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Lanvac's new alarm monitoring services

From the left, Lanvac Surveillance reps Jerry Korogiannis, Stephanos Georgoudes (Lanvac's communications and technology manager), Jake Bosse and Yianni Fokas. (Photo: Martin C. Barry, Newsfirst Multimedia)

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Federal budget 2024 paves way for enhanced real estate opportunities for Canadian Muslims

(NEWSWIRE) - The 2024 federal budget includes possible new measures to enhance equity in the tax code and unlock homeownership for observant Muslims through coming consultations on possible tax and regulatory changes to facilitate Halal mortgages. Manzil, Canada's pioneering digital Islamic financial institution, applauds these long-awaited policy changes, which will support Canadian Muslims in the real estate market.

"This inclusion in the federal budget is a momentous occasion for all Canadian Muslims. It recognizes the significance of Islamic finance and actively supports our community's needs. We are proud to have advocated for these changes, ensuring that financial products and services align with our values and ethics," said Dr.

Mohamad Sawwaf, Founder and CEO of Manzil.

"The steps included in the budget go a long way to recognizing the 5% of Canadians who adhere to Islamic principles in their financial decisions. Most Muslims in Canada remain renters (almost double the national average) rather than homeowners because of policy and regulatory issues with accessing financial services that are compliant with our faith. But the 2024 budget can facilitate more accessible access to property ownership for our community, underscoring Canada's commitment to equity and economic inclusivity," said Dr. Sawwaf.

"We sincerely thank the Liberal government for its efforts in the 2024 spring budget to facilitate Halal mortgages. The government has committed to fostering a more equitable

and inclusive society by recognizing the need for policy changes to facilitate Halal financial products better. We commend their dedication to promoting diversity and ensuring equal opportunities for all Canadians.

"We look forward to engaging in the consultative process to bring this dream to fruition," said Dr. Sawwaf.

About Halal Mortgages

Because observant Muslims cannot pay or charge interest, Halal mortgages are currently facilitated in one of two ways. With 'Murabaha', the lender buys and resells the property to the buyer at an agreed-upon profit margin, and with 'Musharaka', a partnership is formed, with the buyer eventually owning the property after

purchasing shares from the financier. If permitted, all Ontarians, regardless of faith, would have access to Halal financial products through the province's financial institutions.

Homeownership is a cornerstone of wealth creation, offering Muslims a tangible pathway toward financial stability and prosperity. In Islam, the concept of owning a home is not only about shelter but also about establishing roots, stability, and a sense of belonging. By investing in property ownership, Muslims can build equity over time, securing their financial future and providing a legacy for future generations. Beyond personal gain, owning a home empowers Muslims to create safe and nurturing environments for their families, fostering a sense of security and well-being.

Ottawa's capital gains changes make winners and losers, says CFIB

Small business lobby sees progress on \$2.5 billion in carbon tax rebates

MARTIN C. BARRY

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The 2024 federal budget changes on capital gains will create many winners, but also losers among Canada's entrepreneurs, according to the Canadian Federation of Independent Business (CFIB), which issued a detailed analysis of the budget following its release last month.

Carbon tax rebates

However, the CFIB is optimistic on another issue that's impacting small businesses, noting important budget progress in unlocking \$2.5 billion in carbon tax rebates for SMEs.

In a recent survey of the needs of small businesses leading up to budget day April 16, the CFIB found that over three-quarters (77 per cent) of the country's small business owners felt that addressing rising prices and the cost of doing business should be a top priority for government this year, while another 74 per cent wanted to see government reduce the overall tax burden.

CFIB made several recommendations to the federal government, urging it to focus on reducing the cost of doing business by:

- Returning the \$2.5 billion in carbon tax revenues owed to all small businesses, not just certain sectors;
- Lowering the federal small business tax rate from 9 per cent to 8 per cent, at least for the next two years;
- Increasing the small business deduction threshold (e.g., to \$700,000) and indexing it to inflation going forward;
- Lowering Employment Insurance (EI) premiums for smaller employers;
- Introducing a timeline to balance the budget;
- Reducing red tape.

Capital gains advantages

After the release of the Trudeau government's 2024 budget, CFIB president Dan Kelly had the following to say. "The big surprise for small business is a series of changes to capital gains taxation," said Kelly.

"Our early assessment is that most small business owners will come out ahead or be unaffected by today's changes as a result of a boost in the Lifetime Capital Gains Exemption from \$1 million to \$1.25 million and a new Canadian Entrepreneurs' Incentive for some sectors which will lower the capital gains inclusion rate to 33.3 per cent on the next \$2 million when fully phased in."

However, the capital gains inclusion rate

increase to 66.7 per cent will create many net losers, he added, including owners of medium-sized businesses.

'Demotivating' changes

In addition, owners of professional corporations (such as doctors), financial, insurance, food and accommodation, arts, recreation, entertainment and personal care services firms will be excluded from accessing the new Canadian Entrepreneurs' Incentive and will be hit with more taxes on capital gains for sales of small business shares above \$2.25 million.

"What worries me the most about the capital gains changes is the potential to demotivate Canadians from getting into business in the first place or working hard to grow a small business to a medium-sized business," continued Kelly.

"CFIB will be pushing back against any increase in the capital gains inclusion rate for all small- and medium-sized business owners. It seems bizarre that government would single out some sectors of Canada's SME community for higher taxes, including many of those hardest hit by pandemic restrictions like restaurants and arts and recreation firms.

Long overdue rebates

"Carbon tax rebates owed to small businesses have been a long time coming, but we're glad to see the government making progress on it," added Kelly. "Most importantly, it is good to see government broaden its eligibility rules to include most small and medium-sized firms."

The Trudeau government has said it will urgently return over \$2.5 billion owed to an estimated 600,000 businesses with fewer than 500 employees. Responding, CFIB says it "understands all Canadian Controlled Private Corporations (CCPCs) that issue T4s in the eight provinces will receive a rebate cheque based on their number of employees."

"Many details of the size, scope and timing of carbon tax rebates for SMEs remains unclear," commented Kelly, maintaining that CFIB will continue to call on government to ensure the \$2.5 billion is returned in 2024 with meaningful rebates for the smallest businesses and to raise the share of future SME rebates back to 9 per cent of carbon tax revenue or more.

Budget not yet balanced

"It is important to note that 82 per cent of small firms now want the consumer carbon tax regime scrapped altogether," he said. In the meantime, the CFIB says the federal government hasn't introduced a plan to bring the budget back to balance, while it continues to project huge deficits for the foreseeable future.

Commenting on other budget measures:

- CFIB said it is encouraged to see Accelerated Capital Cost Allowance to allow businesses to immediately write off the full cost of innovation and productivity enhancing assets, such as computers and data infrastructure, starting today to January 1, 2027.
- The lobby group also said the 2024 budget made important progress on Employee Ownership Trusts, allowing business owners to access a special capital gains exemption of up to \$10 million when selling a business to employees.



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OPINION & Editorial



All Quebecers have a responsibility to preserve, protect and promote the French language

Mark Twain famously wrote there are three kinds of lies: Lies, Damned Lies, and Statistics – expressing his frustration at how the selective use of statistics prove almost anything, including opposing viewpoints.

The Coalition Avenir Québec government, language hardliners, and those who seek to achieve Quebec's independence, have relied on certain statistics to cement the notion that the French language in Quebec, especially in Montreal, is in peril.

This becomes the justification for harsh legislative measures to “protect” French by curtailing English, restricting access to services in English – including health, education and justice – and damaging “English” institutions like McGill, Concordia and Bishop's University.

In a propitious bit of timing, the same day the Quebec Community Groups Network held a conference to discuss the status of French here, no less an authority than the Office Québécoise de la langue française, reported the proportion of Quebec's population using French in public HAS BEEN STABLE in Quebec since 2007 at about 80 per cent. And the proportion of those using English only in the public sphere has

dropped over the same period, it said.

In other words, the draconian measures contained in Bill 96 haven't changed anything, weren't necessary and missed the target.

The QCGN has been arguing this for some time.

Featuring one of the editors and two contributors to an increasingly widely read book *Le Français en déclin ? Repenser la francophonie Québécoise*, the conference heard that while French will always be fragile because of its minority status in a sea of North American English, the statistics the government emphasizes – mother-tongue language and language spoken at home – don't reflect the reality of Quebec's public sphere. The OQLF numbers do.

The percentage of mother-tongue francophones has declined, along with the birth rate among historic Québécois descendants, while immigration has soared in recent years, said Jean-Pierre Corbeil, a Sociology professor at Université Laval, and one of the book's editors. So focusing on Quebec's English-speaking population is an error, he said.

The evening of the event was slushy and

snowy, on a night filled with nuance-appropriate, because there are no hard and fast, cut-and-dried answers to most questions about language.

It was heartening to see the degree to which the speakers shared the QCGN view that ALL Quebecers, regardless of mother tongue or origin, have a responsibility to preserve, protect and promote the French language – and that doing so does not require the repression of English, which will always be a part of Quebec society, as it has been for more than 300 years.

It was also encouraging to sense that this event marked a positive step in the necessary effort to find common cause between all Quebecers, a harmonious place where all rights and privileges are respected, where no one is less a citizen because of the language they were born speaking.

Because, as full-fledged Quebecers, English speakers also have a vested interest in this essential element of Quebecers' identity.

Eva Ludvig
President of the Quebec Community
Groups Network

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Laval marks 10th year for ethics and integrity bureau (BIELT)

Officials with the City of Laval last week marked the 10th anniversary of the founding of a special office for the enforcement of ethics and integrity guidelines and rules.

It was created in the aftermath of the corruption scandal that shook the municipality a decade ago, forcing the resignation of former mayor Gilles Vaillancourt.

“Each member of the staff of the city contributes to the culture of ethics and integrity,” says Laval Police director Pierre Brochet.

“After a decade of actions and projects, we are in a new era, and numerous positive developments have followed. We salute the path taken by our leadership and the reach of the BIELT in all the actions that affect our city.

“Participating in the growth and development of Laval can only take place when accompanied by an adherence to its values and the best practices as regards ethics and integrity.” The City of Laval launched the BIELT in 2014, in conjunction with the City of Terrebonne.

To underscore the value of the work accom-

plished by the bureau’s team, officials from the BIELT will be on hand at Laval’s interim city hall on Saint-Martin Blvd. on May 16 to sign the city’s Golden Book.

Officials from Quebec’s Unité permanente anticorruption (UPAC) and the Autorité des marchés publics (AMP) are also expected to take part.

Laval doubles up on its support for Communauto

The City of Laval says it is adding new Communauto car-sharing stations to the existing network on its territory, in addition to increasing financial assistance to be made available to new subscribers to the service.

The city says it is undertaking the measures as part of overall efforts to help reduce greenhouse gases in the atmosphere. The Quebec government is providing financial

assistance.

“Our government is proud to support the City of Laval, which is implementing various concrete initiatives to support the reduction of greenhouse gases on its territory,” said Quebec Environment and Climate Change Minister Benoit Charette.

