is available to Laval residents 14 years of age and older. To qualify, applicants cannot have been subscribers to a bike sharing service since Jan. 1, 2019.

In addition to offering BIXI bike sharing, the City of Laval has been developing its network of bicycle paths. Nearly 15 kilometres of new bike paths are expected to be implemented this year. The city expects there will be 450 kilometres of bicycle paths by 2031.

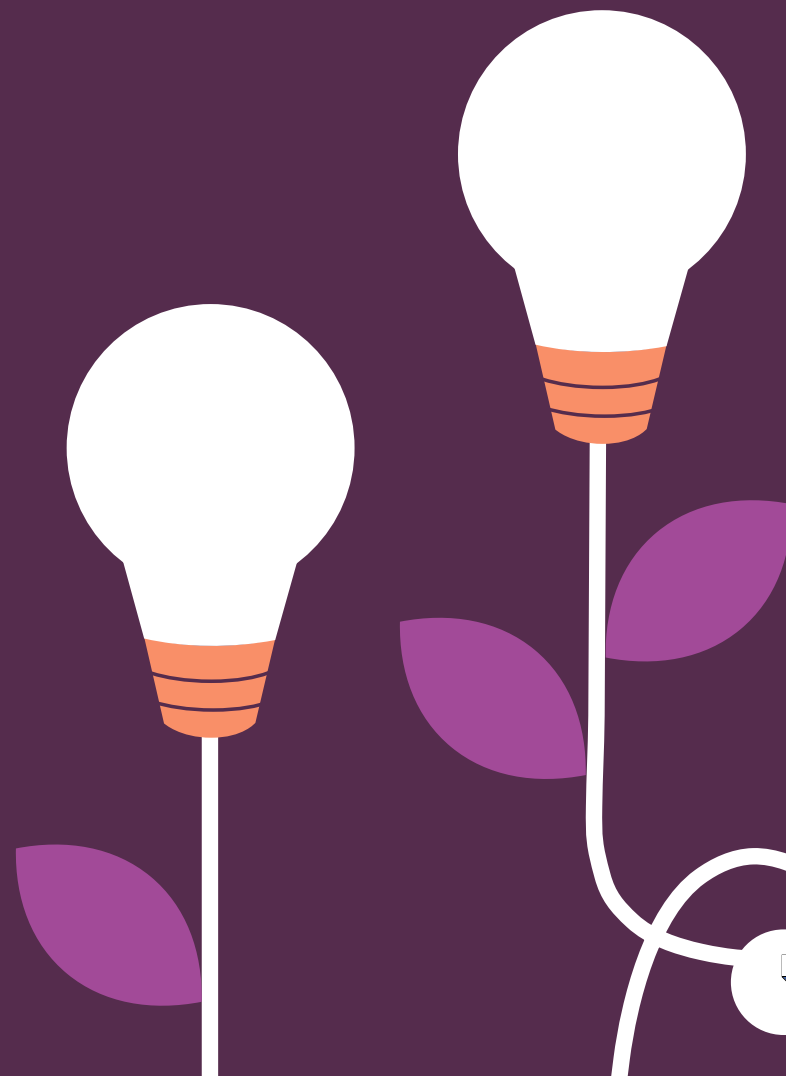
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City's negotiations with blue collar workers ongoing

City of Laval officials issued a statement last week on negotiations with its unionized blue-collar workers regarding a new collective agreement.

A summary of the situation as it stands now:

- The last contract expired on December 31, 2021;
- The city asked for a mediator on October 26, 2023;
- A mediator was appointed on November 8, 2023;
- 20 mediation sessions were held on the following dates:
 - 8, 16, 22 and 29 November 2023;
 - 6, 18, 19, 21 and 22 December 2023;
 - 16, 17, 23, 24 and 30 January 2024;
 - 6, 7, 13, 14, 20 and 27 February 2024.

According to the city, mediation was supposed to last no longer than 60 days, but could be repeated twice, the last session having ended this past March.

"Should we fail to agree on a new work contract, the City and the blue-collar union have chosen to pursue mediation outside the legal framework, this effort having resulted in some progress," said the city. "At the same time, the employer now wishes to go a little faster and accelerate negotiations."

Although the parties haven't yet reached an agreement, "discussions during the mediation period progressed on certain articles, although

there is still a lot of work to be done, notably on the monetary aspect," added the city.

As such, the city says its negotiating team is ready and available to engage in a "negotiations

blitz conducive to the implementation of satisfactory solutions for both sides."



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Laval's Sandro Mauro, a renaissance man of IndyCar racing

A look into the mind, heart and soul of the front-line lead-mechanic of the Dale Coyne Racing Team

RENATA ISOPO
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Professional auto-racing is a high-octane world, a thrilling amalgamation of speed, skill, and strategy. It is a realm where split-second decisions can make the difference between victory and defeat, where the roar of engines and the screech of tires on asphalt form a symphony-of-sound that drives the heart to race as fast as the cars on the track.

In this insider's perspective, the layers are peeled back, giving a front-row seat to the exhilarating world of auto-racing. Strap in, prepare for a ride into the inspirational story of Sandro Mauro, multi-talented, 50-year-old entrepreneur, self-styled self-taught culinary chef, single dad, Montreal-born, Ste-Dorothée resident now in the front-row sideline as a crucial part of the pit-crew of Dale Coyne Racing.

Sandro is returning to his IndyCar Racing roots and passion as lead-mechanic, after a 25-year absence. In May, he will be in the pit at the historic shrine of car-racing -The Indianapolis 500, the world's biggest annual track event. The first test of 2024 for Coyne is The Firestone Grand-Prix of St. Petersburg, launching the IndyCar season Sunday, March 10 in Florida. Dale Coyne Racing were elated to have him back in the pit, enticing him with an impressive three-year contract.

Why now, after 25 years?

Sandro's story is from the heart, sealed with deep heartbreaking emotions. He recounts that a year ago, his best man, Peter, who worked for Aston Martin Aramco Cognizant, suffered a heart-attack, stroke, seizure, fell into a coma,

struck with paralysis. "That day changed my life beyond recognition," he reveals.

In London, England, at Peter's bedside, Sandro promised that his spirit would live on in racing. He proceeded to globally submit his candidature for Formula 1 and IndyCar teams. With much persistence, never giving up, after a year of traveling to and from Europe and the US, making countless phone calls, on December 20, 2023, he received the much-awaited email. He was in! Teary-eyed and beyond emotion, he shared the excitement of the phenomenal news with his much-beloved and adored 17-year-old daughter, Senna.

He said goodbye to his family on Christmas Day to begin intense training and preparation for the 500 in May. Nothing prevented him from following his dream, proving the non-believers wrong, stating in a telephone interview from Miami, Florida that he will not tolerate negative people around him, whether family, colleagues, or friends. "No! Don't! Won't! Can't!" are absent in his vocabulary. He has cut off the non-believers who call him dreamer and non-realistic. "I would rather be alone than be surrounded by negative people who serve no purpose, except to criticize, discourage, and put you down."

Sandro is re-living his childhood dream to build race-cars, abandoning everything - a thriving business, family, friends. His only sadness is leaving behind his teenage daughter Senna, although he's committed to face-time her daily. She agreed that he had to follow his dream, setting an example, to be a role model to the world. "She gets it," he gladly concludes, "and she shares my ideals."

"This isn't a job, it's a vacation doing what I love to do for the next 10 months. "I'm blessed,

Sandro says. "This is a fight for Peter, my best man, to fight back to good health, to be positive, and not to give up. If I can fight, so can he."

Of honest and humble strength



Photo: Courtesy of Sandro Mauro.

Sandro honestly, candidly, and humbly sees himself as a knowledgeable expert in the art, science, and technology of racing. In fast-paced lessons on the history of the sport, he explained how throughout the decades of the 20th/21st centuries, auto-racing evolved and expanded rapidly into forming professional associations able to establish iconic races such as the Indianapolis 500, which he is so proud to be part of.

Mechanical-engineer Sandro points out how technological advancements - introduction of hybrid-power-units and safety improvements like the HANS device, have revolutionized the sport, making it faster, safer, and more exciting than ever. The team examines every aspect of the car, dissecting it until it's proven near-perfect and safe to race on that irresistible

track. "Each member of the team is important, contributing knowledge, experience, and expertise to team-success. We're in it together and we help each other as professionals. It's not competition against each other, quite the contrary."

Sandro's baby, IndyCar, is a prominent open-wheel auto-racing category. Best known for the prestigious Indianapolis 500, it encompasses oval tracks, road courses, and street circuits, each offering unique challenges to drivers.

The thrill-of-speed is an elemental part of auto-racing's appeal. The sheer velocity that professional drivers reach is a feat of modern engineering, testament to the power and precision of today's racing vehicles. In Formula 1, cars can reach speeds of 220mph, while in IndyCar, top speeds often exceed 380mph. The sensation is a mix of exhilaration and tension, a high-stakes-ballet where drivers balance their desire to push limits with need to maintain control. The rush of adrenaline, roaring engines, blurs of the world rushing past are the ingredients of the intoxicating allure of speed in professional auto-racing. Sandro knows this only too well and greedily devours it.

"Behind the scenes the atmosphere is a whirlwind," he states, excitement revving in his voice, adding that long before the drivers get into their cars, teams of engineers, mechanics, and strategists work tirelessly to perfect every detail. Cars are meticulously inspected and tuned, with adjustments made to enhance performance based on track conditions and weather predictions. Drivers participate in briefings to discuss strategies as they engage in mental preparations.

In the pit, the pendulum swings

"As race-time approaches, the pit-lane buzzes

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with anticipation,” Sandro easily affirms. “Tire changes are rehearsed, fuel strategies finalized, and last-minute-checks are performed.” This, of course, is the less-glamorous, yet equally critical side of auto-racing – a testament to the dedication, precision, and teamwork that forms the heartbeat of this exhilarating sport. “I’m part of every aspect and detail of the above. There’s absolutely no margin for error. Someone’s life is at stake. Little or nothing is left to chance.”

From Sandro emerges the reality that in modern-auto-racing, teams collect vast amounts of data during races and practice sessions, monitoring everything from tire temperature and pressure to engine performance and fuel consumption. This data is analyzed in real-time, helping teams make strategic decisions, such as when to pit for fresh tires or how to adjust the car-setup for optimal-performance. Additionally, post-race analysis of the data allows teams to gain insights and improve for future races. Evidently and unsurprisingly, there’s much more than meets-the-eye in this fascinating sport.

Sandro is clear on the team’s responsibility. “The safety of drivers has always been paramount. Among the most significant recent advancements is the introduction of the Halo in Formula 1 and IndyCar and the Aero-screen in IndyCar, devices designed to protect the driver’s head from debris. These innovations, along with many others, have made auto racing safer than ever before.

Dominate or crash

Outspoken and opinionated, Sandro isn’t very high on Québec, his home for the last 16 years. No love lost there: “I’m disgusted with the politics, language laws, language- police destroying businesses, high taxes, and lousy economy.

Waxing philosophically, Sandro admits that although you can’t dominate every track and every road, if you don’t dominate your own life first, you will crash. “Do what you love to



Laval’s Sandro Mauro, far left, lead mechanic of the Dale Coyne Racing Team, joins the pit crew, at Miami Homestead Speedway, preparing for the 2024 Indianapolis 500. At far right is team owner Dale Coyne. Laval’s Sandro Mauro, far left, lead mechanic of the Dale Coyne Racing Team, joins the pit crew, at Miami Homestead Speedway, preparing for the 2024 Indianapolis 500. At far right is team owner Dale Coyne.

do without fear, and always stay positive. That makes you a winner.”

Summing up his commitment to IndyCar racing, while acknowledging both its risks and joys, Sandro says he deeply believes that people love motorsports because of the intense adrenaline rush that comes with Indy500 cars competing in front of 360,000 passionate fans, at 380k per hour.

“Nothing’s more exciting than highly-trained drivers fighting intensely for leads of inches, with very high financial costs combusting up to \$8-10 million to run just one car.” The aver-

age salary is \$150,000 times 25 people; travel, hotels, flights, fees, licenses and permits eat up tons more.

“Yes, the adrenaline rush also comes from the danger.” Sandro readily confirms. Vehicles, racing at such high speeds, risk collisions or getting into very dramatic, sometimes traumatic accidents. “Nobody wishes any driver to suffer that, of course, but the possibility that it could happen just adds to the overall excitement.” Sandro quickly adds that if a car gets smashed, it’s immediately disabled, every nut and bolt is checked. “It takes approximately an hour to

change an engine, and 3 to 4 days to reassemble the car before the next race. Six mechanics per car is standard.”

Graphically describing the crucial symbiotic relationship between driver and team, Sandro Mauro is cock-sure that the essence and substance of the craft of car-racing rests on the premise that “every driver must trust that those who built the car and those who maintain it are handing him or her a perfect machine. In the end, team and driver join forces to ensure that the fans also come out winners, because they get the drama they paid to see.”

Nos vœux les plus chaleureux à vous et vos familles à l’occasion de la Pâque juive !

Our best wishes to you and your families on the occasion of Passover!



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AS Laval unveils electrifying, redesigned soccer uniforms

BMW Laval wants to give back to the community, says sales manager Nick Loffreda

MARTIN C. BARRY

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Every few years at the AS Laval soccer club, the launch of a new player jersey design helps propel the young players forward, while also adding to their pride, knowing they are participating in one of the world's truly great sports.

Proud parents, supporters and friends of AS Laval gathered for a 5 to 7 get-together in the showroom of BMW Laval, one of the club's lead sponsors, on April 4 for the unveiling of the latest uniforms.

A carefully-designed kit

The jerseys, shorts and socks, in a range of colors with a hint of silver, prominently feature a BMW Laval logo and crest at the centre of the jerseys. There's also an AS Laval crest just below the left shoulder, as well as various sponsors' insignias and logos elsewhere on the socks, shorts and jerseys.

It's been around two years since AS Laval came into being, following the merger of two soccer clubs from central and eastern Laval. The new uniforms were designed by AS Laval technical staff members David Cerasuolo and Anthony Corneli. They worked with experts in sports-wear design to put the uniform into production.