“This subsidy is not only a step in the right direction,” he continued, “but will also

contribute to encouraging the recruitment of new subscribers to use this service, while also favouring the implementation of new car-sharing stations on Laval’s territory.”

“We are proud to diversify the mobility options available to the people of Laval,” added Laval city councillor for Pont-Viau Christine Poirier, who manages the city’s territorial management dossiers.

“We are offering an efficient and accessible option to reduce solo car use, while taking into account the reality in Laval regarding daily car use,” she added.

“Several new stations set up on municipal properties will be tested during a pilot project between the city and the service, of which the new stations will become permanent if the support is there,” said Poirier.

Laval chooses three partners to meet tree-planting goals

The City of Laval is partnering up with three organizations specialized in planting trees to meet its ambitious tree-planting objectives, which it hopes to meet by the year 2030 at least.

CANOPEE, PlantAction and GRAME will be

assisting the city in planting trees. One of the goals of the tree-planting program is to reduce the impact of “heat islands,” which are built-up areas of asphalt and concrete within cities that retain heat much longer.

“The advantages of planting trees are well-known,” says Mayor Stéphane Boyer. “They contribute to the greening of the landscape, to better management of rainwater and the struggle with heat islands.

“What’s more, they contribute to the maintenance

of good physical and mental health. We have given ourselves the mission to do everything we can to make Laval a greener and better place to live. Our efforts today and our ambitious targets will benefit generations to come.”






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Quebec to spend \$603M to help French remain vital in the province

Bill on Quebec French-language streaming content in the works: culture minister

(NEWSFIRST) - Quebec will spend \$603 million over five years to reverse what the province's French language minister describes as the decline of French.

At a news conference Sunday, French Language Minister Jean-François Roberge said a total of 21 measures — some of which are already in place — would help improve the vitality of Quebec's official language in the coming months.

Roberge added that “in a difficult budgetary context like ours,” the funding reflects the government’s “great commitment” to the French language.

The sum discussed Sunday is mainly comprised of expenses included in Quebec's 2024-25 budget, such as \$320 million allocated over five years to boost the offering of French-language courses — the most costly initiative of the language plan.

The measures are based on nine government priorities, which include monitoring indicators of the linguistic situation in Quebec annually and making a dashboard available to the public.

Culture Minister Mathieu Lacombe said Sunday that Quebecers could expect the government to table a bill in the next year to make Quebec French-language content on streaming websites like Netflix and Disney readily discoverable.

He said the government is working with local producers so they could “speak the same language” as the streaming giants and ensure Quebec content properly classified.

Higher Education Minister Pascale Déry said at the news conference that it would take between two to three years to get a picture of the province's linguistic situation based on the government's indicators.

In a statement published Sunday, Déry said the government took “strong action” by raising tuition fees for Canadian out-of-province students attending Quebec English-language universities as part of the government's goal to attract and retain a greater number of French-speaking students and students who come from a culture or region with affinities to French. Also, Quebec is working to speed up the process for international students graduating from French-language programs to obtain permanent residency in the province.

The government says it plans to grow the percentage of people from economic immigration who know French, improve temporary foreign workers' and asylum seekers' knowledge of the language as well as the mastery of French among students and strengthen Quebecers' attachment to French.

Use of French in public spaces stable: Quebec's language watchdog

Despite Roberge saying in a statement Sunday that “all indicators point to an increasingly pronounced decline of French” in Quebec, the

use of French in public spaces has remained stable in Quebec since 2007, according to a study by Quebec's language watchdog, the *Office québécois de la langue française* (OQLF), published in April.

About 79 per cent of Quebecers in 2022 used French most often in public spaces, the OQLF found.

The study is based on data from a survey of 7,171 Quebecers conducted between March and May 2022 and on focus groups to expand on the survey results.

But the latest plan from the Legault government takes into account five indicators which have had “the greatest impact on the vitality of French in Quebec in recent years,” said the French Language Ministry in a news release published Sunday.

They are the growth and linguistic profile of the immigrant population, the prominence of English-language digital platforms, attendance at English-language higher education institutions, the low level of mastery of French among students and how active people are at rallying around the use of French.

Liberal MNA and official opposition critic of education Madwa-Nika Cadet called the plan “disappointing and sorely lacking in ambition and vision,” saying it “doesn't bring anything new to the table.”

She said the \$65-million investment in French-language proficiency in schools is “insufficient.” “The lack of a timetable and targets, as well as



the omission of the literacy rate, underline the plan's lack of seriousness,” she said.

Cadet also said she was concerned by the failure to address the issue of French proficiency at college level, despite a government-commissioned study.

Québec Solidaire MNA for Mercier Ruba Ghazal said in a statement emailed Sunday that she welcomed the announcement but was disappointed by the lack of structural measures to reinforce French as the language of the workplace, which she says is “the most important indicator that Minister Roberge should follow to measure the vitality of our language.”

Ghazal called for the government to set up a mandatory French-language program during work hours.

She said Quebec's Labour Ministry “was not part of Minister Roberge's working group, and it shows.”



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Québec solidaire hopes to fix construction sector labour shortage

Proposed program would fill nearly a third of 7,800-worker shortfall, says QS

MARTIN C. BARRY

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Québec solidaire, which holds a dozen of the 125 seats in the Quebec National Assembly, is urging the Coalition Avenir Québec government to implement a pilot program that would fast-track potential immigration candidates into the province's lagging construction sector.

"We will never be able to fix the housing crisis if we don't build more houses and living units," says the left-wing party's official spokesperson (and de facto leader) Gabriel Nadeau-Dubois.

Fast-track immigration

"The labour shortage is slowing our construction industry," he continued. "We are proposing the creation of an express lane towards perma-

nent immigration in order to attract more workers for the industry – persons who are already here, who speak French and who can help us to build more. It's win-win."

Guillaume Cliche-Rivard, the QS MNA for Montreal's Saint-Henri-Sainte-Anne riding, who is the party's spokesperson for immigration issues, notes that similar programs have been implemented in recent years to make up for labour shortages in sectors like food production, development of artificial intelligence and nursing assistance.

"And that's exactly what we seek to duplicate here," he says. "Effectively, this type of program could make up for nearly a third of the 7,800 workers currently lacking in the construction industry."

Under the QS proposal:

- The program would grant access to a Quebec

Access Certificate (CSQ), leading eventually to obtaining permanent resident status.

- It is addressed specifically to non-permanent residents who are already living in Quebec, particularly asylum seekers, those with work permits for the construction industry, or persons with open work permits.
- Participants would have to meet certain criteria:
- Must have been employed and on salary in the residential construction sector in Quebec for at least 12 of the 24 months preceding their application (required work experience will be cumulative and not consecutive, the reason being the seasonal nature of many of the jobs in question);
- Must have an Apprentice Competency Certificate from the Commission de la construction du Québec (CCQ);



"The labour shortage is slowing our construction industry," says Québec solidaire spokesperson and leader Gabriel Nadeau-Dubois. (Photo: Courtesy of Québec solidaire)

- Must make a commitment to obtain a certificate of training for a construction skill recognized by the Government of Quebec within 24 months – in other words, an Attestation of Professional Studies or a Diploma of Professional Studies;
- Must also have a knowledge of spoken French equivalent to level 7 on the Quebec Scale of Competencies in French.

First Amazon warehouse unionizing in Québec

(NEWSFIRST) - On Friday, April 19, the Confédération des syndicats nationaux (CSN) filed an application with the Administrative Labour Tribunal (ALT) to represent the 200 employees at Amazon's DXT4 warehouse in Laval. It will be the first Amazon fulfillment centre in Québec to unionize.

"After months of effort, Amazon employees succeeded in convincing their co-workers that they must stand together to win against the behemoth," said CSN President Caroline Senneville. "On Friday, we notified the Tribunal that a majority of employees at the DXT4 warehouse had signed union cards. We are asking the ALT to recognize their desire to form a union and we will be closely watching the multi-

national's actions in the coming days."

Over the past few weeks, employees have flocked to join the Laval Amazon Workers Union-CSN. Amazon workers cite many reasons for dissatisfaction with their working conditions: the frenetic pace of work, woefully inadequate health and safety measures, and wages well below the norm at warehouses and fulfillment centres in Québec.

"I applaud the courage and determination of Amazon workers," said Senneville. "Amazon has been waging a scare campaign at its Québec warehouses for months, flooding the workplaces with anti-union propaganda. It's time for the intimidation of employees to stop and for labour rights to be respected in Québec."

Next steps

Over the next few days, the ALT will contact management at Amazon's DXT4 warehouse to inform them that a certification application has been filed and to obtain a list of the company's employees, as provided for by the Québec Labour Code. The list will enable the ALT to determine whether the union is representative – i.e., whether a 50% + 1 majority of employees have signed a union card. If it finds that this is the case, the ALT will then certify the union as the representative of all the employees covered by the application.

Amazon has a long history of union-busting and may well use delaying tactics or other strat-

egies to slow the unionization process, such as artificially inflating the employee list, massive hiring and spreading anti-union messages.

However, Québec labour laws are very strict on employer interference with the unionization process. Under sections 12, 13 and 15 of the Labour Code, Amazon may not hinder the activities of an association of employees nor intimidate, threaten or retaliate against workers for exercising their rights.

"We can assure Amazon employees that our legal teams are ready, and that workers' rights will be respected," said Caroline Senneville. "And we call on all workers in Amazon's other Québec warehouses to stand up for their rights—even against a giant multinational!"

Your city councillors wish you a Happy Orthodox Easter!

Achille CIFELLI Val-des-Arbres

Aglaia REVELAKIS Chomedey

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À L'ÉCOUTE de nos citoyens !

Black entrepreneurs from Laval recognized for their business achievements

'Gala de Reconnaissance' pays homage to Inter Clôtures Sentinelle and GEAK inc.

MARTIN C. BARRY

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

Of all the Black entrepreneurs in Canada who live and work in Quebec, more than half are immigrants, according to some of the latest figures compiled by Statistics Canada.

Last week, the Gala de Reconnaissance pour les entrepreneurs noirs du Québec shone a spotlight on these entrepreneurs, while helping to dispel some of the myths that have sometimes created financing roadblocks and image issues for Black entrepreneurs.

Two finalists from Laval

Initiated by the Fonds Afro-Entrepreneur and staged on April 25 at the Théâtre Saint-James in Montreal, the gala was an opportunity to discover and highlight projects and important business personalities in the field.

A number of key players, including Quebec Minister of the Economy, Innovation and Energy Pierre Fitzgibbon, were present.

While the finalists came from all over Quebec, two in particular from the Laval region, Alexandre KénoI and Olivier Doleyres, were strong contenders.

- Olivier Doleyres, a young entrepreneur from an immigrant family, embodies success through hard work. Involved in the world of work from the age of 15, Olivier was approached in 2018 to take over Inter Clôtures Sentinelle. After joining the

company in 2019, he gradually acquired shares until he became Chairman and CEO in 2024, owning 50 per cent of the company.

- Alexandre KénoI, founder of Gestion Événements Alexandre KénoI (GEAK) inc. in 2019, embodies excellence in event and project management. Under his leadership, GEAK creates memorable experiences in the sporting, charitable, artistic and corporate fields.

Entrepreneurial spirit

In interviews this week with *The Laval News*, Doleyres and KénoI revealed some of the secrets of their success.

Doleyres is leading a company that has grown exponentially since he took the reins six years ago. He grew up in a home on Guénette St. in northern Chomedey. He attended grade school and high school in Laval and Montreal. He later obtained an undergraduate degree in industrial relations from University of Montreal.

Although Inter Clôtures Sentinelle's clients are concentrated mostly in the Greater Montreal area (including Laval, Montreal, the North Shore and Lower Laurentians), these past few years the company has won major contracts from Amazon, UPS and Banque Nationale, as well as for the Espace Montmorency project in downtown Laval by Montoni.

Inter Clôtures Sentinelle operates three divisions: residential, commercial and distribution of materials. The company is currently in the process of expanding through the acquisition

of a competing fence installation business.

Revenue has risen exponentially

"In the residential, I have a structure where I have a director with five sales reps who each cover a certain area in Greater Montreal," said Doleyres. "And then I also have the commercial division where I used to be the director when I started. There I have two sales reps and a director."

With an estimated market valuation of \$10 million, Inter Clôtures Sentinelle currently ranks as number one in the fence installation sector in Quebec. Revenue has doubled in that space of time, according to Doleyres.

Over the previous 36 years, the company, whose head office is on Dagenais Blvd. West in Laval, was doing an average \$6 million worth of business annually, he said. Inter Clôtures Sentinelle now does about \$12 million of business in a year, according to some of the most recent numbers.

Contact: Inter Clôtures Sentinelle

Tel.: (450) 963-1210

Thriving after the pandemic

"Baptism of fire" might be the expression that best sums up how Alexandre KénoI's company, Gestion Événements Alexandre KénoI (GEAK) inc., managed to survive and thrive – when the ventures of many other entrepreneurs fizzled.

KénoI started GEAK five years ago, just as the Covid pandemic was about to strike and create economic pandemonium around the globe. "We

managed to survive," he said, noting that businesses in general which managed to weather the storm often came out stronger.

GEAK is a one-stop-shop for those looking to organize major events and celebrations. The company's services include, consulting, planning and designing for occasions that can range from corporate and sports celebrations to charitable fundraising gatherings.

Organizing worry-free events

"GEAK revolutionizes the management of events," KénoI states on the company's website. "No need to worry about finding the best idea for organizing an evening with all the constraints you might run into. The GEAK team makes sure to set down a plan based on your objectives in order to organize events that fit your needs. Whether your event is sports or charitable, the team behind GEAK will be sure to fully answer all your expectations."

In the past five years, GEAK has organized more than 100 major happenings in Laval and Montreal. "Sometimes, when a company is trying to raise its image, they will look for a way to organize an event or activity that ties in with their marketing," KénoI explained.

"That's where we come in," he added. "We do consulting, event production, coordination of the events, as well as originating the ideas behind all this, which allows our clients to attain their objectives."

Contact: info@geakevents.com

Tel.: (438) 882-4195

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on the occasion of Orthodox Easter!*



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Lanvac Group expands offerings with new monitoring central and FindMyAlarm.com

Company is Canada's leading third-party wholesaler of alarm monitoring services

MARTIN C. BARRY

Local Journalism Initiative Reporter for The Laval News
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Lanvac Surveillance, Canada's leading third-party wholesaler of alarm monitoring services, foresees more milestone events this year – ones that hold the promise of expanding the Montreal-based company's imprint from that of a respected wholesaler into a more instantly recognizable brand name.

Members of the Lanvac team were on hand at their corporate booth during the Security Canada East trade show at the Laval Sheraton on April 24.

Gathering of security experts

With Security Canada conventions also taking place in western and central Canada this year, the gatherings are a time for security experts from across the country to focus on building and renewing relationships with hundreds of professionals deeply involved in Canada's security services sector.

"Essentially there are two main things that are new this year with the Lanvac Group," Stephanos Georgoudes, one of several members of a family deeply invested with Lanvac, said in an interview with Newsfirst Multimedia.

The Lanvac Group consists of three divisions: Lanvac Surveillance (the original unit), NBG Telecom (providing alarm dealers with the tools to compete against big telecom), and the company's latest division, FindMyAlarm.com.



Four key members of the Lanvac Group of companies crew during the Security Canada East trade show at the Laval Sheraton on April 24. (Photo: Martin C. Barry, Newsfirst Multimedia)

FindMyAlarm.com

While Lanvac Surveillance oversees monitoring of alarm systems across Canada, NBG Telecom sells alarm equipment to Lanvac dealers who retail it to consumer-level customers.

In the meantime, FindMyAlarm.com (the most recent addition) is tailored to the needs of end-users (consumers), so they can locate local alarm companies should they ever become disenchanted with their own provider and want

to switch to another firm.

"If a random customer is not satisfied with his current alarm company or is looking for an alarm company for the first time, he can go to FindMyAlarm.com, put in his postal code, and three to four alarm companies in his area are listed," said Georgoudes, adding that "only trusted and customer service-oriented alarm companies are listed on FindMyAlarm.com."

Growing the Lanvac brand

As a wholesaler of alarm system monitoring services to consumer-level companies, Lanvac has had relatively few opportunities until now to become known among consumers as a brand. Although FindMyAlarm.com was designed to promote alarm companies dealing with retail customers, the web portal holds the potential to build a bridge between retail clients and the Lanvac name.

"We created FindMyAlarm.com so that they can find a company closer to them that can serve them better," Georgoudes explained. "And, of course, those companies are connected with Lanvac."

Lanvac Group is currently in the midst of two other significant development projects. With

the first, the company is building a second central alarm monitoring station in Montreal. It is located in Montreal North. Lanvac also has monitoring stations in other regions of Canada, including Toronto.

Bosch Security partnership

In the second development, the NBG Telecom unit is now an officially authorized partner of Bosch Security and Safety Systems. "NBG Telecom can now sell any Bosch alarm systems, whether it's for intrusion, fire or access," added Georgoudes.

"It took us about three years to prove ourselves, but now that we have, Bosch has made us authorized Bosch partners."

Lanvac is still working actively with Ukraine-based intrusion alarm products manufacturer Ajax Systems, which had entered the Canadian market last year. "We're still very good partners with Ajax," said Georgoudes. "We're about to offer video monitoring through Ajax's photo-verification services."

Lanvac's roots go back more than 40 years, during which the company developed a reputation for being dedicated to providing quality monitoring services for alarm dealers across the country and their customers.

Deep roots in Montreal

Lanvac was founded by brothers John and Bill Georgoudes. Raised in Montreal's Park Extension district – which was at one time home for most of the city's Greeks – they turned their initially small burglar alarm company into a big-time contender.

Lanvac's first monitoring station was in Montreal's Parc Extension neighbourhood, in the basement of a building at the corner of Durocher and Jean Talon. Bill got his elementary education at Barclay School on Wiseman Ave., while John attended Strathcona Academy in Outremont.

Bill received his secondary education at the former William Hingston High School, which has since become the area's most important community centre. John attended another legendary secondary school, Baron Byng High, which was made famous by novelist Mordecai Richler.

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Lanvac Surveillance communications and technology manager Stephanos Georgoudes talks shop with some Canadian security industry colleagues during the Security Canada East trade show at the Laval Sheraton on April 24. (Photo: Martin C. Barry, Newsfirst Multimedia)

Intergenerational Interviews and The Legacy of Senior Citizens

MEET
Brenda Mott



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

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

We had a very lovely conversation with Brenda Mott when she came to Laval Senior for an intergenerational project. We were nervous but she made us feel comfortable and was joking around with us. For most of the time instead of asking questions, we just were able to have a great conversation. We started talking about school and our favorite and least favorite subjects.

Brenda is a very young 65-year-old, and we agreed during the interview that "65 is the next 30". She graduated from Vanier Nursing at the age of 21. She worked as a nurse for over 40 years at the Montreal General Hospital in various departments. She believes that you are never too old to get an education and in 2008 at 50 years old she went back to university to get her bachelor's degree. She retired at the beginning of 2020 because she broke her wrist. Since she retired, she misses the interactions that she had with her patients and other hospital staff.

She told us that when she was young, she lived in the country in the Laurentians on a farm with her parents, sisters, and brother. They only rent-



ed the house, so they did not have to take care of the farm, but she was able to visit with the animals. She enjoyed living in the country and speaks fondly of having a raccoon as a pet and being part of the 4-H Club. This gave her a love of animals growing up to the point that she wanted to become a vet but decided to go into nursing instead.

She spoke to us about her two children. Laurie who is 34 and works for Canada Post and Matthieu who is 30 and is a welder. When her children were young, she did a lot of volunteering at their school. She very fondly remembers camping trips with her family. They all enjoyed the



time they spent outdoors and sitting around the campfire at night telling stories and roasting marshmallows.

When we asked her if she had any hobbies, she told us she liked to garden, to quilt and sew and she liked taking out her telescope and looking at the stars. We then asked her what she enjoyed most about each of her hobbies. She said that she liked to tend to her garden and watch it grow, she liked seeing the finished product of what she quilted and sewed knowing that she had created it, and she liked being outside looking up at the stars and planets. She said that the coolest thing that she saw through the telescope was



Saturn and its rings and recently she was looking at Jupiter.

As she has gotten older, she finds that she does not have the energy that she used to have, and she can't always do what she wants. She said that she still has many things to do on her bucket list that she wants to get done. This past summer she went to Greece and travelled across Canada, that was part of this list.

In general, she finds that life has gotten too busy. There is not enough time to enjoy nature and explore, herself included is too attached to their phones and technology. She said we need to take the time to stop and explore, take the time to look at the stars.



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Intergenerational Interviews and The Legacy of Senior Citizens

MEET
David McMullen



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

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The Story of David McMullen

David McMullen is a senior citizen who was originally born in Nova Scotia and then moved to Montreal because his father was in the army and was posted in Quebec. He has a beautiful wife named Linda who he always talked about. David had a lot of hobbies growing up and still does. He was a scout leader for nearly 50 years, he was a soccer coach, he is a collector of multiple things such as books, figurines and movies. He also likes having fun with his grandchildren.



David recalled some of his most positive and favorable memories. Among these experiences, three stand out as happy and significant. The first recollection David shared resided in winning the Quebec championship with his beloved soccer team. The memory of that victorious moment on the field, fueled by teamwork, dedication, and passion, created a moment of pure joy, where the cheers of the crowd melded with the thumping of his heart. Another cherished memory emerged from the unexpected encounter that led to meeting his wife. Set up on a blind date by friends, the initial awkwardness quickly dissolved into an effortless connection, as if the universe had conspired to bring two souls together. And then, there was the day he stood at the platform, ready to create a new chapter of his

life hand in hand with the woman he adored. As they exchanged vows, he felt an overwhelming sense of gratitude and joy wash over him. Those memories are the silent whispers of our hearts, echoing with the bitter-sweet melody of moments gone by, forever imprinted in our souls.