Something exciting and new

"It's exciting for the kids, and even the staff members, to have something new like this new uniform design," AS Laval's general manager Ivana Mormina said in an interview with *The*



The new jerseys, shorts and socks, in colors ranging from green to red and white, prominently feature a BMW Laval logo. (Photo: Martin C. Barry, Laval News)

Laval News. She said that just designing the new kit became an exciting process that many people took part in.

"Our colors are black, red, white and a little bit of silver," said Corneli, who's been with AS Laval and its predecessor associations for the past ten years.

"We brought back red after not having red in our colors for about ten years," he continued. "But in general, we went back to a simple kit which is very subtle and clean. It's going to look very sharp on the field."

An Italian-inspired design


According to Corneli, the latest design was inspired in part by an Italian soccer club. Having grown up loving not only the sport of soccer, but also soccer fashion, whenever a redesign of AS Laval's kits is called for, he is one of the first people on the AS Laval staff who is consulted.

AS Laval, whose history dates back at least 50 years under the two previous soccer clubs, has a total current membership of around 3,000 young soccer enthusiasts in U4 to U13+, as well as a semi-pro (L1QC) division. They are mostly from Laval, but also from Montreal.

Commitment to the community


Nick Loffreda, who leads the sales team at BMW Laval, said they felt it was important to give back to the community through the dealership's support for AS Laval.


"It's 50 years that we've been established and in business in Laval," he said, noting that the soccer club and BMW Laval have been in a mutually-rewarding partnership for several years. "We want that partnership to continue. And we want to see the kids dressed in nice uniforms at the same time."



ASSEMBLÉE NATIONALE DU QUÉBEC

Wishing a Happy Passover to the Jewish community of Chomedey





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



AS Laval came into being, following the merger of two soccer clubs from central and eastern Laval. (Photo: Martin C. Barry, Laval News)



"We want to see the kids dressed in nice uniforms," says Nick Loffreda, who leads the BMW Laval sales team. (Photo: Martin C. Barry, Laval News)

Invite Biodiversity onto your Property

Biodiversity influences our lives, nourishes our families and sustains our communities. Among the key players in biodiversity are pollinators such as bees, butterflies and birds. Did you know that these champions of pollination help maintain our good health and form the basis of most of the food we eat every day, including fruit and vegetables? Biodiversity is a resource in its own right that needs to be protected, and by taking the right action, we can do just that.

4 tips for less maintenance and more life on your property



1 Find an alternative to grass

Imagine if all grassy front yards — often little used — became a landscape of diversity, offering a haven for other species. To achieve this, replace your lawn or simply seed it with alternative ground cover, such as clover or native flowers. What's more, this type of landscaping requires much less maintenance and watering than a traditional lawn. So you can enjoy the little pleasures of summer more often and waste less precious time mowing!



2 Set up a space for a garden or vegetable patch

You can contribute to biodiversity by adapting your grounds or balcony to attract pollinating insects:

- Include nectar-producing plants in your flowerbeds, in colours that attract insects.
- Plant a vegetable garden in your front or back yard or grow vegetables on your balcony.
- Plant a pollinator garden on your property.
- Add features such as bird feeders, insect shelters and water baths to create a wildlife-friendly environment.



3 Plant trees

Trees play a crucial role in preserving biodiversity, by providing a habitat, food and breeding grounds for many species. To help you contribute to the greening of your neighbourhood, Ville de Laval has two incentive programs: one offering financial assistance and the other, a tree donation program, through which you can obtain trees free of charge. Find out more about these programs and, above all, take advantage of them!



4 Take up the Dandelion Challenge

Take up the Dandelion Challenge by delaying the first mowing of your lawn until the dandelions have finished flowering. These small yellow flowers, often mistakenly regarded as weeds, are in fact a vital source of food for many pollinators, especially in spring. This simple step will help the precious bees and other pollinators to find food and shelter in the first flowers to bloom in spring. That's why many of the city's grounds are dotted with dandelions this spring, with Laval also taking up the challenge!

Diversity in the garden. It really grows on you.
Cultivating biodiversity.

 biodiversity.laval.ca





Earth Day

April 22, 2024

Invest in Our Planet






Reducing waste with upcycling

On April 22, Canadians will recognize Earth Day, an international occasion that promotes protection of the planet and environmental literacy. This year the NGO Earth Day Canada will once again place an emphasis on outdoor play for children. By connecting children to nature, they become more likely to become tomorrow's stewards of the planet. Among other initiatives, the organization is endorsing adventure playgrounds, a type of outdoor play that makes use of upcycled materials and building tools, which children then use to make their own play apparatuses.

UPCYCLING: ANOTHER TOOL TO MINIMIZE WASTE

Despite an ever-growing focus on environmental issues in Canada, including an increasing number of composting and recycling programs, the amount of waste we generate each year is on the rise. In 2012, we produced 9.6 million tonnes of garbage, a seven per cent increase from 2004. While reducing and recycling is definitely an integral part of the solution, upcycling is another way we can decrease our production of waste. Upcycling is the creative reuse of objects that would typically be discarded to create new objects of greater value than the original. Everyday objects you can upcycle include:

- **Glass jars.** Turn them into vases, lanterns or light fixtures. You can also use them as storage containers for food, craft items or other objects.
- **Toilet paper tubes** can be converted into seedling starter pots, extension cord holders, bird feeders, or supplies for arts and crafts.
- **Tires** can be transformed into a climbing apparatus or swings for the kids. Other possibilities include hanging planters, potato boxes and rope-covered chairs.
- **Picture or window frames.** These could be converted into earring holders, serving trays, or a device for hanging photographs.
- **Tin cans** make great candleholders, planters, rocket stoves, storage containers for cutlery or desk supplies, and even wind chimes.

Protecting the planet protects your wallet

Did you know that besides helping protect the environment, making environmentally responsible decisions can save you money? Here are a few green lifestyle habits that benefit your wallet.

- Buy second-hand clothes and fashion accessories
- Turn down your air conditioner or heater at night and when you're away
- Grow a vegetable garden and use 100 per cent of your crops by canning or freezing
- Keep your smartphone until it stops working; get it fixed if needed to extend its life
- Take short showers rather than baths
- Use public transport and active modes of transportation like cycling
- Swap meat products for vegetable proteins as often as possible
- Use reusable containers and water bottles

Washable personal care products and energy-efficient appliances can also help you save money. As the cost of living continues to rise, you have everything to gain by implementing these suggestions.








Get up to 10 free trees with a value of \$200 each.

The future takes root at your home

The distributions will take place from May 30th to June 1st, as well as in September. You must be able to pick up your trees on the date of your appointment and plant them yourselves on your property.

Fill out the online form to reserve yours now.

subventions.laval.ca, under **Free and Subsidized Trees**

Plan pour une économie verte



Québec





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Intergenerational Interviews and The Legacy of Senior Citizens

MEET
Andras Sebestyen



The following article was written as part of an intergenerational project between The Agape English-speaking Senior Wellness Center and Laval Senior Academy. Through this project, senior volunteers met with a group of grade 10 students who documented their stories. The goal of this project was to bring youth and seniors together in a way that would impact their lives in a meaningful manner. With special thanks to The Laval News, Demetra Lambropoulos and Aline Gosdanian.

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

by Damien Mallette and Alejandro Gutierrez

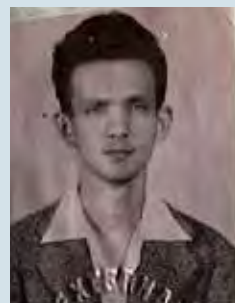
The Holocaust is one of the most brutal and terrifying genocides in history. Millions of Jewish people were tortured and killed almost every day between 1941 and 1945. However, we are lucky that a small portion of Holocaust survivors have lived to tell the tale. Without their inspiring and tragic stories, we would most likely have no real knowledge about this horrible massacre. We were fortunate enough to interview a very courageous and optimistic gentleman who went through the Holocaust as a child.



85-year-old Andras Sebestyen, who prefers to be called Andy, is a Jewish man born in Hungary, one of the last countries invaded by Germany during the Second World War. He was born on January 26, 1939, several months before WWII was declared. The persecution of Jewish people in Hungary did not start until 1944, and Andy was thankfully never in a concentration camp. Yet, according to him, he endured great hardship.

Andy had a small family at the time. In 1944, he was only 5 years old when his father was taken away from him and his family to do forced labour in Ukraine as a cook for the

German and Hungarian armies. His father luckily survived, as Andy stated, "He always had something to eat." He also had his mother and his two grandmothers who he was left with. During the Hungarian Holocaust, Andy and his family were living in the ghettos until the Russian army came and liberated them. Life in the ghettos was rough for him and his family since the food there was unsanitary and stale. His uncle, who was with them, died from tuberculosis, which was a common disease that people would get in the ghettos. Unfortunately for Andy, he also contracted tuberculosis as well as meningitis and myocarditis all three of which he survived. Andy slept on an uncomfortable table-like bed with his uncle who slept on the opposite side, which may have led to his contracting the various diseases.



Once the war ended and Hungary was liberated in April of 1945, Andy and his family were liberated from the Getto. His mother was shot and killed as they were leaving the ghetto. His maternal grandmother unfortunately passed away two weeks later due to heartbreak after his mother's death. Andy's was admitted to a sanitarium in Hungary for 1½ years to recover from his injuries and illnesses resulting from the ghettos. Once Andy's father was able to return to Hungary, he found him in the sanitarium. That is where Andy's father met his soon-to-be wife. Once they got married they began their fresh start in Canada. 23 years later, when Andy was almost 30 years old, he unfortunately lost his stepmother, whom he dearly loved.

She took care of him and loved him like her own son. Once again, Andy was left with his father, wife and two children.



Andy told us that January 20th is an important date for him. January 20th was the date his mom passed away. His stepmother, whom he met in the sanitarium, also passed away on the same date. Not long after Andy's birthday on the 26th of January, Andras came to Canada with both his father and his stepmother in 1957, more specifically to Montréal. One of his memories in Montréal was that it was an extremely cold winter. He remembers pedestrians telling him that if he went to Saint-Catherine, he could receive 18 dollars for food. Unfortunately, Andy had to walk through Mont Royal in the harsh Canadian winter. He didn't have proper clothing, but he managed to survive the cold.

In 1964, seven years after his arrival, Andy met his wife and married her. Andy and his wife remain married for a span of six decades. Andy has three children, two sons and one daughter. His older son and his daughter both went to the same school as us. The name was not Laval Senior Academy, but they were students like us who walked through the same hallways and sat in some of our classes. Andy is also a member of a Jewish survivor group. Both he and his wife are involved in their community. Andy mentioned that

they participated in The Journey of Hope which is an event for all Jewish communities and holocaust survivors. Last summer, Andy took 140 kids to visit the Auschwitz concentration camp in Poland. These camps represented the atrocious committed by humanity.



Aside from his community work, Andy enjoys reading while listening to the radio. He told us that he owns an iPad and has thousands of books in it. What is surprising is that he taught himself how to read in English. Andy's favorite thing about Montréal is watching the Montreal Canadiens play. His favorite player from the Habs is Cole Caufield.

Towards the end of the interview, we asked Andy, "What did you learn from your life experiences?" He responded by saying that life is precious, that we should enjoy every last bit of it. He also told us that we should always stand up for what we believe.

Andras Sebestyen was one of the nicest men we met. He had an emotional but inspiring story. He even added humor to "lighten" the topic of our interview. One message he wanted us to remember was, no matter what religion you're from, no matter what you believe, everyone is human and no one should be condemned to death for who they are.

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Intergenerational Interviews and The Legacy of Senior Citizens

MEET
Earl Hachey



The following article was written as part of an intergenerational project between The Agape English-speaking Senior Wellness Center and Laval Senior Academey. Through this project, senior volunteers met with a group of grade 10 students who documented their stories. The goal of this project was to bring youth and seniors together in a way that would impact their lives in a meaningful manner. With special thanks to The Laval News, Demetra Lambropoulos and Aline Gosdanian.

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Unsilenced: The Triumphs of Earl Hachey *by Alex Iodice and Noah Sky*

Resilient. Humble. Persevering. These are just some of the words to describe Earl Hachey, an 82-year-old man from New Brunswick who overcame struggles and shared his story with us.



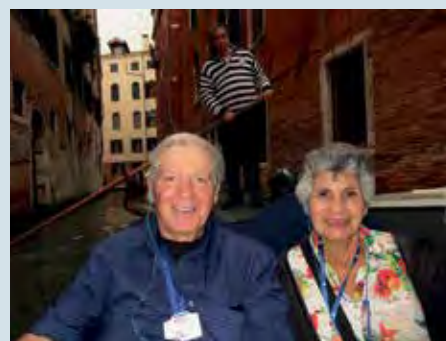
It begins in his early years. Growing up in New Brunswick, Earl lived a humble life in a large loving family. He spent his time going to school, working, and helping others. But a huge problem was arising within him, which would start a three-decade long battle that he was determined to conquer. Earl struggled with stuttering. This stuttering was so bad that he would have to change parts of stories he'd recall due to the difficulties he had pronouncing certain words. It even persisted in the classroom, where he could not call out his own name for attendance. This challenge unfortunately led to ridicule from his classmates and teachers. These classmates did not make it easy for him. Constant bullying for his speech impediment caused him to fight back, physically, hitting people. He regrets his actions now and wishes he'd never done it, but everyone must learn lessons, even hard ones, in life. If he could, he wishes he could go back and explain to them how difficult the whole situ-

ation was and how sorry he is for his reaction.

To help with his anger and frustration, Earl started doing professional wrestling around 18 years of age. Nicknamed "The Kid", he would go on to make a name for himself, winning matches all throughout New Brunswick. There was a problem, however, being only 180 pounds or so, Earl had trouble finding suitable opponents in the same weight class as him. This among other things made his career in wrestling not as long and fruitful as it could have been.

Even through all his challenges with his stuttering, Earl finally made a breakthrough with his speech impediment. It took 30 years, but he eventually overcame his stuttering. He credits his wife and a strong combination of hard work and his belief in God helped him make the necessary progress. Getting over something as important as this marked a new beginning in his life, as stuttering had such a large impact on him and gripped his life for such a long time. Earl never gave up and was rewarded for his strong determination and faith.