When asked what he would have done differently in his life, the first thing David said was that he would have liked to go to university. He wanted to do better educationally. He wanted to be a student and not the student he was. His early daily life was to attend school, have fun and play sports. He wasn't able to pursue higher education, but education is an important asset in life.

Giving to the community is a big achievement for David. As a scout leader for nearly 50 years, he worked with kids between the ages of 6 to 18. He imparted his knowledge and valued his experience with them. He also coached various sports. He felt like if you were able to impart some of your wisdom or what you've done wrong, people would learn from it and not make the same mistakes you did. We all make mistakes in life, and it's how you shape these mistakes that determines what type of person you will become. Hearing about his achievements made me think about my past and regrets, so I wanted to know what was the hard-

est thing David had faced and how he managed it.



Enduring the tumultuous journey of battling colon cancer stands as the greatest trial David faced, a crucible that tested both his physical resilience and emotional fortitude. The first time he went for his cancer treatment, he felt the full life he had was at stake. He had kids, a marriage, and grandchildren. He'd go in to treatment and be with people who were 18-19 and who were going through chemo and they had their whole life ahead of them and David already had a full life. His wife was so supportive. He said, when you're going through something like that, you need that support. If you have something such as an illness, it's how you manage it that counts. If you worry about it, it's not going to help. You have to have a positive attitude and you have to look at how this is God's will. No matter how sick you are, there are always people that are worse. David learned plenty of lessons through this experience. One thing he learned is that everything works with patience. You can't just go in and say, "I need this immediately." Things that matter take time.

In a person's life journey, there are experiences of happiness and sadness, successes and challenges, each weaving together to form a unique and complex story. Reflecting on his path, David finds comfort in the lovely memories that light up the road he traveled. The happiness of winning the Quebec Championship with his soccer team, the unexpected meeting that led to him finding his soulmate, and the great joy of exchanging vows on his wedding day. These positive moments stand as pillars of strength, reminding him of his life's beauty and resilience in the face of adversity. Equally significant are the contributions made to his community, where acts of selflessness and service have left a permanent mark on the lives of others. Yet, amongst the successes, there lies the shadow of misfortune, the discouraging battle with colon cancer, a test of courage and faith that reshaped his perspective on life's fragility. Through it all, he emerged stronger and more grateful, guided by a loyal commitment to perseverance and compassion.



Thank you, David, for the opportunity to share your inspirational story!

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Intergenerational Interviews and The Legacy of Senior Citizens

MEET
Fernand Tonin



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

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The Rippling Effect of Generations

by Yanni Hiotis & Myles Alfaro

“The greatest use of life is to spend it for something that will outlast it” - William James

One of the biggest aspirations people have in life is having a big enough impact on the people around them - a legacy. In fact, people really underestimate the power of influence on the younger generation. Sometimes teenagers come across as self-absorbed and disengaged, but little do elders know, we appreciate the knowledge they pass on. We appreciate it not only to make our, but the world's future better. We admire people who leave a HUGE impact on their family and our lives, too. They say that our elders pave our way to success and happiness, and when we interviewed Mr. Tonin, we truly felt the truth of that quote.



On November 22, 2023, we were called down to our school's library to interview Mr. Tonin. During the interview, we learned a lot from him. Mr. Tonin is a family man, who arrived from Belgium in 1952 at just 18 months old. From hanging out with his siblings and friends around his vibrant Parc-Ex neighborhood in the 50s to spending quality time with his grandchildren in the 2000s. Mr. Tonin truly does it all and when we interviewed him, he taught us how to be grateful for our loved ones and to always be good to people even when it's hard. He spoke about how influential both his mother, Santa Maria

and his grandmother, Nona Teresa were in his life. He told us about how his favorite moments with his family happened on Christmas and birthdays. We felt the same and honestly, we were surprised at how much we had in common with Mr. Tonin (considering the age gap). Our interview didn't feel like an interrogation, more like a casual deep conversation with a life-long friend.



An intriguing, and rather melancholy moment in our conversation was when Fernand showed us a picture of him and his sister, Antoinette when they were very young, maybe four to seven years old. Yanni asked him if his sister had a big impact on his life, and he replied, “definitely”. We could feel the emotion and the love he had for his sister by just that one word. Mr. Tonin told us how much he loved his sister and that she was the kindest person he knew. He then explained to us the hardships his sister faced growing up. Antoinette sadly passed at a young age due to cancer, which taught Fernand a harsh lesson to learn at his age: never take family for granted. He was a carefree teenager; in his words, “When I got home, I threw my books in the corner.” When he lost his father at 19, it changed his views on life, it changed his priorities and turned him into a man. Mr. Tonin got himself a job to support his mother since now he had to step in for his father. It taught him to be more responsible. It was at

this time that he met his future wife Grace in 1977 and then getting married and having children taught him even more responsibility, like a reality check. Mr. Fernand claims that having children changed him the most, “It's like you're living a completely different lifestyle once you have your firstborn.”

While he is a family man, Mr. Tonin loved sports just as much. Growing up right next to the Montreal Expos baseball stadium, his love for sports started very young. He told us how he used to go inside of the ballpark with his friends and play as a teen. We believe he's the reason his children love sports so much; they must have followed in his footsteps. His two kids, Anthony and Christopher played soccer. One even played for the Laval city team and won them a citywide championship. His son knew every European soccer player, every stat down, and every rule you could think of. Mr. Tonin also coached his sons' soccer team, and showed us some nice pictures of him and his sons in the team pictures and pointed them out to us. He felt pride when his son won the national championship for soccer. Anthony graduated from McGill and became a teacher and Christopher works in restaurants.



To us, Mr. Tonin's generation of children is the last one to experience the great outdoors and the true hap-

piness that comes with it. Mr. Tonin agrees, and said he notices way more children on their ipads instead of interacting with their grandparents in the restaurant. So many kids today get greedy with technology and forget that one of the only things that truly will stick by your side is family. Meeting Fernand taught us to be grateful for our family.



Overall, we believe that AGAPE did a very good job in trying to get the older generation from other families to impart their knowledge and experiences to kids. Especially during this time of separation and anger in the world, I think we needed some sense talked into us and Mr. Tonin did just that. We hope Mr. Fernand knows that he definitely influenced our two young minds.



Intergenerational Interviews and The Legacy of Senior Citizens

MEET
Frank Cwilich



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

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We had the opportunity to interview Frank Cwilich, who as a former high school teacher was very encouraging during this interview process.

Frank was born in Europe and arrived in Canada in 1949 through Piere 21 in Halifax when he was just 10 months old. His parents originally wanted to move to the US, but instead fell in love with Canada and ended up staying here in Montreal. He didn't know about the financial hardships his parents faced with raising him and his younger brother. Growing up, he was always outside playing with his friends and going to school. He liked to play street hockey, but his favorite sport to play was basketball. He spoke about the fact that he was on the basketball team and that later he became a referee. He admitted that he was a bit of a troublemaker in school and would be the class clown. He said that he would talk all the time in class and end up writing lines as punishment.

He got his first job working as a delivery boy for Steinberg's in 1967, but it only lasted one day. The very next day, he went for an interview and ended up working at Expo 67. He continued to work at what became LaRonde for many summers.

Frank's dream job when going through McGill was to become a writer as he was an avid reader. Instead, he ended up becoming a teacher. He taught high school history, economics, and civil and criminal law. One of his favorite fieldtrips was taking the students in his class to the courthouse to see how a real trial took place.

He said that both his biggest challenges and biggest successes was working with students. The challenge was always to reach the students who were having a tough time and who he knew were not reaching their potential. He said that the



secret to being a good teacher was being able to reach those students and watch them thrive. Seeing his students succeed in class and then seeing them afterwards to find that they were happy and successful in whatever field they had chosen was very gratifying.

His greatest success was marrying his wife Ida in 1972. They met through his mother's employer. He was about 18 years old, and she was 17 years old. They have been married for 52 years and counting. They have two children, a boy, and a girl. He credits his wife with all the support that she provided to balance work and home life. He said like any relationship there have been ups and downs. Their secret is that they do not stay mad. They communicate and are always honest with each other. They admit when they are wrong and promise to try to do better next time.

According to Frank, the biggest change in everyday life is technology. It has made the world a very different place from when he was growing up. When he was younger there were 2 TV stations, one English one French, now there are hundreds of stations, plus the internet. The media is everywhere and sometimes that can be a good thing and some-

times not. Life these days is too busy these days. As he has gotten older, he has become more reflective and has come to the realization that life is a blessing that we don't always appreciate when we are younger.

Frank had two very important messages that he wanted to ensure to impart. The first was that communication is very important. No matter what stage you are in life it is important to communicate honestly and with respect. You need to express yourself and be open to listening to what the other has to say. It is Ok not to agree with what the other person is saying, but do not be insulting about it. Admit when you have made a mistake and try to do better next time. Nobody can ask more than that from anyone.

The second point that he wanted to impart was that you should always be ready to learn and that you are never too old to learn. Knowledge is power and it all starts in school. Set realistic goals for yourself at any age and do what needs to be done to achieve this goal. Every lesson that you learn in life has value. Put in the time that it takes to learn properly, there are no shortcuts and no easy way out.

Intergenerational Interviews and The Legacy of Senior Citizens

MEET
Ingrid Sommer



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

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

by Stavroula Hrisoulas and Shaherbano Jahan

As teenagers, we don't often get a chance to actually hear people tell their own stories. Thankfully, with the help of Agape and our school, Laval Senior Academy, we were able to meet a member of our community who led a very interesting life, and who was ready to share their unique story.

Ingrid Sommer was raised in Aschaffenburg, Germany, which is near Frankfurt. She was part of a family of eleven, consisting of her two parents and nine siblings. There were three daughters and six boys. One of her sisters now lives in Tennessee, and because she is blind, Ingrid helps her sister whenever she can. She feels rewarded when she visits since she helps her sister around the house and they enjoy each other's company. She speaks very highly of her sister who meets life head on, even with her disability.

One of her favorite memories as a child in Germany was spending Christmas with her family. All the siblings would bathe and get dressed for the festivities and her father and two older brothers would put up the tree and decorate it. She laughs as she reminisces about the poems that the children would recite and how they would all sing the songs they memorized in school. Christmas dinner was made up of delicious potato salad and wurst which is a German sausage. Growing up, her favorite meal was Rotkohl, a traditional German red cabbage dish. As part of her Christmas tradition, Ingrid and her siblings would go to the casern which was a military barrack housing American soldiers. They would exchange chocolates and well wishes.