When he was 26 years old, Earl married the love of his life. He described her as the best thing that could have ever happened to him. To this day, they are married for 56 years. She is always supportive and loving and they cherish each other's relation-



ship. He describes the wonderful trip they took to Italy and how they both enjoyed the sights, sounds and the hats he bought from every town they visited. Earl also speaks lovingly about his own children and has grandchildren too, but sadly mentions to us how he lost one of his children 12 years ago to cancer. We could tell how deeply saddened Earl got at the mention of his son, but he fondly holds on to the memory of the last 7 years of his son's life where they grew very close.



In life, there will always be struggles. Yet another loss he had to overcome was the passing of his father. Earl tragically lost his father when he got hit by a car and the driver left the scene. It was later discovered that the driver of the car that hit his father was drunk. This is one of the reasons he understandably dislikes alcohol and swears against it. He believes that nobody should ever get into drinking as it takes over their life and controls them. He has never drunk in life and prides himself on it. Even though he had worked at clubs and taverns, he never even thought about drinking. He highly recommends that no one ever drink alcohol.

Earl also values the presence of hobbies in his life. He says hobbies give

you confidence to do things and complete goals you've wanted to achieve. He practiced martial arts for many years, and he enjoyed it so very much. Another presence he holds close to him is his faith in his lord Jesus. He told us how his faith in God helped him through his tough times, through his fears and overcoming them.

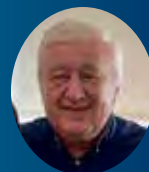
One of the most important things Earl always strives for is to try and do the right thing and be helpful. In his early years, he would scare off thieves, he would help people who were impaired. His goal was to help people however he could. He stresses how important it is to treat people with respect and how important forgiveness is. He says there's no point in holding onto grudges. He always persevered through problems and always wanted to help others do the same.

Earl has shined through hard times. Sharing with us his wonderful life story. Earl left us with a touching message, "Be a good person, you're not doing it for your parents or no one else, it's for yourself." And this is definitely advice to live by. He is living proof that with perseverance and determination, we can all succeed in life. We are grateful that we had the opportunity to hear his stories and will remember his wise words fondly.



Intergenerational Interviews and The Legacy of Senior Citizens

MEET
John Lawrusik



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The story of John Lawrusik

by Milana Malfara and Ekaterini Drury

On September 11, 1946, in Aldentensatt, Germany, John Lawrusik was born. This was shortly after World War II. Both of John's parents were put in displacement camps during the war. His mother was taken from her loving parents by the Germans and sent to Germany to endure forced labor on a farm. Meanwhile, John's father, who had been serving in the Polish army, was taken prisoner, and also ended up in a displacement camp. When the war finally ended, people were given the opportunity to leave. Some chose to move to Canada, the United States, and other places. However, shortly after John was born his parents decided to move to Venezuela in South America. After living in Venezuela for 6 years, they found that the weather was too hot, and the conditions were too difficult to bear. Therefore, in October 1952 they decided to move to Canada for the better job opportunities that were presented to them. This would be a fresh start, a new life in the much colder Canada.

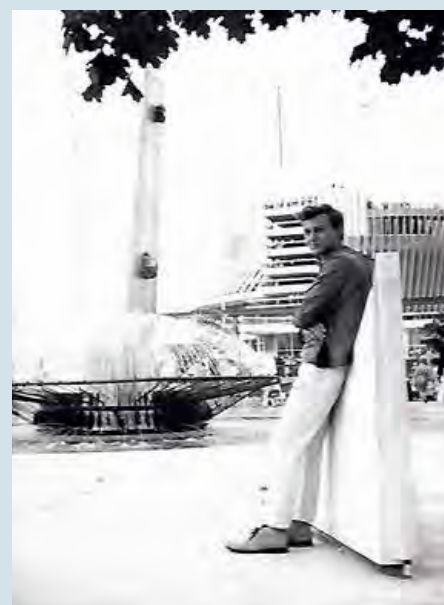
When he got to high school, John attended D'Arcy McGee in Downtown Montreal. He was good at playing football, hockey, volleyball, and basketball. He got along with all his peers in high school, as he also became friends with a lot of his teammates. These relationships helped him grow up as a well-rounded student and athlete.



"I was a huge sports fan and the person I looked up to the most was a very outstanding hockey player named Jean Beliveau. He played in a very classy and elegant way, so, yeah, I would say he was top of the class." He went on to say how he too was very fortunate and succeeded at his job in accounting. He went on to point out how influential his hobby was in helping him excel at his job. His hobby was writing down, in detail, all the sports games and taking note of the records, scores, assists, players and the box scores. He collected a lot of statistics over the years, and later on, he says, "That's how I got a job in accounting which I had for 25 years or so. The things that I was interested in were able to help me secure me a job in accounting."



faced any hardships. Probably, one of the hardest things he had to go through was losing his loving parents. Looking back at that time period, he points out how, thankfully, they lived a long life and John points out how inevitably, everyone has to go through that one day. He went on to say how as the years go by, time appears to move faster. Having said that, he stresses how important it is to understand that people, including family and friends, come and go in our lives. Not everyone stays, which means that relationships can be transient, and to make sure to hold on to those special moments we have with those we love.



"I would probably say my biggest success is my family," John says as he smiles at the thought of his family. Married in 1969 and still happily united, he and his wife have a strong and loving relationship even after all this time and have nurtured an enduring bond over the past 54 years. They had children too, starting with the oldest, Matthew, who currently works at a lock company. Their middle child, named Cathy, works in the Human Resources Department of a bank and their youngest Steven also works in a bank. He and his wife deeply cherish every day that they get to watch their grandchildren grow older and experience new things.

John is now 77 years old, and he says how in life, he's experienced many things. Some of his greatest successes were getting married to an amazing wife, having three lovely children and now 2 grandchildren, and having secured a great job that he was actually interested in. However, he did say that it doesn't mean he hasn't



As soon as they moved here, John went to school. But living in Venezuela made adjusting to life here a little difficult. He could only speak Polish and Spanish at that time. It was hard on him due to the fact that everyone else spoke English in school. He had to repeat the first grade since didn't speak any English. Eventually he learned how to speak English and he was able to continue on his journey through school.

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Intergenerational Interviews and The Legacy of Senior Citizens

MEET
Judie Troyansky



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The memoir of Judie Troyansky

by Sofia Selvaggi and Alessia Guerini

Judie Troyansky has led a long and fulfilling life. From starting work at only 10 years old at her father's restaurant, to making jewelry, to publishing a magazine, Judie Troyansky has accomplished so much. Her greatest achievement was becoming a published writer. She continues to write and is currently working on her next novel.



One of the best things she did for herself was her decision to go back to university to study creative writing at 40 years old. After which she wrote and put out her greatest success in her career which is her novel, "Parlor Tricks". "Parlor Tricks" is a novel about a time-traveling girl who must find a stolen amulet to help her get home. This story was inspired by Judie's experience on a cruise ship. She thought about all the other ships that had landed on the same island as her. And she began to wonder what would happen if survivors of a disaster on Earth were stuck on a cruise ship while out at sea. That is where her novel begins.

Judie is an accomplished writer, so she too sometimes experiences writer's block. She was kind enough to share with us some unique tips to overcome these blocks. For example, she allows herself to write, even if she isn't aiming for perfection on paper. She sometimes looks at pictures to describe or has conversations with the characters. Another way she gets over writer's block, is to take out her tarot cards to see what story she needs to write about. We'll definitely look into some of these tips when writing our next assignment.



When it comes to jobs and careers, she shared with us her secret to achieving her dream. The truth is sometimes people have to work at a handy job to help finance their art or their goal. If someone is able to have a career where they do what they love and get paid for it, she says that that is the best-case scenario. She stressed how important it is to stay strong and strive for your goals.

A local Lavaller for many years, Judie attended the former Western Laval High School. Her favorite subjects were English and History. When reminiscing about her high school life, she remembers many good memories of family and friends. Some of these memorable moments included pranking her friends, eating together at lunch, experiencing high school crushes, and having water fights with her two sisters. They would often play board games

or card games for hours. She fondly remembers how understanding her mother was and how supportive things were at home. She also has five wonderful nieces and nephews whom she loves and cherishes. She feels content thinking about her youth and family.



One of the more difficult moments she had to overcome was the loss of her dog Sugar, whom she loved dearly. She told us how important it is to stay strong even while grieving; that there will always be hope for that light at the end of the tunnel. She's experienced loss before, having lost her father, but she knows how important it is to remain strong. She also helps take care of her aging mother who, unfortunately, suffers from dementia. But Judie is no stranger to challenges and meeting obstacles head on. At 18 she was house bound for swelling in the brain and was unable to write or think straight for quite some while. Nevertheless, she persevered and worked hard at remaining positive and used her experience to help her create realistic and authentic characters.

When asked if there's something she could change from the past, she mentions how there were times

where she wished she would have spoken up for herself but didn't. This, she says, is because she was shy. Reflecting on her past, she tells us how important it is to stay strong and not be scared to speak our mind. That, sometimes, it's okay to fight for what we believe in.

When we asked her if she's ever felt like a hero, she gave us a wonderful quote, "I don't know if heroes ever feel like heroes. It's just stuff that you do because you're being kind to someone, it doesn't affect you as much as it can affect the other person." She encouraged us to be kind not because we want to benefit ourselves, but to help others. This portrays Judie's selflessness and compassion for others. She definitely inspired us to do good for others.

Judie says that as she gets older, she sometimes thinks about where her life would've headed if she would have taken another path, perhaps gone left instead of right. Yet, she tells us that if she were to change something from her past, she wouldn't be where she is today, or have met the people she's met. With the wisdom of years, she acknowledges her regrets, knowing she cannot change them. However, Judie knows that what she's gone through has taught her valuable life lessons and has shaped her into the amazing person she is today.



Intergenerational Interviews and The Legacy of Senior Citizens

MEET
Judith Firlotte



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by Alyssa Ghazouly and Dalia Sassano

When we first met Judith or Judy as she would like to be called, we were instantly taken in by her smile that lit up the room. She seemed to be excited and had a variety of stories and experiences to share with us, and as it turned out we were right.

She was born in Fredericton, New Brunswick on September 18th 1946. She lived with her parents as well as her sister and three brothers. Her mother was from England and her father was from New Brunswick.

Before she was born, her father volunteered in the second world war. He went overseas to England where he met her mother and they came back to Canada when the war ended. He was a member of the Carlton York Regiment, and his job was to help take care of the officers, which was known as being a "batman". Judy and her father were especially close and always had a strong bond.

Judy attended school in Fredericton where she was an honors student and worked as the teachers' secretary and the school bookstore clerk.

In fact, she started her career early and accomplished more than most people do in a lifetime. Because she was exceptionally bright, she got her first job working for the government



before she graduated high school. She gave exams to people who wanted to work in the government. Years later, she began to work for the department of education, where she managed all the school buses and their expenses. After that she worked at the Bank of Nova Scotia for slightly under four years.

In 1965 she got married and had her son Dennis. She moved to St-Hubert, Quebec in August of 1969. In 1970 she got a job as a school secretary, where she worked for eight years. Her last job before was shortly after she moved to Montreal in January of 1980 where she got a job as a sales administrator where she worked for 38 years before she retired.

Although she's had an extremely successful career, it's not to say she hasn't experienced any hardships. Judy had one of her thyroids damaged which affected her voice box. She also lost her mom, dad and two of her brothers. However, she managed to persevere through it all and told us that sometimes, "You have to just go on," and that life doesn't stop so you need to make the best of these hardships. Despite these difficult moments she continues to live her life to the fullest by keeping fit and trav-

standing service. She was also an accomplished cross-country skier in 1992 and hasn't stopped slowing down since. She enjoys keeping herself active by biking, aerobics, chair yoga and much more.

She's also visited many beautiful places such as England to visit her mother's family and to see Prince Charles and Diana's wedding. She also went to Portugal, Paris and Ireland where she kissed the Blarney Stone which according to legend gives you the gift of "eloquence and persuasiveness". She even managed to see the pope when he came to Montreal in 1984.

As our interview began to come to an end, Judy left us by saying, "Brighten your education, travel the world and enjoy yourself."

eling the world with her companion. Judy lives with her companion who has worked for the Canadian Pacific Railway and is currently a school crossing guard. In fact, he's even received a 20 year plaque for his out-



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Intergenerational Interviews and The Legacy of Senior Citizens

MEET
Linda Barnabe



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

by Massimo Sanchez and Noah Lastoria

Linda Barnabe is one of the most generous and intelligent people we have ever met. Her thoughts and little tips on life are wholesome and well explained. This is something we loved. throughout our conversation when we sought out her knowledge and experience on life. At first, we wanted to ask simple small questions, get to know her, understand what type of person she was, and if she was comfortable with the setting. We wanted to come across as respectful and likable secondary four students. Even though we had prepared the questions we would ask her, in our haste, we forgot them in our locker, and it turned out for the best. A person can plan out a conversation but it's impossible to plan a good conversation that naturally flows from an intriguing individual.



We first talked about schooling, and which subjects we enjoy the most. Linda said that when she went to school, she had about 15 students in her class and she had more attention from her teachers, something we don't necessarily appreciate. In comparison, our classes have about 30 students in them which makes it more difficult to get one on one attention. She said how her strength was her memory. She enjoyed her Geography class best because she was very good at memorizing places

and names of cities and countries. She went to school until grade 13, after which she was hired by Bell Canada. At the time, she didn't think of pursuing higher education because it was relatively easy to find a job after high school. She told us to pursue our education because in order to take our place in the job market, we need higher education nowadays.

"No one is in control of what you do, but you," Linda said. Your parents do have an input and influence in your life, but you can shape your life by making decisions that further what you want to achieve. When we talked about how much we love our video games, she explained about setting limits. She suggested that we write down what we do each day and see how much time we spend on different things during the week. Logging what we do can help us see and plan what we want to invest our time in.

Linda was proud of her daughter and said that even though she excelled in school, she went through different programs before finally deciding which career path she wanted in life.



Her daughter has a PhD in psychology, but she obtained her Bachelor of Science and went into medicine before finally majoring in psychology. She advised us to take a path in life that we love and not worry when we change our minds about which program we want to follow.