Interestingly enough, Ingrid can read, write, and speak Greek, German, and English. Her children are multilingual too. She attended a nun-run school in Germany to learn how to clean, cook, and wash. Religion and learning how to cook and clean were the main subjects of her education, which was the case for most women back then. She is very thankful she got that education and enjoyed her time in Germany. She misses her relatives in Germany terribly. She often thinks of her past and the time spent there. Most of her childhood was spent playing on her family's farm where her and her siblings would get chased by ducks.

One of her biggest regrets though is moving to Canada. She also wishes she had learned French when she moved here. She turned down the option to attend a French school when she had the chance, since her ex-husband at the time suggested that she didn't need to learn the language.

She first met her spouse in 1976. He had traveled to Germany from Greece for his fur company. They had a courtship which led to an engagement and they married and moved to Thessaloniki, Greece. She spent eight years of her life there. While in Greece, she also gave birth to her son. Then, in 1984, as a family, they decided to move to Canada. It is in Canada where she gave birth to her next child, a daughter. Her Children attended Greek private school and even went to German school on Saturdays too. Ingrid smiles as she speaks about her children. Her daughter is a daycare teacher now. And her son, who is now 45 years old, attended our school when it was called Laval Liberty High School.

Her husband's fur company was the source of her commercial success. She had to learn how to sew a fur coat on a machine. It became her own personal venture. Those years went well, until one of her most unpleasant life experiences; getting separated from her husband after 23 years of marriage back in 1998. During that difficult time, their business suffered with "Green Piece" movements that warned against animal abuse and fur coats. Fur coats were no longer as popular and the company was suffering. At that time, her husband wanted to return to Greece to work, but she refused and decided to stay in Canada with her two kids. This is where things got challenging for her, since she had to work two jobs to support her children and pay for their home. After a year apart, her husband

decided to stay in Greece and they went their separate ways. She toyed with the idea of returning to Germany, but found it too difficult to travel with two young kids. She stayed in Canada and met the challenges that came with living in a foreign country.

One of her biggest sacrifices was leaving Germany to go to Greece with her husband. Her mother had warned her that she shouldn't go to Greece because it's far and Ingrid didn't even know the language. But she says she was in love and had her heart set on being with him. She stresses how important it is to take care of one's self and be prepared for whatever life throws at you. She says that one thing is certain in life; change. That's why she says one must always be able to adapt and adjust. Her marriage may have ended, but she was still strong and capable enough to help herself and raise her children. Nowadays, Ingrid doesn't miss Germany as much as she used. It's been three years since she's been. She says that it's changed so much, she wouldn't even recognize the streets. The only thing she misses is some of her siblings who still live in Germany.

Since her children are now adults and married, she lives alone in her house with her tiny dog, Molly. She and Molly have been together for ten years. Through the help of Agape, Ingrid has met new people, and she has made many friends. One of which is another German woman who has become her roommate. Now, Ingrid doesn't feel as alone. They play bingo and go dancing three times a week. Her friend used to be a professional musician; saxophonist to be precise. Even at eighty-four, she can still sing beautifully, but she can no longer play an instrument. Always considerate and caring, Ingrid even put together a birthday party for her new roommate.

Ingrid still likes to try new things, go on adventures, and find new hobbies. She loves being in nature, taking walks, and taking pictures of her dog and rainbows that appear in the sky. She makes it a point to stay social and attends dances for the elderly on Sunday afternoons. It's here where she enjoys her other two hobbies, singing and dancing. She even likes to travel to places like Cuba and the Dominican Republic.

Her most recent obstacle was receiving a cancer diagnosis in 2019. She underwent the necessary lung surgery and thankfully



is doing well. She is followed by doctors every six months and passes tests to stay healthy and strong. What keeps her going is the good news that she will be a Grandmother for the first time this April. She even knitted her future granddaughter a blanket. She shared with us her granddaughter's name, Kaya Heart. She says that Kaya means beauty and purity, and Heart is her middle name since the first thing the parents saw during the ultrasound was the baby's beautiful beating heart. Ingrid is clearly full of joy and happiness.

We are so thankful to have had this opportunity to speak to someone as kind-hearted as Ingrid. After having gone through some difficult times, she still knows how to find joy in the simple moments of life, like her love of dancing, capturing the beauty of rainbows in her photos, and making memories with her beloved dog, Molly. She cherishes these moments and looks forward to her future with her children and granddaughter. And when she's not twirling on the dance floor or snapping pictures of rainbows, she can be found planning her next adventure, or vacation. Ingrid's enthusiasm for life, love for her furry companion, and appreciation for the little things make her a joy to be around, making her a cherished friend to all who know her.

Intergenerational Interviews and The Legacy of Senior Citizens

MEET
Joyce Leblanc



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

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When speaking with Joyce Leblanc and listening to her stories you can tell that what matters to her most is family.

Joyce was born in 1952 and is the third in line of six children. She speaks lovingly of her three sisters and two brothers. Her father was a teacher and was a very soft-spoken person, but when he started to raise his voice you knew that you had overstepped your bounds. Her mother was not a very strict person and was fun to be with. They would talk a lot and there was nothing that Joyce felt that she could not tell her. Conversation around the dinner table with the family was always lively as all of them would talk over and around each other and the TV.

Growing up she remembers the great time that they had up at the lake during the summer months. They would spend all their free time by the water swimming or canoeing. She spoke lovingly of the pies that her grandmother used to make with the berries that they would pick.

She grew up in Shawinigan. She admitted that when she was younger, she was stubborn and had a bit of a temper. Growing up she wanted to



become a gym teacher or a nurse. Her father did not want her to go into teaching as he knew it was a very difficult profession. She said that one of her biggest regrets was not going to university and if she could go back in time, she would have continued her education.

She spoke about meeting her husband in school when they were just 13. It was not your typical teenage love story. When they first met,



they were not even friends. They went their separate ways after high school and then ended up meeting up again and falling in love. They got married in a civil ceremony in Toronto in 1973 and lived there for several years before moving to Montreal.

She and her husband have two children, a boy and a girl who are now 46 and 44 years old. When her chil-

dren were born, she stayed home to raise them for ten years. One of her regrets was not being able to do more for her children when they were younger as they were only a one income family, they had to make many sacrifices.

Joyce had a smile on her face when she talked about spending time together as a family celebrating special occasions and holidays. She now has five grandchildren, four girls and one boy, and it makes the holidays that much better.

Before Joyce retired, she worked as an office administrator for 16 years. She remembers working at her first job in Toronto, when she got her first paycheque she went out and spent in on clothing.

Joyce loves to travel and in her retirement looks forward to being able to travel more with her husband and family. One of her favorite places to visit was Spain.

Her advice to the future generation would be to value the importance of family and if you want to succeed at something, practice.

Intergenerational Interviews and The Legacy of Senior Citizens

MEET
Michael Moussa



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Exploring the Journey of Michael Moussa *by Lucas Furtado*

“The pursuit of a brighter future knows no bounds.”

Against the background of a colorful mosaic that is human lived experience, Michael Moussa’s story stands as a reflection of resilience, cultural heritage, and the possibility of education. We had an interview with Michael, a Syrian retired English teacher who shared his stories about what he learned from his profession, his life as an immigrant, and his involvement in cultural diversity.

“I am an individual that values happiness, learning, and community spirit.”



For Michael Moussa, the English classes at Joliet High School were not just a work responsibility but a mission as well. By pointing out the distinction between “an English teacher” and “a teacher of English,” Michael further revealed his unlimited commitment to being more than a professional English instructor, but rather a person who is fully dedicated to his students’ education in technical English as well as art and culture. Michael’s classroom, in turn, was vibrant, and students probably enjoyed more than just grammar and vocabulary but also the truths of human existence in literature. Education, apart from



being his passion, motivates others to listen to each other and exchange cultural experiences. Regarding retirement, Michael still takes part in the mobility program in Laval, and the friendly atmosphere of members of the community who make him feel welcome and provide a space where he matters.

“The world is a beautiful tapestry of different languages and customs, and I, an individual caught in its weave, need to find my way.”

Of all his life experiences, immigration was the period of his life where resilience gave him more than he had lost in adapting to a new culture while keeping his own heritage intact. While adjusting to a new country, Michael found the courage to face some of his challenges and appreciate the cultural diversity that Canada offers. His interesting thoughts about an encounter with another language or culture may advocate for the value of variety in the human experience, teaching us that diversity fosters mutual understanding.

Living in Lebanon and Longing for his Homeland in the Time of Trouble

The beauty of nature, with its metamorphic landscapes and bustling cities, attracts the eye of Michael and

makes Lebanon a special place for him. Michael has his earliest comfortable memories of his family trips to Beirut, with the backdrop of the hustle of the streets rich in fragrant smells of good food. The war and the economic insecurity, however, have darkened his memory with a fear of war and instability, as if to tell us that nothing is more precious than peace and prosperity. The Lebanese war made Michael and his family move out of their land, leaving behind the things they cherished, including loved ones.

Educational Insights

Academic success is of paramount interest to Michael, and based on his own experience as a teacher and a parent, he points out the need to “seek some help whenever needed while also being focused on the learning process itself.” Michael believes in the power of education to lead people to start a brighter future. Adolescents will turn to Michael’s words as they embark on a different path from high school to university, which will be a life-changing experience for many as he guides them to take on new challenges head-on with wisdom and strength. He establishes a deep-seated desire for learning and inquiry in people and himself, open-

ing their horizons.

Aside from his experiences in education and immigration, Michael is an embodiment of the significant value of family, community, and the feeling of being at home. His active participation in the local church, his dear recollections of bonding moments with loved ones, and his sense of kindness and dedication to his family depict the story of a life rich in emotional and social dimensions. Even as he faced his struggles, Michael, drew strength from his faith that led his way through the hills and valleys of life with an ever-present message of charity and friendship.

To sum up, during the interview with Michael Moussa, we were honored to see the path of a phenomenal person—a path full of energy, cultural acceptance, and the everlasting search for a brighter future. Through his words and reflections, Michael asks us to embrace cultural diversity, value the unity of the community, and seek out a world in which all voices are heard and every story counts. Michael’s journey motivates us to find consolation in the idea that, though it is tough to confront the challenges we are facing, the human spirit is unbeatable.



Intergenerational Interviews and The Legacy of Senior Citizens

MEET
Marilyn Plant



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Memoir on Marilyn Plant

by Sarah Ettayeb and Sophia Linardakis

Marilyn Plant is a 78-year-old senior citizen of Montreal, Quebec who grew up in Mount Royal. She's always liked Canada and found it a safe place to live. She's never had any complaints about where she lives and always got along with her neighbors. If she could choose to live anywhere to live all over again, she would still choose Canada. Marilyn has a husband, Stan, and they have been married for 56 years. She met her husband at 19 years old when she was in a Girls Club and he was in the Boys Club. They met up at a square dancing gathering in Terrebonne. Marilyn wasn't interested in him at first, but then he asked her out. She married him at 22 years old, and her family was supportive of their union as well. She had her first and only child at 25 years old and now has two grandchildren.



it comes to relationships and life in general. She told us to stop looking at what's wrong with people and to try our hardest to avoid talking badly about others. And she's right; especially in the twenty-first century where we live now - it's always important to be a nice person. It pays off to be kind, and she is living proof of that.