Linda was ready to listen to us even though we were the ones interviewing her. She wanted to talk about things that interested us as well. She took out her phone and said that the first time she obtained a smart phone was three years ago when she had to move from Chateauguay to Laval by leaving the home she lived in for 40 years. Before that move, she had a landline in her home and a prepaid flip phone. She found it interesting that we grew up with the technology that she finds difficult to adapt to. We then asked her about the difference between kids back then and kids now, and she told us about the dangers of drugs which effects people of all generations. We explained to her that some students in our school make decisions that risk their lives by smoking, vaping.

She was surprised at our mature outlook, and it was nice of her to notice that we knew what she was talking about. She said we were taught well by our parents which really made us feel great about ourselves.

Before concluding our conversation, we asked Linda what event from her life has had a profound impact on her. The expression on her face was not one of sorrow or any type of sadness. She smiled and told us that she grew up in a family who showed little emotions, and that impacted Linda growing up causing her to have difficulty understanding her daughter and pushing her away. She realized that she had to change and become more understanding and to put herself in other people's shoes. It took her years, because people do not change overnight, but striving to be understanding without being judgmental helped her strengthen her relationship with her daughter. We couldn't believe that the bundle of joy in front of us showed no emotion growing up. She was the perfect example of personal growth. Linda's said, "It's not like we don't make mistakes, but parents do what they think is best for you, even when you don't agree." We took her advice to heart.

We felt privileged and happy we got the opportunity to speak with dear miss Linda Barnabe.



Intergenerational Interviews and The Legacy of Senior Citizens

MEET

Maria Perluzzo Ferri



The following article was written as part of an intergenerational project between The Agape English-speaking Senior Wellness Center and Laval Senior Academy. Through this project, senior volunteers met with a group of grade 10 students who documented their stories. The goal of this project was to bring youth and seniors together in a way that would impact their lives in a meaningful manner. With special thanks to The Laval News, Demetra Lambropoulos and Aline Gosdanian.

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The Life of Maria Perluzzo Ferri

by Melina Koukoutsis, Itheca Bisbikos and Elisabetta Gatin



"Never give up, no matter what comes your way, just keep going no matter how difficult it is." These are the wise words of 73-year-old Maria Perluzzo Ferri, an Italian woman who immigrated to Canada from Italy when she was almost 4 years old. In the care of her loving parents, and with the smell of the sea and much wonder in her eyes, 4-year-old Maria sailed the sea on a ship called "Saturnia" (Saturn in Italian). She was on her way to someplace new to continue her life, with great change, that was coming her way.

Leaving the town of Casacalenda, Italy, her parents wanted more for their children, and decided to head to Canada. She mentions how loving her parents were and tells us how her father had served in the second world war and had interned in Germany where he was then caught as a prisoner. He was then sent to some sort of concentration camp where he didn't eat anything but potato peels. She remembers how her father

never really liked to talk about that time in his life, but how thankful they all are for the freedom and safety we have now. Unfortunately, Maria's father passed away at the young age of 56. She misses her father greatly, but she also mentions how lucky she is to still have her mother who is strong and thriving at 96 years of age.



Besides the usual struggles of adjusting to life in Canada – missing your relatives, the weather and way of life - her main struggle was learning the new language. She had great difficulty getting into a school considering she didn't speak English and the fact that the neighborhood

French school was full. In the end, she ended up attending the local English school run by nuns, Our Lady of Charity. She made many new friends and fondly remembers playing ball with them and going to her school's sock hop.

"Thanks to my mom and dad, my life was pretty smooth," recalls Mrs. Perluzzo Ferri. She explains how she didn't go through much, considering her parents sacrificed a lot, to give her the life she has now. "You have to be strong. My mother is a very strong person," she says. Her bond with her mother only grew stronger after the passing of her father. Like any other mother and daughter duo, they argue, they laugh and they smile, but, in the end, it's the purest form of love, care and affection and she feels blessed to have her.

Her love for children lead her to becoming a kindergarten teacher. She studied at a Teacher's College, which is now a part of McGill University. Back when she was a teacher, there weren't as many teachers so she had to teach the kids every subject there was. "We had to teach them everything! From A-Z, you name it, we taught it!" exclaims Maria after expressing how stressful it was.

Along with her love for children, came her love for her husband. They met at school when they were both teachers. Not only did being a teacher pay off financial, it paid off with love as well. Later on, the two got married and had two children of their own. She lovingly speaks about her 16-year-old granddaughter as well and all the wonderful family gatherings they have; specifically, their "June Baby Parties", since so many relatives were born in June. She reminisces about their trips to Florida and Italy and the wonderful

years they shared up north in their chalet. She admits that life has been good to her and that one always has to stay strong.

One of her challenges was losing her husband. After the loss of her husband, she admits that life became harder, but she remained strong. She had to learn to become more independent and had to take care of her own well-being. She even expressed how her first daughter moved back in with her to give her comfort and company. "I truly am blessed. Not many people would want to live with their mom," says Mrs. Perluzzo Ferri proudly. She expresses how grateful she is for everything she has, especially her family.

After sharing the wonderful story of her life and experiences, Mrs. Perluzzo Ferri shared with us one last piece of advice that she learned along the way. She points out how, unfortunately, everyone wants more money and they don't appreciate what they have, but in the end, it's not the money that really make you that happy. She has definitely shown us the value of love and family and how truly blessed she is to have had so many moments of love and happiness in her life. We thank her sharing the wonderful story of her life.



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Intergenerational Interviews and The Legacy of Senior Citizens

MEET

Mary Kanjirakattu



The following article was written as part of an intergenerational project between The Agape English-speaking Senior Wellness Center and Laval Senior Academy. Through this project, senior volunteers met with a group of grade 10 students who documented their stories. The goal of this project was to bring youth and seniors together in a way that would impact their lives in a meaningful manner. With special thanks to The Laval News, Demetra Lambropoulos and Aline Gosdanian.

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Be a Mary by Olivia Petsinis and Victoria Di Re



Mary Kanjirakattu is a woman with a vibrant energy, and when we met her in our school library, we knew that she would inspire us with her life story. Mary is a mother of four children and lives in the Montreal area close to her sons, daughters and grandchildren because family is her number one priority. Mary grew up in India surrounded by love and affection. She completed her schooling in India. Mary's childhood was filled with bright memories, and she used to have so many different hobbies. She is still in touch with her childhood best friend. They went to school together until grade seven after which Mary was sent to boarding school. In July of 1977, Mary had an arranged marriage right after she had completed schooling in March of the same year to get her degree in teaching. Mary was 22 years old, and her parents knew Mary's current husband's family very well and thought he was a good match for her.

Mary moved to Montreal in 1978, only a year after being married. She was nervous at first to be alone because her husband was away working and Mary would miss her family

so much. The first thing Mary did when she moved to Canada was take the French courses the Quebec government was offering. After completing her language courses, she had her first daughter and became a homemaker. Mary's decision not to further her studies was because she wanted to experience the joy of raising her own kids. She doesn't have any regrets because she knew what was best for her and her family.

As all of this was happening, Mary was also trying to get used to her new life in Canada. She had to learn new things that were different in her culture. As she adjusted to her new country, her biggest life lesson was that while going through experiences, some paths were bumpy and not everything turned out as she planned, but after the journey was over, she realized that there is a lesson behind everything. These lessons will teach us something that will prepare us in the future.

As Mary's family grew, she instilled in them the good values that she had been taught by her parents. More than anything, she wanted her own kids to grow up being compassionate and caring people. Mary's kids were high achievers in school,



but she told them, "Marks don't define you. Who you are as a person is more important," something that we overlook in our path to achievement. Mary stressed the importance of listening to our parents. Having a strong relationship with family is something to treasure because it will bring harmony and discipline into your life.

After Mary's kids were old enough, she went into real estate so that she could have a flexible schedule. She wanted to be available if they needed her. Real estate was a way for her to work with people, to experience personal growth and to gain new possibilities. One way Mary has documented her personal growth over the past years was through journaling. She commits to writing an entry every day because it keeps her on track and happier.

When asked what the hardest experience was she ever went through, she remembered her father's accident. When she was younger, she grew up where the roads weren't paved and were always bumpy, and one day her dad was involved in a bad accident, and he lost his arm. It was

extremely difficult for Mary because her dad was her hero and to see him go through pain was unbearable. He had to learn how to write and how to relive life again, but it showed Mary the human capacity to keep going after something so hard and it really contributed to who Mary is today.

Mary wanted the best life for herself, and she knew she was the only person who could give herself that gift. At the moment Mary volunteers with people who are diabetic. She used to have diabetes but has made a full recovery and she wants to help people do the same based on the teachings of the latest research. We asked Mary what advice she would give the younger generation and she said, "Take a break from your screens, give that time to your personal growth," and that really impacted us.

Mary is a selfless and brave woman who would do anything to help others. We need more people like Mary. Having spoken to her made us feel amazing and happy. It was truly a beautiful experience, and it showed us what life is and should be about, being a Mary.

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Intergenerational Interviews and The Legacy of Senior Citizens

MEET
Mesrob Berejikian



The following article was written as part of an intergenerational project between The Agape English-speaking Senior Wellness Center and Laval Senior Academey. Through this project, senior volunteers met with a group of grade 10 students who documented their stories. The goal of this project was to bring youth and seniors together in a way that would impact their lives in a meaningful manner. With special thanks to The Laval News, Demetra Lambropoulos and Aline Gosdanian.

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by Daniela De Gregorio

Mesrob Berejikian is not just a name, he is the definition of the power of resilience, passion and the importance of family. At the age of 71, Mesrob's life journey is filled with determination, love, faith and hope. Born into an Armenian family, Mesrob's upbringing has given him a strong work ethic and a deep appreciation for music. Music wasn't just a hobby for Mesrob, it was a part of who he is and an activity that never failed to captivate him. From a young age, he immersed himself in the world of melodies and music, eventually leading him to study music at the conservatory in Lebanon. His passion for music led him to become a soloist singer with an Armenian folk-dance group, showcasing his talent and dedication to his creativity and love for his culture.



But Mesrob's story is not just about his devotion to music. His life is also about navigating life's challenges with grace and resilience. Despite facing health issues, including a tumor in his adrenal gland that was known to be a rare form of cancer, Mesrob forged ahead. His two sons were five and seven years old at the time and made his battle extra challenging. Who was to take care of his wife and children if he lost his battle to cancer? Mesrob never lost sight of his purpose or hope for what was to come even after his recovery. His strong belief and faith in God guided

him. The support he received from his loving family encouraged him to go forward. The experience showed him that family was all he needed to get through that difficult time.

Mesrob's journey is also a testament to the importance of education and continuous learning. Despite his successes, he never stopped seeking knowledge. He graduated with a degree in electrical engineering and later pursued a Master's in Business Administration. His career path led him from Lebanon to Canada, where he eventually started his own company. During his long memorable journey, he held various roles, from mentoring students, working as a host at an Armenian radio station to managing procurement for nuclear power stations. Mesrob's entrepreneurial spirit and willingness to embrace new opportunities pushed him forward. He believes that learning knows no bounds, and if you love something, you have to go after it and not back down from it.



Throughout his life, Mesrob remained committed to his priorities of productivity and making the most of every moment. He strongly believes that age should never be a problem to being productive and having a positive impact on the world. Whether it's through his professional career, his passion for music, or simply being there for his family, Mesrob exemplifies the value of living each day with a purpose and an intention.

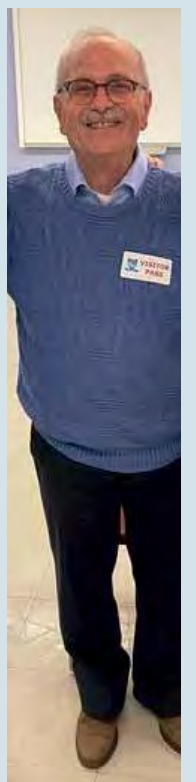


Mesrob's love for his family shines brightly in every aspect of his life. Married for 42 years, with two sons and two grandchildren whom he adores, family is the main reason for everything he does. He also cherishes the memories of his childhood. Despite the loss of his mother when he was fifteen and his father later on in his life, he holds on to the love and lessons they imparted that have impacted his life. In 2015, he visited his homeland, Armenia with his family to strengthen his roots and sense of belonging to a culture and

identity that has lasted thousands of years. He also visited Artsakh, what is known as Nagorno-Karabakh that was ancestral Armenian lands that were taken by Azerbaijan in 2023 forcing the exodus of the entire Armenian population from the region.

Mesrob offers meaningful advice to the younger generation, to pursue education, embrace passion, and always prioritize family. To love your parents because they love you with everything they have. To always listen to them as they guide you in the best ways possible. He also wants the younger generation to be mindful of the environment, to do their part to make sure that future generations enjoy the beauty mother nature offers.

Finally, Mesrob Berejikian's life is an inspiring example of the human spirit, of perseverance, passion, and profound love that continues to inspire all who have the privilege of hearing his story. Mesrob taught me one thing: he taught me that you can't skip chapters, that's not how life works. You have to read every line, meet every character. You won't enjoy all of it. Some chapters will make you cry for weeks. You will read things you don't want to read; you will have moments when you don't want the page to end. But you have to keep going. Stories keep the world revolving. Live yours and don't miss out.



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Intergenerational Interviews and The Legacy of Senior Citizens

MEET
Stephen Speevak



The following article was written as part of an intergenerational project between The Agape English-speaking Senior Wellness Center and Laval Senior Academy. Through this project, senior volunteers met with a group of grade 10 students who documented their stories. The goal of this project was to bring youth and seniors together in a way that would impact their lives in a meaningful manner. With special thanks to The Laval News, Demetra Lambropoulos and Aline Gosdanian.

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by Sunissa Sim

Stephen Speevak is a kind hearted 67-year-old man born in Montreal and has been living in Chomedey, Laval since he was 4. He has a sister who is married with three children and a mother. Stephen worked at an orthodontist's clinic sterilizing instruments. He retired five years ago and likes to keep himself busy by taking walks in nature or going to the Agape Wellness Centre to play scrabble. Stephen also enjoys doing sudoku in his free time.

Growing up, some of Stephen's fondest memories are the camping trips he took with his parents and younger sister to the United States. He added that he would like to retrace those steps just to think back to the old times, but because he doesn't drive, traveling in the US would be difficult because there aren't many buses that go around the places he would like to visit. Now, Stephen's family still visit each other on holidays at his mother's house or whenever they can.