She definitely seems to have succeeded at this game called life, and her secret, she said, is to stick to what you like - the things that bring you joy. We can all learn from Marilyn's wise words: if you want something, try very hard and don't let anyone sway you into doing anything differently and most importantly, don't give up.



Marilyn went to Baron Byng High School. Although she was very shy, she absolutely loved her experience. She went back a few years ago to visit the building which now houses Sun Youth. Passing through the halls, she says she could still remember the great times she had with her friends. She did really well in school, but it seems that oral presentations were difficult then too; being shy didn't make them easy either. After graduating from there, she got a job

in advertising. She found that job really interesting because it covered many tasks and duties related to commercials and advertisements. She worked at a few posts, even for local lawyers, but her favorite job was working as a medical secretary at the Jewish General Hospital for 10 years.

If Marilyn could change one thing about her life, it would have been to have more children. Unfortunately, Marilyn had a miscarriage with her second child and her doctor advised her it would be best to not have any more children. Life was hard for Marilyn after finding out she couldn't have another child. It became really hard when her son asked her why he has no siblings, but over the years, and with the support of her loving husband, she learned to accept the situation and move forward.

The best advice that has stuck with Marilyn her whole life has been to just be honest and be kind to others. One thing that stood out from this interview was Marilyn's advice when



Intergenerational Interviews and The Legacy of Senior Citizens

MEET
Stanley Plant



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by Pravin Arudpiragasam and James Valentim

With the help of the Agape organization, we had the wonderful opportunity to interview Stanley Plant. He is an open minded and kind hearted man that has always been motivated by helping others. We learned many things thanks to Stanley; most importantly we came to understand how he is a dedicated man who loves to help people and feels blessed to have a loving wife, children and grandchildren.



He begins with his youth and tells us how both his parents were born in Canada, but their relationship came with some challenges. His mother was of Jewish faith and his father was a Roman Catholic. He explains how back in those days, religious conversion was not a thing. He and his family grew up Jewish, but he painfully remembers how for 15-17 years, his relatives were disconnected from them because they would not accept his parents' relationship.

He has a great respect for his father who worked tirelessly to support his family. His father was a baker working six to seven days a week, 12 hour

days, to provide for his family. Stanley recalls how they were not well off and his father was often absent from Stanley's life because he had to work so long. He points out how his father would have to bike to work since they didn't have a car either. Looking back now, he appreciates all his father's efforts and tireless work.

Growing up Jewish in the plateau Montreal area, he remembers being questioned about his name, Plant. People would ask how he ended up with a French name, and how it made no sense to them, but he remembers how supportive his mother and father were and how they always taught their children right from wrong. He fondly refers to the endless summers they spent up north in a cabin and how he'd spend hours swimming and walking along the train tracks picking berries. He always respected them and never caused any trouble.



Stanley had to be strong and find good friends to support him too. He found a good group of friends when he joined the YMHA club (Young men and women's Hebrew Association) in Montreal. School went well for him too and he excelled at Math;

especially algebra. He made sure to keep busy with hobbies like going outside to play with friends and making up unique games to play. He mentions how lucky he feels not to have grown up around cell phones so that he really got to enjoy life.

While growing up, he had a few jobs, some of which included a customs broker and even working at Miracle Mart. The job he values most is when he became the owner of Jacob's Stationary in the heart of Chomedey. His store became the go to for people looking for advice and recommendations about local services. Stanley always wanted to be a social worker, and even though he never became a certified one, his role as owner of Jacob's allowed him to offer assistance to so many people looking for help; from looking for a

local doctor to advice about local law firms.

He is retired now but still keeps busy by volunteering at various associations, and even taking an increased interest in pioneering programs in Israel. He's traveled to Israel numerous times and is always amazed by how innovative they are with infrastructure and creating new industries. He helps out with a Jewish program that helps youth reconnect with their heritage in Israel too. He's also volunteered at military bases, helping to assemble supplies. He says how he wishes to remain active and in touch with people so that he can continue to help and give back to his community. After all, it was always a part of Stanley's life to help and assist people; and he gladly continues to do so.



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Intergenerational Interviews and The Legacy of Senior Citizens

MEET
Rosina Schilling



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by *Heracles Bitsanis-Kyriopoulos*

In May 1945, in Austria, the perseverant, kind hearted, Rosina Schilling was born. She was raised with a strong sense of community and courtesy since her family had just moved to Austria from Romania to escape from infringing Soviets on the eastern front. She doesn't remember her early life in Austria, since at the tender age of 5, she was placed on a boat headed toward a new life, Canada.



Her earliest memory is on that ship, where an entertainer, a trapeze artist, fell to his death. Although youngsters were forbidden from watching, she remembers the entertainer's burial at sea. Quite a traumatic way to start your life, but Rosina is no stranger to challenge, as you will find out in this article. Having been brought up with a strong sense of community and feeling of companionship, she carried these values from Austria to Canada. As an Austrian of German descent, the local German Protestant church played a pivotal role in the close-knit mindset of her community too. She de-

veloped a love for German dancing during her childhood, which would later connect her and her future husband. They met and fell in love at one of those community dances. Their bond and love of their heritage helped them form a strong sense of identity and how they place importance on kindness and compassion.



From the destroyed post-war Austria, Rosina spent most of her adult life in her new home of Canada. Here she settled down and thrived with her husband. Her greatest success, she says, was having her two daughters. She praises her daughters and is thankful she and her husband were able to do such a good job bringing them up with love and compassion. Rosina has always committed herself to helping people in need, she dedicated countless hours of her life to volunteering too. She mainly worked as a secretary, even at a school where she helped out with the day to day needs of the school, she also volunteered at the Jewish rehabilitation center. She strongly believes that simple acts of kindness and courtesy can make such a difference.

Within her own family, she made sure to place importance on the values of hard work, education, and giving

back to your community. Her dedication to helping others was definitely passed down to her two daughters who also share the same values with Rosina. One of her daughter's lives in Montreal and had children of her own, Alek and Ian. Rosina speaks proudly of her two grandsons who have succeeded through hard work and a constant value for education. Alek is a pharmacist, and Ian works at Wood Gundy and has a master's in finance, they are living proof of the influence and commitment of their grandmother.



Her other daughter, whom she also speaks of with great pride, lives further away in Hamilton. This daughter has two daughters, Katherine and Lauren. Rosina explains how these two granddaughters are athletes and take great pride in good sportsmanship and athleticism. Rosina's unconditional love for all of her grandchildren is demonstrated by the fact that even though she sees her granddaughters less often, their bond remains strong.



Rosina has dedicated her life to volunteering and left behind a legacy of love and support for her family and community. Her work highlights the importance of helping others and the impact that kindness has on a human being; from her humble beginnings in Austria, to her life volunteering and helping those in need. Rosina is living proof that kindness is priceless.



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Intergenerational Interviews and The Legacy of Senior Citizens

MEET
Paula Lasry



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The life of Paula Lasry *by Sheilagh Caruana*

Paula Lasry is a kind-hearted, born and raised Montrealer. Her father came from Russia at a young age and her mother was born and raised here, like Paula. Paula has lived in Montreal all her life; she loves the liveliness, the people, and the uniqueness of its seasons, even though she usually tries to escape the harsh winters. Paula told us about her upcoming trip to Florida and how eager she was to see her son and grandchildren. Visiting her son is nothing new to her since Paula is a family woman. She believes it's very important to stay close with family which is why she and her son talk on the phone almost everyday. One out of the many things I learnt from Paula is that family should always be a priority.

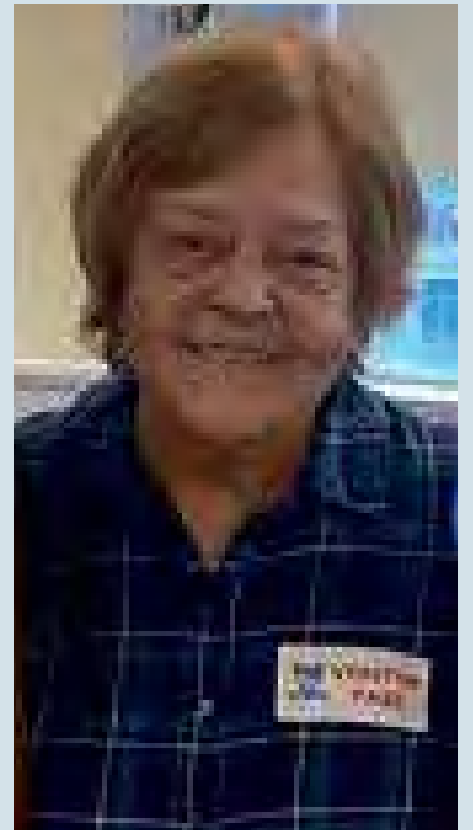
Paula was married for forty-four years before her husband passed

away. They met at a party through a friend and instantly had a connection. They did many things together. They stayed loyal and in love for forty-four and they passed that love onto their only son. They went on vacations throughout Mexico and the Caribbean on Christmas break every year. She told us about one of her trips to the Caribbean. During which she was devastated by the level of homelessness and poverty. She told us how she tried to help these people who surrounded her because she was a foreigner. These people were asking for anything. She simply took out her purse and handed out anything she could find.

Paula's a retired elementary school teacher, which is probably why she is so patient and warm. She taught in The Protestant School Board of Greater Montreal which is now known as

The English Montreal School Board. Throughout her career, she loved helping kids learn and always had her students' best interest at heart. Once she even helped a child who seemed to be having a difficult home life. She saw some signs that troubled her and did her best to get the student out of the situation. She believes helping others is something we all need to focus on as a society.

Paula is kind, selfless, and intelligent. When she explains something to you she has the power of making you want to keep listening. Paula likes to be an optimist but she knows she's more of a realist. She's truly a very wise woman and I've learnt a lot from my time with her. Paula is a reminder that we must try to see the best in people, a reminder that kindness is still alive, we just need to do more to show it.



The Youth and Parents Agape Association would like to take this opportunity to thank both Laval Junior Academy and Laval Senior Academy for their participation in this intergenerational project.

We would like to thank all the senior volunteers who came to both schools to be interviewed by the students and share their stories.

This two-part project would not have been made possible without the help of the following people:

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Jessica Marsillo – Teacher Laval Junior Academy

Aline Gosdanian – Teacher Laval Senior Academy

Demetra Lambropoulos – Teacher Laval Senior Academy

Chloe Ranaldi – CBC News

And especially The Laval News



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Agape's New Resource Centre

For English-speaking Families of Neurodiverse Children

At **Agape's Healthy Early Years (HEY) Resource Centre**, we understand the unique challenges for families with neurodiverse children.

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Our free resource centre contains books for parents and children as well as educational materials, and adapted toys. Our collection is designed to be both fun and informative.

Please visit our online website or make an appointment to visit in person and discover the many resources we have available for you and your children.