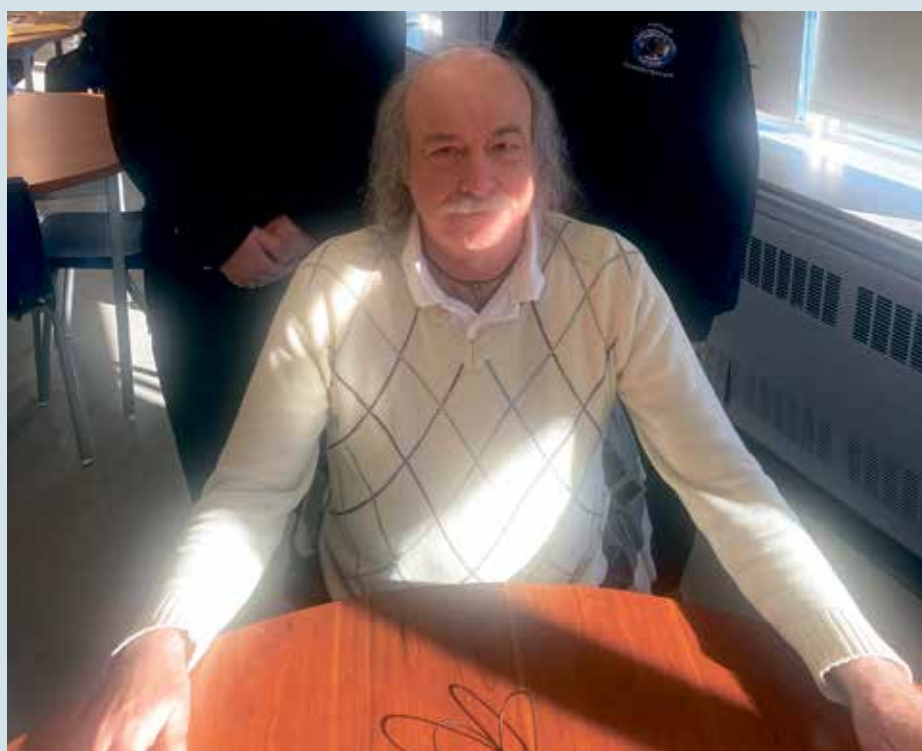
Although he's never traveled overseas, Toronto is by far Stephen's favorite place to visit. He used to go there to see his girlfriend. He continues going there once in a while.

Stephen likes to remember his past because he was happy as a child. He graduated from the high school we attend, Laval Senior Academy from grade 7 to 9, which used to be called Chomedey High and he went to Western Laval High School (now Ecole International) for grade 10 and 11. From then until now his dream job was to always be a dental hygienist which is why he eventually worked at an orthodontist clinic.

One of Stephen's favorite movies is Benji. He also likes Fiddler on the Roof and Tootsie. He listens to bands from the 60s and likes the Beatles and the Mills Brothers. Although he prefers Archie comics, Stephen also likes to read novels by Judith Michael and John Grisham. Stories that deal with everyday living and law dramas are his favorites.

Stephen's advice to youth is to, "love everybody regardless of their religion or ethnic group... Treat everyone equally and try to get involved in multicultural things." He also believes in equal opportunities for men and women in the work force. He used to babysit as a teenager and didn't like the fact that it was considered to be only a female occupation.

Stephen is a kind hearted man with a pleasant demeanor. It was very interesting to get to know him. He helped me and my partner learn so much about life and taking pleasure in simple things.



Intergenerational Interviews and The Legacy of Senior Citizens

MEET
Voula Lambiri



The following article was written as part of an intergenerational project between The Agape English-speaking Senior Wellness Center and Laval Senior Academy. Through this project, senior volunteers met with a group of grade 10 students who documented their stories. The goal of this project was to bring youth and seniors together in a way that would impact their lives in a meaningful manner. With special thanks to The Laval News, Demetra Lambropoulos and Aline Gosdanian.

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by *Katerina Myrianthopoulos and Katerina Stephanou*

Voula Lambiri Myrianthopoulos is a 73-year-old widowed mother. She is such a sweet and outgoing lady, and when we first met her, she was so happy to meet with us. Voula was born in Greece and attended high school there before moving to Canada. She did not graduate high school because of an illness and had to drop out of school. When she got sick, her parents were on a trip in Germany at the time, and she was living with her aunt. Her mom came back to get her and they went back to Germany. When they were on the train, Voula met her husband.

The way she was describing her husband was the cutest. She still sounded so in love giving us a mental image of him. She said he was a gentle, sweet and a good-looking man. Voula met him when she was 16 and he was 26, but the age difference did not stop them from falling in love and getting married two years later. She told us about her two beautiful sons. She had one of them when she just turned 19 and he was born in Greece and the other when she was 21 while living in Canada. When we asked her if it was love at first sight, she smiled and said, "I think so, but when you are young you don't know exactly how you feel." Our hearts melted because we both actually pictured exactly how they met and how they both most probably smiled at each other when they talked and looked so happy.

Although Voula told us about how happy they were when they were young and how much fun they had together even after their kids, she did mention that she did miss her teenage years because it wasn't easy being a young mom. When she said this, it did make us think about how fun it would be having kids at



a younger age and growing up with them, but also how hard it must've been to manage home life when you're 19.

Voula's life changed drastically when she lost her 50 year old husband at the age of 40. When the accident happened, she was in Greece visiting her mom in the hospital for 1 week because her mom wasn't doing well. Voula had the touch of a healer because her mom got better with her care and presence. On the day Voula was with her mother at the hospital, she got the call about her husband having passed away. She didn't know that her husband was going fishing that day. She had spoken to him earlier, and he had not mentioned their intention to go out. Her sons were there when the accident happened. She didn't think his passing was real; she thought he was somewhere else and was going to come back to her. She got on two flights to get back home and told her sons not to come to the airport, but they came anyway with their friends and other family members. Their friends were there

supporting them and being there for them. When her sons asked, "What are we going to do once the funeral is over?" she said, "You're going to live your lives; you will not be able to bring back daddy if you stay home all the time and be depressed, so you will live your lives." It was a very difficult period in Voula's life and we wanted to talk about other things to change the sad mood that encompassed the interview.

Voula switched the focus of the interview to her work life. She talked about all the different jobs she had when she was working. She worked at a stocking factory, she was a sales lady for children's clothes, she worked at cosmetics where she became a manager, and she opened a kiosk at a flea market. She even opened her own mini market but business went way down once another market next to hers opened. She closed her mini market when her husband passed away. It was hard for her and her sons to keep smiling and be polite to people when they were hurting. She also said she never had

one job; she always had two or three at the same time. She needed the money to support her family since she was the only breadwinner.

Tragedy struck again when Voula's eldest son had a brain aneurysm two years ago. He was 6 weeks in the intensive care. The doctors were not hopeful that he will survive, but deep inside she believed, even though she worried a lot, she felt everything will be fine. Her son's condition improved. It hurt her and her family so much watching him being in pain every day and trying to push through. But all that matters to her and her family now is that he's alive and doing well.

Voula also talked about what she likes to do in her free time. She really likes gardening and she mentioned that she has a lot of fruits and vegetables in her garden. But she can't eat most of her fruits and vegetables because the birds, squirrels and rabbits eat all of them. She loves going for walks at shopping malls just to go out and change scenery since she is retired. Sometimes she'll take her granddaughter with her to the mall if she's not busy with school and other things.

Voula's life experiences have taught her about perseverance and the resilience of the human spirit. Being hopeful and experiencing the magic of every day is important to her. She told us not to rush into life, but take our time with things and experiences.

We learnt many things from Voula that we will refer to in the future, and we had a blast learning new things about a wonderful lady. Her sweetness and the way she projected her care for the feelings of others are imprinted in our minds. Thank you, Voula for sharing your story with us!

Intergenerational Interviews and The Legacy of Senior Citizens

MEET *Wally Stanichewski*



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by Chris Choundalas and Gianni Elisino

Wally was born June 25th, 1938 in eastern Germany, in the town of Annaberg. Being born during the Second World War was tough, and being a child during that time made such a conflict one of the worst experiences of her life. After the end of the war, Wally and her family found themselves in a new kind of misfortune, being under the control of the Soviet Union. Luckily, Wally's family had migrated far west to avoid the Soviet's grasp. This part of her life led Wally to be disgusted by the idea of war and oppression. She warns us that we need to be fair and open and never judge one another. After all, she knows what it's like to be judged and she would never want that for anyone.

She and her family had to deal with the constant bombardment of Germany and they felt the hardships of hunger and fear. Thankfully, they made it through the war and when she grew up, Wally found love in a Volkswagen engineer. Her husband also understood the hardships of war, having fled from Romania himself.

This new found love gave her and her husband yet another reason to leave Germany, and the devastated lands of Europe, for a new hope. They wanted more for their own family. They wanted the opportunities and stability of Canada.

When Wally turned 18, she got mar-



ried, and, shortly after, she and her family had the opportunity to leave Europe. This opportunity was one of promise for Wally and her husband. With no more than dried cherries, in 1956, Wally and her family made their way on board a ship, which would bring them to a land of prosperity and possibility, Canada. During this part of her life, Wally explains how important hope was and how far it can bring you.

She explains how at the time, Canada was still developing as a country and had just recently opened the first Volkswagen company in Montreal. The company desperately needed mechanical engineers. Luckily, while being interviewed by Canadian immigration officials, Wally's husband was almost immediately given a job as an engineer in Montreal. Due to this good fortune, Wally and her husband found themselves to be very prosperous in this new country. Deciding to bring in another source of income, Wally opened up a hair salon in Chomedey, Laval called Boutique Mode Wally. With a double income and hard work, she and her husband were able to buy the building where the hair salon was located. Canada seemed to be

the promised land for Wally and her family. She stresses how this portion of her life was about following her dreams and how important it is to be determined to achieve success and happiness. She beams as she tells us how blessed she is to have had three children who are also thriving and succeeding. Now she gets to enjoy the company of her six grandchildren and seven great grandchildren as well.



After living in Canada for 63 years, disaster, unfortunately, struck. Wally's husband passed, and Wally was devastated. However, she stayed strong and determined. Wally sold the building she owned, along with the hair salon, and at the young age of 81 she decided to go live in an apartment and became an active member of Agape. Wally's story began in darkness and rocketed to the light because she never lost hope. Her fiery success



and her happiness came from just a spark of hope. She never gave up on her dreams. And she tells us to always have belief in ourselves too. After all, with determination look how far Wally and her family got.

While interviewing Wally, we learned very important lessons. One of them is to never stigmatize people or judge them solely on their nationality or race. The second was never to lose hope and to always follow your dreams. Interviewing Wally was truly a pleasure, aside from the interview just talking to her and gathering her opinions on life was very informative.

"Hope is all we need"
- Wally Stanischewski





Earth Day

April 22, 2024

Invest in Our Planet

The origins of Earth Day

What began in 1970 as a campaign to curtail air and water pollution in the United States is now the largest secular observance in the world.

INCITING INFLUENCES
The 1960s were marked by an energetic counterculture of student activism and a widespread movement against the Vietnam War. At the same time, a series of disasters, including the 1969 oil spill in Santa Barbara and fatal air-pollution episodes in Los Angeles and New York City, fuelled mounting public concern for the environment.

Earth Day founder Gaylord Nelson, a United States senator, sought to fuse these societal currents and make environmental protection a national priority.


THE FIRST EARTH DAY
On April 22, 1970, an estimated 20 million people participated in rallies across the United States. The first Earth Day sparked bi-partisan support for environmentalism and united various activist groups.

Though a similar event wasn't held in Canada until 1980, Canadian policies on the environment began to change around the same time that the first Earth Day took place. In fact, legislators passed the Canada Water Act just a few months later. Plus, in 1971, the federal government created the Department of the Environment, and activists in Vancouver founded Greenpeace.

GOING GLOBAL
In 1990, Earth Day became a global event, mobilizing 200 million people in 141 countries, and set the stage for the 1992 United Nations Earth Summit in Rio de Janeiro.

To find out how you can join the movement, visit earthday.org.

An overview of 'eco-design' and 'eco-friendly' products



Are you trying to become a more eco-conscious consumer? Here's what you need to know about ecological design and eco-friendly products, so you can use your purchasing power for the good of the planet.

ECO-DESIGN
An "eco-design" product or service is one that's created using methods of production that limit its environmental impact.

This approach requires companies to take various factors into consideration, including the environmental and financial costs, the lifespan of the product and the ways the manufacturing process can be optimized. In some cases, eco-certification standards must also be considered.

Additionally, when a company develops a product in accordance with ecological design principles, it takes into account the environmental impact of every step in the manufacturing process, from sourcing materials to product distribution. This includes the potential depletion of natural resources, pollution, greenhouse gas emission and energy consumption.

By creating products in this manner, companies can meet both the expectations of increasingly eco-conscious consumers and the requirements of local environmental protection regulations.

ECO-FRIENDLY PRODUCTS
Products and services are considered eco-friendly if they provide the same or better results compared to the generic version, while also creating considerably less air, water or land pollution. These products are generally manufactured using eco-design principles, but they also have little to no impact on the environment during their lifespan. Additionally, eco-friendly products are either biodegradable or can be recycled or re-purposed as part of a circular economy.

If you want to use your purchasing power to help protect the environment, find out which local businesses have eco-friendly initiatives and practices, and be sure to buy their products or services.



Happy Earth Day

Joyeuse Journée de la Terre



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Earth Day

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How to tell if a company is greenwashing

Every year, Earth Day provides an opportunity to evaluate the impact of your actions on the environment. One way you can make a difference is to limit your carbon footprint by supporting sustainable companies.

Unfortunately, greenwashing has become more prevalent than ever. This term describes companies that make false claims or overstate the environmental benefits of their services and products. Here are three ways to tell if your favourite brands are greenwashed.

1. GENERIC LANGUAGE

It may be a red flag if the product you use has packaging covered in vague buzzwords like all-natural, non-toxic, sustainable and recyclable. Unfortunately, these terms aren't government regulated and can be used by any company regardless of their environmental practices.

To find out if a product is truly sustainable, check the ingredient list or visit the company's website to determine if they can back up their claims.

2. PRETTY PACKAGING

If a product has attractive packaging, it doesn't necessarily mean it's greenwashed. However, many greenwashed companies use misleading images or earthy colours like green, brown and blue on their packaging to seem more eco-friendly than they are.