All resources are free to borrow for a three-week period.

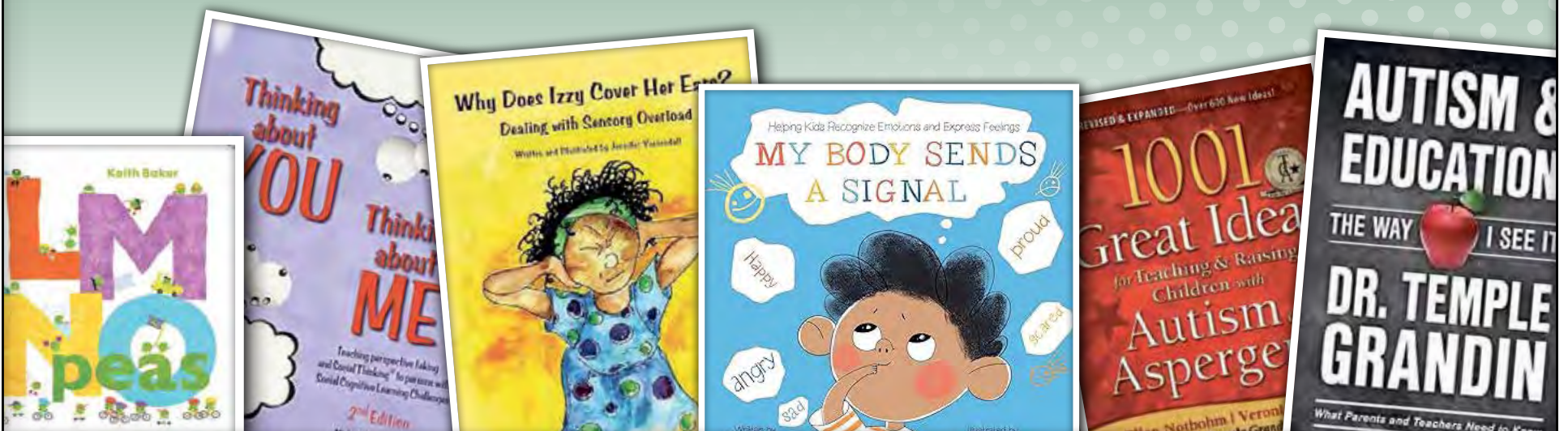


www.agaperesourcecentre.com



Public Health
Agency of Canada

Agence de la santé
publique du Canada



Happy Mother's Day!

Celebrate Mother's Day with music and film

Putting your feelings for your mother into words can be difficult. Luckily for you, if she loves music and movies, you can let the inspired words of various artists express those feelings for you.

Here are a few wonderful songs you can dedicate to your mother on this special day:

- **A Song for Mama**, by Boyz II Men
- **Hey Mama**, by Kanye West
- **Mama**, by Il Divo
- **Mama Liked the Roses**, by Elvis Presley
- **Mama Said**, by Metallica
- **The Baby**, by Blake Shelton



- **The Perfect Fan**, by Backstreet Boys

Is your mother a real movie buff? Why not plan a movie night right at home? Bust out the candy and chips and get comfortable in front of the TV with Mom. If you want to take it a step further, try choosing a movie that celebrates the bond between a mother and her children. Here are a few suggestions:

- **Hairspray** (directed by Adam Shankman)
- **The Joy Luck Club** (directed by Wayne Wang)
- **Mermaids** (directed by Richard Benjamin)
- **Mamma Mia!** (directed by Phyllida Lloyd)
- **Brave** (directed by Mark Andrews and Brenda Chapman)
- **Room** (directed by Lenny Abrahamson)
- **Terms of Endearment** (directed by James L. Brooks)
- **Troop Beverly Hills** (directed by Jeff Kanew)
- **Freaky Friday** (directed by Mark Waters)

No matter how you celebrate Mother's Day, the most important thing is to spend time with Mom.

5 inspiring moms in literature

1. **JOSEPHINE**
The Yellow Eyes of Crocodiles
by Katherine Pancol

Josephine is a devoted mother of two girls who does everything she can to be the best mom she can be. The novel tells the story of how she blossoms after a breakup.



2. **KATHERINE MURRY**
A Wrinkle in Time
by Madeleine L'Engle

Katherine Murry, Meg's mother, works hard every day to keep her family together despite the difficulties she faces, including Mr. Murry's disappearance.



3. **LISA CARTER**
The Hate U Give
by Angie Thomas

Lisa Carter is the glue that holds her family together. She makes a point of rais-



ing her children to be strong and aware of the racial injustice in their community, all while maintaining a strong marriage.

4. **MISS HONEY**
Matilda
by Roald Dahl

Miss Honey shows that you don't have to be a biological mother to be a great role model. She boldly encourages and supports Matilda.



5. **OFFRED**
The Handmaid's Tale
by Margaret Atwood

Offred is the mother of a little girl who gets taken from her by the Republic of Gilead. She fights for her daughter and other mothers in the same situation.



Check out your local bookstores for more fascinating stories about exceptional mothers.

Nos vœux les plus chaleureux à toutes les mères à l'occasion de la Fête des Mères !

Our best wishes to all mothers on the occasion of Mother's Day!



FAYÇAL
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MP FOR LAVAL-LES ÎLES
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ANNIE
KOUTRAKIS
MP FOR VIMY
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Happy Mother's Day!

This Mother's Day, find the right words to express your love

Do you want to celebrate Mother's Day with a sentimental card expressing your unconditional love? Here are some ideas to help inspire your inner poet.

There are a million ways to tell your darling mother just how much you love her.

For example, you could let her know that you're proud to call her your mum; that you look up to her in every way; that you're honoured to have inherited her amazing qualities, etc. You could also thank her for always being there when

you need her most or for being a part of your most cherished childhood memories. If you're not the sentimental type – and that's just fine – opt for some comic relief! Remind your mom of your most petty arguments and underline your gratitude for her unwavering patience.

Remember, Mother's Day is a celebration of *all* mothers. Give a thoughtful card to your grandmother, to a daughter who has children of her own, to an expecting friend or to someone who has served as a mother figure in your life. And men, don't forget to show your appreciation to the mother of your children on this special day!

Do you have a strained relationship with your mother?

Granted, we don't all have easy-going relationships with our mothers. Remember, you don't need to inundate her with compliments or super-sentimental thoughts to show your appreciation. It's important to remain sincere. Simply tell her that you're thinking of her and wish her a wonderful day – it's guaranteed to put a smile on her face!

Five ways to spoil Mom on Mother's Day

When you ask your mom what she'd like for Mother's Day, is the answer always "nothing"? Well, this year, why not take things into your own hands? Here are a few ways to spoil your mother (whether she likes it or not!):

1. Clean her fridge or wash her car (it's free and highly appreciated)
2. Kindly forbid her from cooking (and order from her favourite restaurant instead)
3. Be her chauffeur for the day ("We're going wherever you want to go and listening to the music you want to hear")
4. Take her to the movies (and order whatever drinks or snacks she'd like)
5. Give her a gift card for a massage, a manicure or a professional make-over (especially if she's not one to treat herself very often).

Make sure Mom knows that she's the star on Mother's Day and that she deserves to be pampered accordingly.



LAVAL

Happy Mother's Day!

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

Happy Mother's Day!

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Happy Mother's Day!



Outings to enjoy with Mom

Would you like to take your Mom out for Mother's Day? Here are a few suggestions for an unforgettable time:

- An afternoon at the spa (or a full day).
- A day trip (or entire weekend) to your mom's destination of choice.

- An evening at the movies, the opera or the theatre – or maybe even a karaoke bar!
- Brunch at a nice hotel restaurant (somewhere with the best eggs benedict in town).

Be sure to take lots of pictures so you can fondly look back on a memorable day.

Raise your glass to moms everywhere

Oh, mothers! There are endless reasons to celebrate the women who give birth to us, raise us, console us and put up with our melodrama. Granted, as children we despised getting chastised for an unkempt room and yes, that infallible instinct to detect our lies got us into trouble more times than we could count. However, we wouldn't be the responsible adults we are today if it weren't for our mother's unconditional love and disciplining words.

No matter their quirks – whether they always prepare a meal fit for an army; forget the title of the film or book they wanted to recommend; have bizarre mannerisms; or lecture motivational nonsense that does anything but motivate – we still love them dearly. Whether or not we like to admit it, these quirks are what give our mothers their charm. So, for all of these reasons – and because we love them to pieces – let's raise our glass in honour of mothers everywhere!



Happy Mother's Day!

Joyeuse fête des Mères !



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SONA LAKHOIAN OLIVIER

Députée de / MNA for Chomedey

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Things to do **THIS MONTH**

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

FINANCE POUR JEUNES ADULTES

Seminar



Sunday, May 5
11:00 AM - 7:00 PM

Grand Hôtel Times - Centropolis
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Panel of experts with essential knowledge for financial success.

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Sunday, May 19
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Speed Dating (Ages 45-60)



Sunday, May 19
6:00 PM - 8:30 PM

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Dinner & Dance



Sunday, May 19
6:30 PM - 11:30 PM

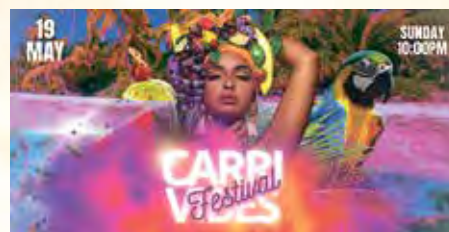
Embassy Plaza
1003 Boulevard Curé-Labelle, H7V 2V6

The #1 Italian annual event INSIEME is back, celebrating its 15th anniversary.

General Admission: \$157.65

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Club



Sunday, May 19
10:00 PM - 3:00 AM

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Get ready for a wild night of Caribbean vibes, music, and dancing at Carrivibes.

Free

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Saturday, May 25
9:00 AM - 7:00 PM

By François Grégoire
790 Boulevard le Corbusier, H7N 0A8

Learn about upper body injuries (shoulder, elbow, wrist/hand)

\$344.94

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By Martin C. Barry

Arrests made in Laval, Montreal over 'grandparent' fraud scheme

Laval is one of several cities where investigators have made multiple arrests following an anti-fraud investigation in Quebec, Ontario and the U.S. involving "grandparent" schemes.

It is alleged that \$2.2 million was bilked from mostly elderly victims over a period of more than two years.

Fourteen suspects, 24 to 34 years old, were

arrested in Laval and Montreal, having recently moved from Toronto, according to the Sûreté du Québec which worked in conjunction with the Ontario Provincial Police on the investigation.

The police allege that this year alone, the group behind the operations defrauded 126 people across Canada of about \$739,000, and that 15 of those victims lost money several times, for

a total of \$243,000.

Most of the victims, between the ages of 46 and 95, lived in Ontario and were reached on their home telephones by suspects pretending to be law enforcement officers telling them that a grandchild was in police custody.

The caller would request bail money to release the grandchild.