Don't be fooled by pretty packaging. Read the label, and look for official seals and certifications like the Green Seal and Non-GMO Project Verified label.

3. SUSTAINABLE RANGES

Recently, a number of big brands have created green product lines alongside their usual offerings. However, these products often represent only a tiny portion of their overall production. Indeed, many major brands hope these initiatives will appeal to the masses, but the reality is, they haven't magically become sustainable overnight.

Although some companies are trying to do their part for the environment, it's important to do your research.

This Earth Day, help protect the planet by finding out which companies are truly sustainable and do your best to support them.



Why not buy used?

You can find some great deals on used items if you're willing to take the trouble to shop around. You can find amazing pieces of furniture, clothing, cars, boats, sporting goods, toys and decorative accessories that are preowned but just right for you.

You may even find you enjoy making the rounds of second-hand stores, thrift shops, car dealers, auctions, flea markets and bazaars. All these places allow you to make substantial savings without compromising on quality. After all, used doesn't necessarily mean worn out.

And that's not all. Giving an item a second chance at a useful life helps protect the environment. By buying used, you help reduce pollution, garbage transportation and resources used in manufacturing. In other words, everyone wins. So, what bargains will you discover this week?



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Je bénévolé

A case for spending restraint in Canada

How the federal government can balance the budget

GRADY MUNRO and JAKE FUSS

continued from previous edition

Plans to Achieve a Balanced Budget

While the current approach to government finances is concerning and existing plans promise more of the same, decisive action from the federal government can reverse course and avoid further deterioration of public finances. The following section presents a model demonstrating that, by exercising spending restraint starting in 2024/25, the federal government can—depending upon how much spending is restrained—balance the budget within one or two years.

Past history shows that spending restraint is an effective tool to reverse deteriorating government finances. In the early 1990s, nearly one third of federal spending was funded by debt and accumulated net federal debt amounted to 70.9% of GDP. Moreover, the cost of interest on this debt as a share of government revenues amounted to over 30% in 1993: roughly one in three dollars collected in revenue was spent on debt interest. Federal government debt threatened to spiral out of control yet, through a reexamination of federal spending that resulted in a 9.7% reduction, over two years along with limited spending growth in the third year, the Chrétien government was able to balance the budget and help usher in a period of strong economic growth and prosperity (Clemens, Lau, Palacios, and Veldhuis, 2017).

Multiple studies make the case for using spending reductions to balance a government's budget, rather than the alternative of raising taxes. Alesina and Ardagna (2010) examine a number of large fiscal adjustments in OECD countries from the 1970s until 2007, and find that adjustments based on spending reductions, with no tax increases, were more effective at stabilizing debt and avoiding a recession. More recently, Alesina, Favero, and Giavazzi (2018) examined the recent body of literature on the effects of multi-year fiscal plans for deficit reduction, and find that reductions based on spending cuts are far less economically costly than those based on tax adjustments. In some instances, spending reductions can even contribute to the expansion of the economy, with Alesina and colleagues (2018) pointing to Canada's efforts in the 1990s as an example where such action led to a faster growing economy.

In line with the literature, and past Canadian history, figures 7, 8, and 9 display a model of spending restraint by which the federal government can balance the budget by 2026/27. **Figure 7** displays currently planned federal program spending, overlaid with the adjusted nominal program spending, and **figure 8** shows the corresponding real per-person spending values. **Figure 9** displays planned budgetary balances compared with those resulting from the spending adjustments. The figures show that rather than cutting overall spending, the federal government would be able to balance the budget in 2026/27 by slowing growth in program spending to just 0.3% per year from 2024/25 to 2026/27.

In the slowed-growth scenario, nominal program spending would increase from \$469.4 billion in 2024/25 to \$472.3 billion in 2026/27 rather than the \$499.4 billion that is currently projected. Although total federal program spending will still increase in this scenario, real per-person spending will decrease as spending growth falls behind projected population growth and inflation. Specifically, real program spending per person will fall from \$11,448 in 2024/25 to \$10,777 in 2026/27. This is a 5.9% decline in inflation-adjusted per-person spending, as opposed to the current fiscal plan which projects a 0.5% decline. By slowing growth in program spending, the federal government would run

Figure 7: Planned federal program spending (\$ billions), nominal, and program spending adjusted to achieve a balanced budget by 2026/27

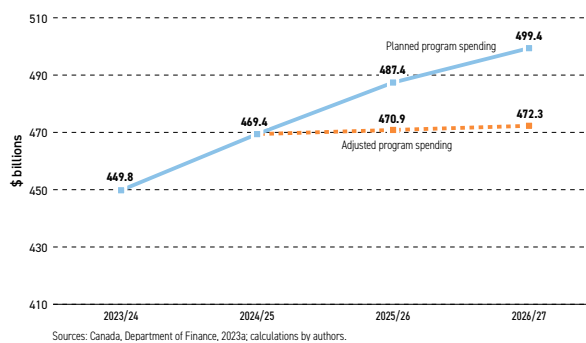


Figure 8: Planned federal per-person program spending (\$2023) and per-person program spending adjusted to achieve a balanced budget by 2026/27, inflation-adjusted

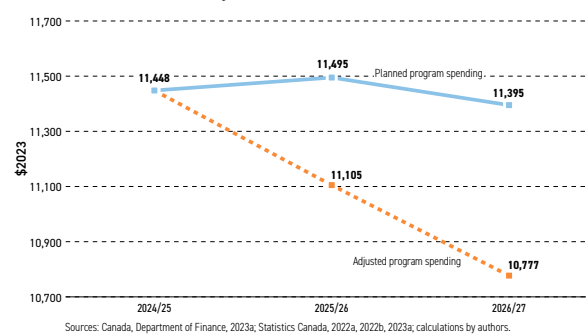
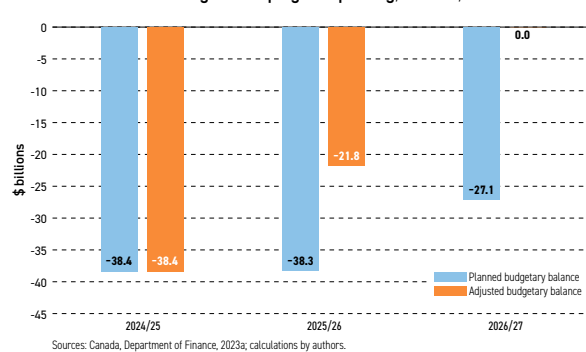


Figure 9: Planned budgetary balances (\$ billions) versus adjusted budgetary balances with slower growth in program spending, nominal, 2024/25-2026/27



a budget deficit in 2025/26 that is \$16.6 billion smaller than it currently plans to run, and would achieve a balanced budget in 2026/27 as opposed to a \$27.1 billion deficit.

The slowed-growth scenario represents a conservative approach to spending restraint and deficit reduction, which carries risks. For example, the Ontario Budget 2015 presented a fiscal plan that projected a return to balanced budgets by 2017/18, based on slower spending growth averaging 0.5% over three years (Ontario, Department of Finance, 2015). Following the budget's release, the province's own Financial Accountability Office highlighted the risks of this approach, namely that such a commitment came with no explicit plan on how to limit growth in spending, and hinged on overly optimistic revenue projections to achieve a balanced budget (Ontario, Financial Accountability Office, 2015). Indeed, history shows the province failed to achieve this goal and the Ontarian government ran uninterrupted deficits until 2021/22 (Canada, Department of Finance, 2023b). An approach

based on slowed growth by the federal government would carry similar risks. Therefore, figures 10 to 12 present an alternative path to a balanced budget, one that increases the likelihood of success by front-loading active spending reductions for a more deliberate approach to a balanced budget. Specifically, the figures illustrate spending reductions, starting in 2024/25, that would balance the budget within one year and result in a subsequent budgetary surplus in 2026/27.

Figure 10 displays currently planned federal program spending along with adjusted program spending. **Figure 11** shows the corresponding real per-person spending values, while **figure 12** displays planned budgetary balances compared with those resulting from the alternative spending plan that includes actual reductions in 2025/26. The figures show that, if nominal program spending is decreased by 4.3%, from \$469.4 billion in 2024/25 to \$449.1 billion in 2025/26, the federal government can move

Figure 10: Planned federal program spending (\$ billions), nominal, and program spending adjusted to achieve a balanced budget by 2025/26

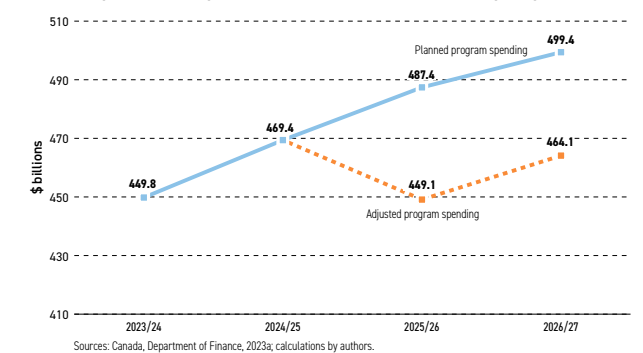


Figure 11: Planned federal per-person program spending (\$2023) and adjusted to achieve a balanced budget by 2025/26, inflation-adjusted

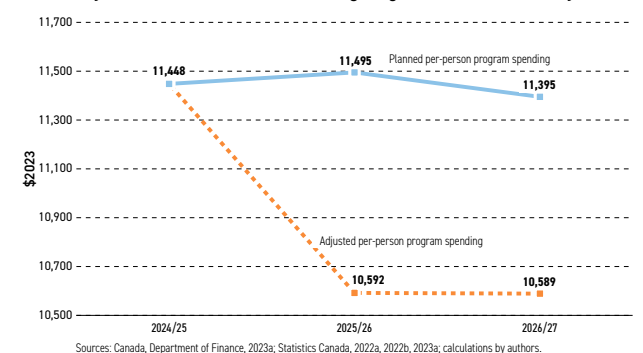
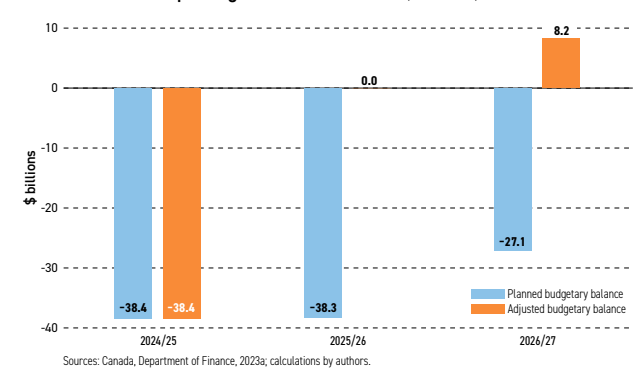


Figure 12: Planned budgetary balances (\$ billions) versus adjusted budgetary balances with spending reductions in 2025/26, nominal, 2024/25-2026/27





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from a \$38.4 billion deficit in 2024/25 to a balanced budget in 2025/26. Per person, the spending reduction becomes more substantial as real per-capita spending would fall 7.5% from 2024/25 to 2025/26. However, once the budget is balanced the federal government could resume increasing program spending at the same rate as population growth plus inflation (3.3%). This is higher than the 2.5% increase currently planned by the federal government in that year. Following the spending increase in 2026/27, the federal government would run a \$8.2 billion surplus in the spending-reduction scenario, as opposed to the \$27.1 billion deficit that is currently projected.

It is important to note that both balanced budget scenarios in this study represent modest fiscal adjustments relative to the reforms implemented by the Chrétien government in the 1990s. At that time, the federal government reduced overall program spending by 9.7% over two years, which translated to a 15.5% reduction in real per-person spending (Clemens, Lau, Palacios, and Veldhuis, 2017). For comparison, balancing the budget by 2026/27 allows for a 0.6% increase in federal program spending over two years, while per-person spending would fall 5.9%. To balance the budget in one year, by 2025/26, the federal government must reduce overall program spending by 4.3%, or 7.5% per person. Although the one-year balanced-budget scenario would require a more significant spending reduction than the two-year scenario, it is still less than half the reduction undertaken by the Chrétien government.

Slowing the growth of debt

Through efforts to restrain spending and balance the budget, the federal government would slow the growth in overall federal debt. **Table 1** displays planned gross debt levels from 2024/25 to 2026/27, along with gross debt that would be accumulated in each of the two balanced-budget scenarios. With planned spending and deficits, gross debt is forecast to increase 9.7% from 2024/25 to 2026/27. If the government balances the budget by 2026/27 gross debt would increase by 7.6% during that same period. If the federal government balances the budget in 2025/26, gross debt would increase by 6.2%.

In other words, a faster and more decisive move to balance the budget would enable Ottawa to accumulate less debt. By balancing the budget in two years the federal government would accumulate \$43.7 billion less debt than it currently plans. It would accumulate \$73.6 billion less than currently planned if it were to balance the budget in one year. This further illustrates an important trade-off between the two scenarios, whereby balancing the budget in one year would require stricter spending reform (that is, spending reductions as opposed to slowed growth) but allow the federal government to return to surpluses faster and accumulate less debt. However, both scenarios result in less debt accumulation, which would help slow the growth in the cost of interest on the debt and further improve the federal fiscal situation.

From the models presented in figures 7 to 12 and table 1, it is clear the federal government can quickly return to a balanced budget as long as it takes decisive action to control spending. Furthermore, both paths to a balanced budget are modest compared to the actions taken by the Chrétien government in the 1990s. An important caveat is that the federal government would likely need to decrease spending further, or at least be more aggressive in limiting year-over-year growth, than presented in this study to create the fiscal room to introduce meaningful tax relief, as was done by the Chrétien government following its success in balancing the budget (Clemens, Lau, Palacios, and Veldhuis, 2017).

Where are savings to be found?

The question now becomes how to implement spending reform and from which areas of government spending should savings be found? The Chrétien government sought to answer this question by systematically evaluating all federal government spending using the following metrics (Canada, Department of

Table 1: Accumulated federal gross debt (\$ billions), 2024/25-2026/27

	2024/25	2025/26	2026/27
Gross debt with planned deficits	2,102.8	2,213.8	2,306.3
Gross debt with balanced budget by 2026/27	2,102.8	2,197.3	2,262.7
Gross debt with balanced budget by 2025/26	2,102.8	2,175.5	2,232.7

Sources: Canada, Department of Finance, 2023a; calculations by authors.

Finance, 1994):

- serves the public interest;
- necessity of government involvement;
- appropriate federal role;
- scope for public sector / private sector partnerships;
- scope for increasing efficiency;
- affordability.

The federal government could engage in a similar review process in 2024/25 to find targets for spending reforms, but it is beyond the scope of this study to discuss how these specific reforms could be implemented to achieve a balanced budget. However, research highlights a few general areas that could be targeted.

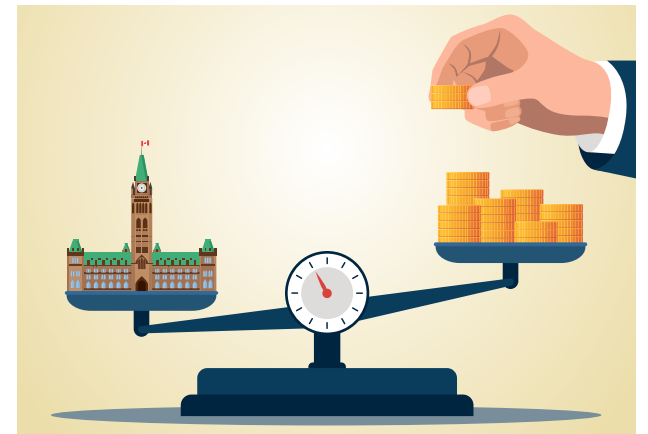
Business subsidies represent a significant expense for Canadian governments that produces little to no economic benefits for the broader economy. Hill and Emes (2023) explain that from 2007 to 2019, federal, provincial, and local governments spent roughly \$352.1 billion (inflation-adjusted) on business subsidies, more than the federal government spent on national defence (\$327.5 billion, inflation-adjusted) during the same period. Despite absorbing significant amounts of government resources, business subsidies generate little to no economic growth, and might actually have a negative economic impact as a result of the distortionary effects of governments' attempts to pick winners in the free market (Hill and Emes, 2023). Given the size of these expenditures, for little to no economic gain and potential for economic harm, business subsidies are a possible target for spending reform.

Another target for spending reform may be to align government-sector wages more closely with those in the private sector. A recent study showed that in 2021 government-sector workers in Canada enjoyed an 8.5% wage premium, on average, over their private-sector counterparts, even after controlling for a large number of relevant factors like sex, age, marital status, and education. In addition to higher wages on average, government-sector workers enjoyed more generous benefits and higher job security compared to their private-sector counterparts (Palacios, Li, and Eisen, 2023). Given the federal government currently employs over 350,000 workers (Canada, Treasury Board of Canada Secretariat, 2023), aligning government-sector wages more closely with the compensation provided to comparable private-sector workers might yield significant savings.

Finally, a third target is the general issue of government fiscal waste. Lammam, MacIntyre, Clemens, Palacios, and Veldhuis (2013) reviewed the Auditor General's reports from 1988 to 2013 and found more than 600 instances of government failure across multiple federal governments. There were many types of failures including, but not limited to, cost overruns, over-/under-payment of benefits, or failure to achieve stated objectives. The cumulative cost of these government failures was estimated to have been between \$158.3 billion and \$197.1 billion. Alternatively, Fuss and Hill (2023) estimated that during the COVID-19 pandemic the federal government wasted at minimum 25% (\$89.9 billion) of its total COVID spending. Taken

together, these studies point to billions of dollars in savings that could be found by the federal government if it engaged in a serious review of its own operations and sought to eliminate these inefficiencies.

Conclusion



Federal fiscal policy has included little to no restraint on spending for nearly a decade, which has resulted in a string of large deficits, a significant accumulation of debt, and rising costs for interest on the debt. This approach is economically harmful and imposes real costs on Canadian taxpayers, yet the federal government appears unwilling to take the necessary steps to change course. Instead, the current fiscal plan accumulates more debt and promises no return to balanced budgets for the foreseeable future. Despite government forecasts, however, a balanced budget is within grasp as long as the federal government commits to exercising genuine spending restraint.

As modeled in this study, the federal government has two options to balance the budget if it controls spending. The first option is a balanced budget in two years (by 2026/27), as long as growth in nominal program spending is limited to 0.3% each year. The second option is a balanced budget within one year (by 2025/26), as long as nominal program spending is reduced by 4.3% during that year. Each option comes with different benefits and drawbacks; however, both scenarios are modest compared to the spending reductions implemented by the Chrétien government during the 1990s. This study does not provide an in-depth analysis of how such savings should be found but three areas that could be targeted with spending reform are business subsidies, aligning government-sector wages with those in the private sector, and seeking to reduce government fiscal waste.

The federal government's challenges will not be solved overnight, and a balanced budget should be viewed as a starting point rather than the end goal of any fiscal reform. Therefore, in addition to the spending reform presented in this study, the federal government should pursue longer-term fiscal policies to help improve its finances.



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April 17, 2024 • The Laval News • 29

Storm erupts over Laval's 'Mustang Mach-E' police cars purchase

'This is not the image we want to project,' Boyer says of costly and contentious deal

MARTIN C. BARRY

Local Journalism Initiative Reporter for The Laval News
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Mayor Stéphane Boyer was apologizing last week for the Laval Police Dept.'s \$1.5 million purchase of a small fleet of new electric police vehicles – including one for the police chief costing \$94,000 – while publicly reprimanding LPD director Pierre Brochet.

In all, the LPD bought 13 Ford Mustang Mach-Es, as well as 48 charging stations. A contract for the purchase was signed by the city in July 2023.

One of the lot, which was being driven by the police chief, according to the *Journal de Montréal* which broke the news, is a Mustang Mach-E GT. With a 488-horsepower engine, it can accelerate from 0-100 km/h in 3.7 seconds and comes with heavy-duty suspension.

We need to talk

"I had a good conversation with the chief of police so that this does not happen again," Mayor Boyer is reported to have said during an interview with the Montreal tabloid daily. "This is not the image we want to project," he

continued, while adding, "I am not spendthrift in nature."

According to the JDM, Brochet had been driving the Ford Mustang Mach-E GT for at least four months when the issue of its purchase blew up in the media.

What was all the more embarrassing for the mayor was that he and the City of Laval administration have been pleading with the provincial government for several years now to provide more financial support for police services because of an increase in violent and gang-related crime in Laval.

Electrification program

The other 12 Mustang Mach-E police cars cost \$78,000 each, although they have yet to be placed into service. The purchase of the 13 vehicles was apparently part of a larger disbursement approved by city council, which was in turn part of an overall effort to convert Laval's existing fleet of conventional gas-fueled and hybrid vehicles to all-electric models.

At particular issue in the deal is the apparently inflated cost. The Town of Morin Heights in the Laurentians was able to purchase base-model Mustang Mach-Es for \$48,000 each, according



A Mustang Mach-E all-electric police cruiser similar to the 13 cars purchased by the city last year. (Screenshot photo: YouTube)

to the JDM. Mayor Boyer explained that the higher cost for Laval was largely due to bad timing, since the city made its purchase when the effects of the Covid pandemic were still impacting supply chains and were driving up costs.

Action Laval's reaction

Action Laval, one of two opposition parties with members on Laval city council, was quick to sniff the potential for scandal. In a statement, the party's interim-leader, Archie Cifelli, and Saint-Bruno city councillor David De Cotis demanded the city's auditor-general immediately launch an inquiry into the purchase of what it referred to as "luxury" vehicles.

"Our proposal is justifiable due to the fact that the mayor doesn't answer the media's questions," the party said, alluding to the fact that Mayor Boyer initially declined to comment, although he later did so at length. De Cotis, for his part, noted that it was only a few months ago that he suggested city council create a new multipartisan committee to track the city's

finances and administrative issues.

Action Laval voted for it

In its statement, Action Laval maintained it was not aware of how the new police cars would be deployed when its councillors voted in favour of the executive-committee's recommendation for the purchase.

"They trusted the Laval executive-committee," said the party, noting that the Action Laval councillors voted while thinking primarily about the fight against crime and that the purchase of new resources was necessary for that purpose.

Cifelli suggested that the party is particularly interested in who knew what and when they knew it, and that only the city's auditor-general can conduct the kind of investigation that could get to the bottom.

"I am asking her to be willing to look into what information was available to the executive-committee when it made its recommendation, and to report back as soon as possible to the city's elected officials," said Cifelli.

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Laval Fire Dept. welcomes 24 new firefighters

The Laval Fire Dept. marked the arrival of two dozen new firefighter recruits last week, part of a hiring effort to increase the force's firefighting strength while replacing retiring staff.

"We wish a warm welcome to our 24 new firefighters," the Association des Pompiers de Laval (APL) said in a post on social media. "They are proud to protect and to serve all the citizens of Laval. Good luck and much success professionally while you are with us."

At the same time, the LFD announced the promotion of several staffers. Jonathan Dufour, Dave Langlois, Jean-François Fontaine and Jean-François Dion-Roy were promoted to Lieutenants of operations effective April 22.



Police raids in Laval and Montreal after gang member killed

Montreal police (SPVM) officers conducted several raids last week in Laval, Brossard and Montreal as part of an investigation into the murder of an alleged gang member.

Nearly 100 police officers from the Laval Police, the SPVM and the Longueuil Police took part in the operation. This was in response to the murder of a 28-year-old man who was

shot on Feb. 17 while leaving a restaurant on Bellechasse St. in Montreal.

The victim, Brandon Jean Célestin, was the brother of alleged gang leader Jean-Philippe

Célestin. The Célestin brothers were reportedly linked to Gregory Woolley, a man who was killed in Saint-Jean-sur-Richelieu, south of Montreal in November 2023.

Four teen arrests for 'threats' include some at Sainte-Rose high-school

Over a period of several days, the Laval Police arrested four teenagers for allegedly uttering threats at two Sainte-Rose high-schools – including one where similar incidents were previously reported.

Although the LPD ended up concluding that the threats were actually hoaxes, they still required lockdowns and a large police

presence.

Administrators at the schools involved – École Poly-Jeunesse on Sainte-Rose Blvd. and École secondaire Curé-Antoine-Labelle on Marc-Aurèle-Fortin Blvd. – summoned the police to deal with "threatening comments" by students on three occasions over a period of more than a week.

"In order to ensure security on the premises and to carry out multiple checks, the LPD had to confine thousands of students," the LPD said in a statement. The four teen suspects who were arrested could face mischief charges.

In the fall of 2023, the Laval Police said they had arrested a person under the age of 18 in

connection with a stabbing that took place near École secondaire Curé-Antoine-Labelle.

As well, in November 2021, 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 identifies man who 'flashed' customers at Duvernay Tim Horton's



The Laval Police say they have identified a suspect in connection with an indecent-exposure incident at a Tim Horton's coffee shop at 825 Vanier Blvd. in Duvernay in March.

According to the LPD, the incident occurred on the evening of March 4. The

police had previously released surveillance photos to help the force's sexual crimes unit track him down.

"He allegedly exposed his genitals while inside the restaurant," the LPD said in a statement explaining why investigators were seeking him.

The suspect, described as a Caucasian male, around 30 years old, was estimated to be 1m71 (5'8") tall and 95 kg (209 lb) in weight. He had brown hair and a brown beard. At the time of the incident, he was wearing a black cap, a black hoodie, blue jeans and black construction boots.

Teens arrested after shooting at a residence in Laval

Two suspects appeared by videoconference at the Laval courthouse last Saturday afternoon regarding a shooting which took place at a residence on Nénuphars Street in Laval's Sainte-Dorothée district.

The two men, Bonyad Gulam Ali and Adam Hamouchi, were arrested Friday night in Laval by the Laval Police and the Sûreté du Québec's major crimes division shortly after the gunshots were fired.

Ali and Hamouchi, both from Laval, are 18 years old. They both face charges of discharging a firearm and have remained in custody since their appearance.

Around 12 o'clock on the night of April 13, the two suspects allegedly fired a shot at a residence on Nénuphars Street, in Laval, before fleeing in a vehicle, said an SQ spokesperson, adding that they were quickly located and arrested by officers from the LPD.



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

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Friday, April 19
7:00 PM - 9:00 PM

Cups & Cuts

3319 Blvd. de la Concorde E, H7E 2C3

Fun evening of learning how to mix drinks like a pro while networking with other like-minded individuals.

General Admission: \$102.51

LES FOODIES

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SCULPTURE DE CUILLÈRE

Workshop



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DIRECT ANSWERS

FROM WAYNE & TAMARA

THE LONG WAY

Q I wrote you about four years ago, when my eight year marriage was ending in divorce. At that time you gave me some great advice about beginning again. After reading the recent letter from Linda and how she "settled" for the wrong man, I felt I had to write an update letter.

I can look back now and realize in too many ways, I "settled" in my first marriage. I reaped the results eight years later with a broken heart. After that marriage ended, I chose to live my life to the fullest, to take every opportunity to enjoy life and my friendships, and within reason, to never settle in anything.

I wanted children, a family with which to grow old together, and the white picket fence. But I couldn't focus on what I didn't have. I could only focus on what I did have, which was a lot of time and some great friends. Sure there were women who came and went during that time (mostly went), but I never settled.

Amazingly, I did meet a fantastic woman who is in every way my other half, as I am for her. We've been married now a little over a year and are happier now than when we were courting. We can't imagine life without the other now.

My point is not that I met my other half, but instead I want to mention the positive outlook on life and love we both originally had. Being the right person for the other would not have helped either of us if my wife and I had a 'wrong' attitude when we met. We would have simply walked right past the other.

Having the right attitude towards life, we ended up being like a huge magnet attracting steel. Anyway, thanks for the great advice and continue the great work! I never miss a week.

Scott

A Scott, sometimes we get things right only after we have made a mistake. Sometimes we get things right when someone

shows us the way. And sometimes we need a wake-up call to get things right.

In the book "Life Lessons" David Kessler wrote about Caroline, a woman with "the most genuine smile you will ever see." Not only was she happy, but to him she seemed to be one of those people who live a charmed life. When he told Caroline he thought she was lucky in love, she told him her story.

When she was in her early 40s, Caroline found a lump in her breast the doctors called suspicious. She waited three agonizing days to learn if cancer was spreading throughout her body. It wasn't. The lump was benign.

But Caroline resolved not to let those three days mean nothing. She had been single and desperately lonely. When she went to a party or event, she would quickly scan the room for Mr. Right. If he wasn't there, she'd go somewhere else searching for him, and always she went home more desperate than before.

Caroline decided to change her approach to life. Even if Mr. Right wasn't around her, other people were. She would talk with them and enjoy them, no matter what. At the end of each day she no longer felt lonely for she truly talked and smiled and laughed with others. The more she did this the more wonderful people she met and the closer she grew to her friends. She stopped being a desperately searching person.

She didn't meet Mr. Right the first year. Or the second. She met him four years later, and two years after that, they married. Being "lucky in love" has a lot to do with being ourselves and being fully engaged in life.

David Kessler wrote, "In our hearts we know we are destined to live fully, to love fully, and to have great adventures in life." Our task is figuring out how to do it.

Wayne & Tamara

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

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

or email: GetInTouch@WayneAndTamara.com

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AVIS DE DEMANDE DE DISSOLUTION

Avis est par les présentes donné que CLUB TENNIS LAO AU QUÉBEC constituée en vertu de la Loi sur les compagnies (Québec) et ayant son siège social au 3507, rue Bernadette, Laval, Québec, H7P 5J3 demandera au **Registraire des entreprises du Québec** la permission de se dissoudre.

Signé à Laval
Le 5 février 2024

AVIS PUBLIC

Avis donné à Christine Sénécal

Soyez avisé qu'une demande en non-paiement de loyer et dommage et intérêts portant le numéro de dossier 7766283620240314 associée à la demande 4251080 concernant le logement situé au #199, boul. du Bon-Pasteur, Laval QC H7N 3R6 a été déposé contre vous au Tribunal administratif du logement.

Vous pouvez prendre connaissance de la demande en vous rendant au bureau de la Régie du logement, situé au 1434, Bd Daniel-Johnson 2^e étage, Laval QC H7V 4B5. Téléphone région de Laval, Longueuil et Montréal : 514-873-2245, et autres régions : 1-800-683-2245.

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Nature quiz: find the odd one out



If you love nature, this fun quiz is for you. Try to find the odd one out in each of the following questions.

1. Which of these trees isn't an evergreen?

- A. Spruce
- B. Yew
- C. Poplar
- D. Pine



2. Which of these mammals isn't a rodent?

- A. Beaver
- B. Squirrel
- C. Rabbit
- D. Mouse



3. Which of these waterways isn't a river?

- A. The English Channel
- B. The Seine
- C. The Nile
- D. The St. Lawrence

4. Which of these mushrooms isn't edible?

- A. Destroying angel
- B. Porcini
- C. Chanterelle
- D. Shitake



5. Which of these constellations isn't part of the zodiac?

- A. Aries
- B. Centaurus
- C. Leo
- D. Scorpius

6. Which of these mountain ranges isn't in North America?

- A. The Cascade Range
- B. The Andes Mountains
- C. The Appalachians
- D. The Rockies



7. Which of these shrubs are thornless?

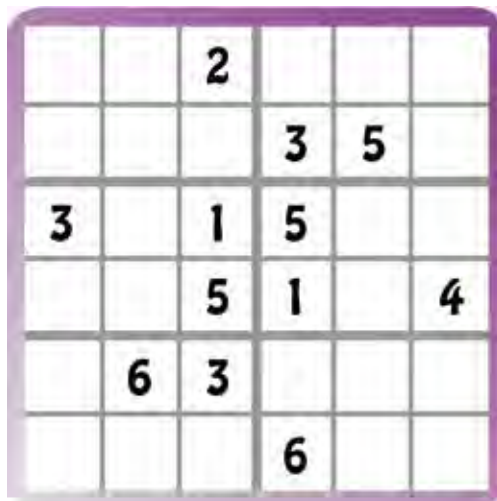
- A. Sea buckthorn
- B. Caper
- C. Rhododendron
- D. Rose



Answers: 1-C, 2-C, 3-A, 4-A, 5-B, 6-B, 7-C

KIDZONLINE

A hangout for the young and young at heart



Sudoku 6x6

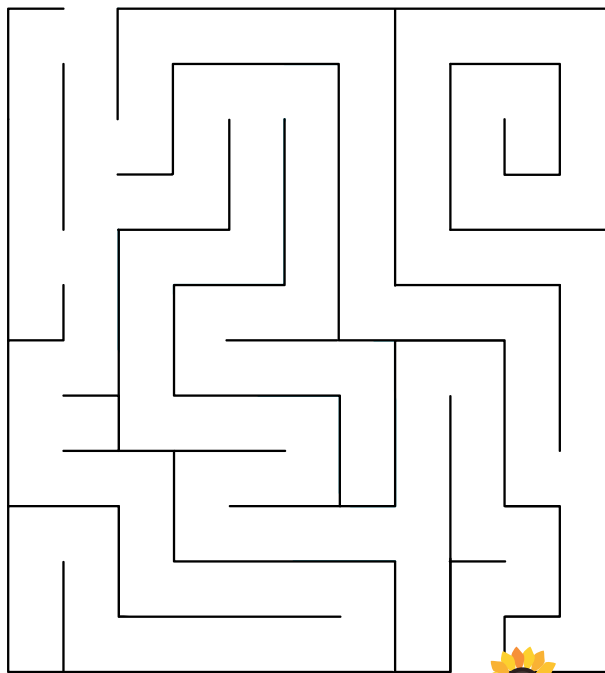
COMPLETE EACH GRID WITH NUMBERS FROM 1 TO 6, KEEPING IN MIND THAT:

- a number can only appear once per row
- a number can only appear once per column
- a number can only appear once in each box of 6 squares



Amazing maze

Your flower needs to be watered; can you find the path that leads to it?



What is the name of the flower?

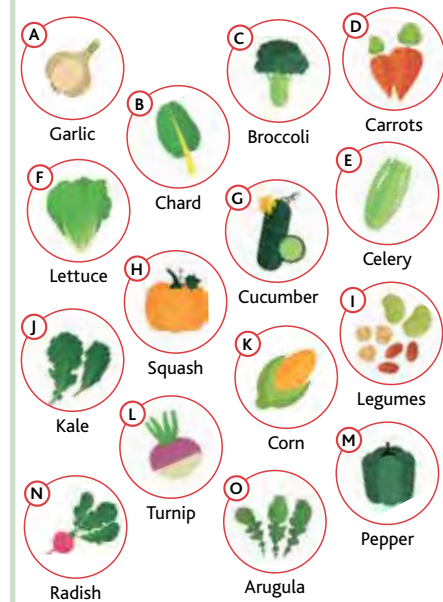
It's a: S _ _ _ _ R

Answer: sunflower

Association game: vegetables

Vegetables are excellent for your health and come in many colourful varieties and shapes. Try to match each clue to the correct vegetable.

1. This white vegetable is called Daikon
2. Bugs Bunny's favourite food
3. A similar vegetable to collard greens
4. Another name for beans
5. There are summer and winter varieties of this vegetable
6. Rutabagas are from the same family as this vegetable
7. A crunchy green vegetable with lots of water
8. A dark green vegetable that looks like cauliflower
9. The leaves of this vegetable are used in salads
10. The most common varieties of this vegetable are English and Lebanese
11. Iceberg and Chinese are two varieties of this vegetable
12. A bulbous vegetable that's said to repel vampires
13. A vegetable that's often eaten with butter and salt
14. There are many ornamental varieties of this vegetable
15. The sweet version of a chili



Answers: 1-N, 2-D, 3-B, 4-I, 5-H, 6-L, 7-E, 8-C, 9-O, 10-G, 11-F, 12-A, 13-K, 14-J, 15-M



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HOROSCOPE

Week of APRIL 21 TO 27, 2024

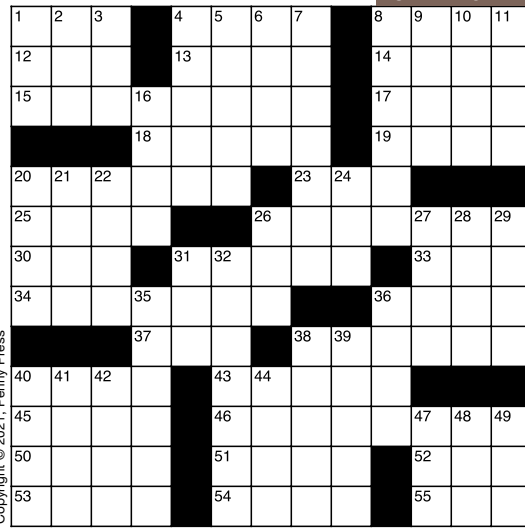
The luckiest signs this week:
SAGITTARIUS, CAPRICORN AND AQUARIUS

- 
ARIES
 Before making a decision that could influence your life and that of your loved ones, take the time to think about the long-term consequences. Your generosity will be inspiring, and you'll share your happiness with the people you love.
- 
TAURUS
 Making a few changes to your diet will improve your well-being. Having a deep conversation with your partner will help you avoid conflict and pave the way for a more serious commitment. Thoughtful gestures will be most appreciated.
- 
GEMINI
 You could perform a heroic act and save someone from a difficult situation. This will earn you the respect of everyone, even if you only lent a listening ear. Your presence could lighten the mood among your colleagues and your good nature will spread joy.
- 
CANCER
 If you plan to move, you'll start to take the necessary steps more seriously. This includes finding a home that's perfectly suited to your family, so you can feel more at ease in your own space.
- 
LEO
 You'll expertly express your feelings, demonstrating powerful strength of character. You won't hesitate to disagree in a direct manner, which will earn you respect at work. This will also increase your efficiency.
- 
VIRGO
 You must break free of routine and communicate more openly to deepen your relationship. You could also consider living together if you haven't already to take things a step further.
- 
LIBRA
 Your actions will make your life more exciting and fulfilling. You'll encounter new challenges at work and home. However, this will promote personal, spiritual and professional growth.
- 
SCORPIO
 Sometimes, you must take a step back. You'll regain your financial or love balance by taking the necessary steps to move in the right direction. The artist benefits from great inspiration.
- 
SAGITTARIUS
 Your professional life will see a significant boost, leading to a considerable increase in income. On the romantic front, your partner or someone interested in you will pleasantly surprise you with affectionate gestures.
- 
CAPRICORN
 Be on the lookout for a sudden moment of clarity that will guide you toward the path you need to follow to achieve your personal and professional goals. You could even initiate a project close to your heart, leading to something significant.
- 
AQUARIUS
 You'll broaden your personal and professional horizons by undertaking a transformative training course. This new step will bring a renewed passion for life, greatly enriching your prospects for the future.
- 
PISCES
 Your emotions will be running high this week and your excitement will be palpable. If you recently got into a new relationship, expect a clear sign of commitment from your partner. Any changes that occur will only lead to happiness.

Coffee Break

CROSSWORDS

PUZZLE NO. 171



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ACROSS

1. Grab hold of
4. Harvest
8. Loud noise
12. Gaze at
13. Speak wildly
14. American Beauty, e.g.
15. High schooler
17. Unzip
18. Forewarnings
19. Bonds
20. Some sailboats
23. Decorate
25. Peddle
26. Separate
30. Shelley poem
31. Like tears
33. Promise
34. Crackpot
36. Christmas tree
37. Paul Bunyan's tool
38. Dwellings

DOWN

1. Butterfly trap
2. Nautical response
3. Honey insect
4. Confine
5. Fads
6. Baking need
7. Insist
8. Bricklayer's tool
9. Expectation
10. Previously owned
11. Hideouts

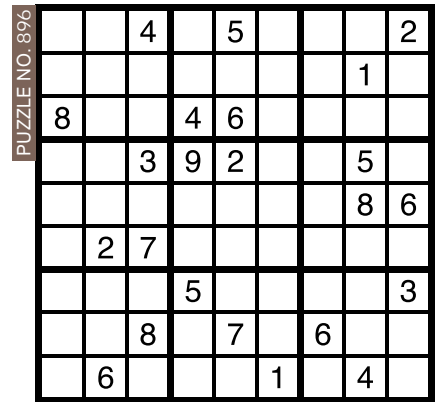
16. Cranny's pal
20. Scram!
21. Actor Alan ____
22. Felt obligated
24. Bashful
26. Feeling awful
27. Spirited
28. Musical pitch
29. Barnyard females
31. Clinton's horn
32. Cautioned
35. Brewer's grain
36. Harbor town
38. Meet the day
39. Defeats
40. Stairway unit
41. Contact
42. Besides
44. Gone
47. Noteworthy period
48. Trot
49. Messy dweller

Sudoku

HOW TO PLAY:

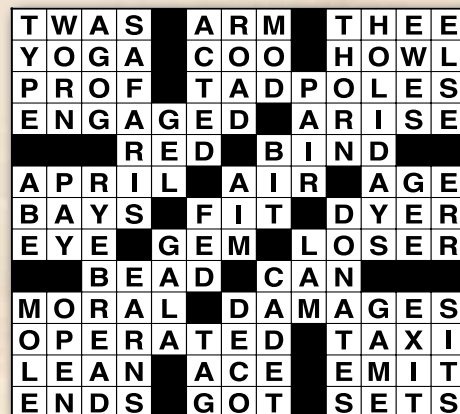
Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.

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.

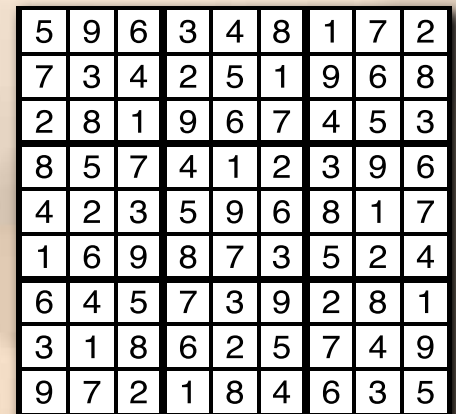


Last Issues' Answers

CROSSWORDS



Sudoku



Doctor Dan Munteanu

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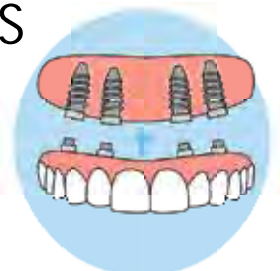
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DMD, General Dentist
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