The OPP maintains that secondary accomplices, described as "money mules," were enlisted by the masterminds of the scheme to go and pick up the money from the victims.

Laval tops list of Quebec's cities most targeted by fraud

The City of Laval was one of two communities in Quebec that saw the sharpest increases in fraud last year, according to data compiled by the Quebec Association of Directors of Police (ADPQ).

The findings, released by the ADPQ at Sûreté du Québec headquarters in Montreal, found that nearly 37,000 Quebecers were victims of fraud in 2023, representing an increase of 15 per cent over two years.

Laval and Quebec's Mauricie region saw the biggest increases in fraud at 20 per cent, while Montreal, Montérégie, and the Capitale-Nationale regions also saw steep rises in

numbers of fraud victims.

The most frequent frauds in Quebec, according to the ADPQ, are those involving the fraudulent use of gift and credit cards, computers and identity theft.

These include frauds involving false representatives, grandparent-type frauds, and romance frauds.

The dozens of frauds reported each year are only "the tip of the iceberg," according to an ADPQ spokesperson, partly because many victims never file complaints with the police, either because of shame or the amounts stolen aren't substantial.



LPD arrests fraud suspects wanted for \$25,000 sting

The Laval Police say they recently arrested two suspects during an operation to find the perpetrators of a fraud scheme during which victims were robbed of more than \$25,000.

On April 18, officers from the LPD executed two arrest warrants related to six cases of fraud alleged to have taken place on Laval's territory during the autumn of 2023. The victims of the scheme were primarily senior citizens.

The LPD identified the suspects as Jean-Yves Caron, age 56, and Borris-Armel Bahouely Kraye, age 27. They both face charges of fraud over \$5,000, theft of credit cards, and identify theft.

Caron was freed on bail after his initial arraignment, and he has another court date on July 26. The second suspect was still detained last week when the LPD released a statement, although he was expected to be arraigned in the following days.

If it is alleged that one of the suspects would establish the initial contact by telephone with victims at their homes. He would pose as a bank employee and was known to use the name Jean-Pierre Labonté, telling the victims they had been

targeted by fraud artists through their bank debit card.

After winning their confidence, the suspect would ask them to place their bank transaction cards in an envelope and write their personal identification number (PIN) on the envelope's back. They would then be told that an investigator would pass by to pick up the envelope. The banking cards would then be used by the suspects to commit acts of fraud at automated teller machines (ATM) and in businesses.

The Laval Police say they have reason to believe that the two suspects had several victims in the greater Montreal region. As such, they are inviting people who don't necessarily reside in Laval to come forward and share information or file a complaint if they feel they may also be among the victims.

The LPD is warning the public that no one should consider themselves to be above becoming the victim of fraud artists, as they've found that victims come from many walks of life and backgrounds. The police point out that bank employees don't go to a client's home to pick up documents or cash sums.



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KIDS' CORNER

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Learn to knit? A great idea!

Are you looking for an original and affordable hobby? Do you want to create something unique to gift to your loved ones? Do you love handmade clothes and accessories? If you answered "yes" to any of these questions, your new passion could be knitting.

A HOBBY FOR EVERYONE

Knitting used to be considered a grandmotherly activity. However, that's no longer the case! This craft is very popular with people of all ages.

Knitting has a lot going for it! Firstly, you can do it almost anywhere, including the park, your living room or on the bus. Unlike other hobbies, knitting doesn't make any noise or require much equipment, just balls of yarn and needles. For certain techniques, all you need is your fingers!

Additionally, knitting improves your concentration and is excellent for developing fine motor skills. Finally, creating works of art is calming and the perfect way to relax before an exam or oral presentation.



HOW TO GET STARTED

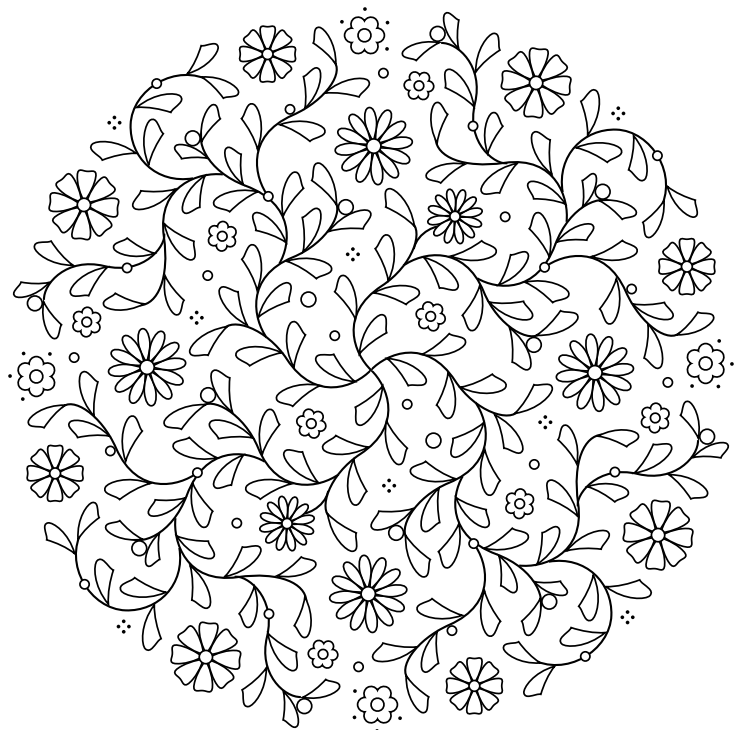
You can learn the basics of knitting by:

- Asking someone you know who knits to show you how
- Reading books or watching video tutorials online
- Asking your parents to sign you up for a knitting course at a specialist workshop or shop.

What do you want to knit? You can make many things, including hats, scarves, slippers and blankets!

Did you know that many international celebrities are knitting fans? Ryan Gosling, Kristen Stewart, Harry Styles and Demi Lovato are a few.

Make a mandala



Museums can be fun Here's proof

Are your parents or teachers organizing a trip to a museum? You might think it'll be boring and you'll have to be quiet the whole time. However, museums that welcome children know exactly how to show you a good time.

LOTS TO SEE AND HEAR

You'll see many unique objects, photos and descriptions that will grab your attention. Museums often have sections with screens and headsets so you can hear sounds and music or listen to character voices. You can immerse yourself in a specific subject and make surprising discoveries.

MANY INTERESTING ACTIVITIES

Moreover, many museums have fun activities where you can talk and move around as much as you like. During your visit, you could:

- Try on period costumes or clothing
- Ask your guide questions to satisfy your curiosity
- Ride in vehicles from the past or present
- Test your knowledge with quizzes
- Touch or handle objects and materials
- Make a craft to take home
- Take on challenges

Whether you visit a history, sports, science, nature, art, agriculture or transportation museum, you'll surely learn some amazing things and have a lot of fun! Are you looking forward to going to a museum?



Sudoku 6 x 6

	×	△		◇	
			+		
△					□
○				×	
			◇		+
	□	+			△

COMPLETE EACH GRID WITH THESE SIX SYMBOLS.

Symbols can only appear once in each line, once in each column and once in each box of six squares. Each box of six squares is marked by darker lines. Some symbols are already included in each box to help you get started. Don't forget: a symbol can't be repeated in the same line, column or box.

▽	○	×	+	□	◇
+	□	◇	○	▽	×
◇	×	▽	□	+	○
□	+	○	×	◇	▽
×	▽	+	◇	○	□
○	◇	□	▽	×	+

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DIRECT ANSWERS

FROM WAYNE & TAMARA

WHY?

Q I met Sean a year and a half ago in a crowd of 50,000 people. We struck up a conversation and really hit it off. He gave me his number, which I forgot. I thought about tracking him down, but figured if it was meant to be we would meet again. Three weeks later I got a phone call from him, and we have been together ever since, until about a month ago.

I left my friends and my life that I was used to. Everything was fantastic, we were in love, we thought we were going to get married. We just mentioned it a few times, but it wasn't really a topic of conversation. Anyway, something changed in Sean two months ago.

He didn't cheat that I know of, but in a week's time he broke up with me, demoted himself from a high ranked position at his job, and became depressed. He went to the doctor and is doing better now, but I am confused. How can everything be so great and all of a sudden he changes his mind about everything in his life?

He still likes to have sex and hang out with me sometimes, but doesn't have any interest in getting back together. I need to stop showing

interest in him, I think, and get on with my life, but I am having a hard time doing this. Why is he acting this way, and is there any way we will be together again?

Jessica

A Jessica, most people never find out the true why behind another's actions. Everyone wants the imaginary 'closure,' but the closure they want is to have what they want. That is why almost no one gets closure.

As a psychological concept, closure doesn't work. When a relationship ends, people don't want to learn why, they want to learn why not. They want to fix it. But if a man used a woman for sex, how will learning the truth give her closure? If a woman never loved the man, how can that truth give him closure?

You are not in a relationship with Sean, but he is having sex with you. He sounds like somebody with a plan for himself. Friendship sex is not in your best interest. You need to stop having sex with him and move on. Asking why only traps you.

Wayne & Tamara

WINNOWING

Q I am a female, 19. I am more mature than my age, and sometimes I feel I am trapped with an old soul in a young body. I fell in love with a man, 38. We were in a long-distance relationship for six months, but two months ago we decided I would move to New York to be with him and build my life there.

We had a bad time. I couldn't find myself, and he was occupied with his business. I was very unhappy and we argued constantly. Now I am back in Israel, and he is there. He decided it would be easier for me to build my life here, and it would be good for us to take a break. He is afraid I might regret marrying him because I haven't experienced life yet.

Is this kind of relationship possible, or am I

holding on to something which is doomed from the start?

Leah

A Leah, why do you need to mention age difference or other factors? When you were with him in New York, you were unhappy and argued constantly. Why can't that be the truth of the matter? You gave it a try, it didn't work, he pulled away.

Every man is not your future husband. Most men you will date until you see the relationship isn't going anywhere. That's what dating is all about—not snaring a man, but separating the wheat from the chaff. He's chaff. You're looking for wheat. Keep sifting.

Wayne & Tamara

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

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

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Avis donné à Christine Sénécal

Soyez avisé qu'une demande, que le demandeur ne peut concrétiser son projet de reprise du logement, 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.

AVIS DE DEMANDE DE DISSOLUTION

Prenez avis que la personne morale sans but lucratif Affaires Internationales au Féminin, constituée en vertu de la loi sur les compagnies (Québec) et ayant son siège social à Laval, demandera au Registre des entreprises du Québec la permission de se dissoudre. Date de décision : 19 janvier 2024 lors d'une assemblée extraordinaire.

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HOROSCOPE

Week of MAY 5 TO 11, 2024

The luckiest signs this week:
GEMINI, CANCER AND LEO



ARIES

Take time to rest to regain your energy and enthusiasm. You'll follow your intuition to discover a new spiritual path, pushing you to adopt a more exciting lifestyle.



TAURUS

Your vivid imagination could lead you to undertake a successful artistic project. Make an effort to arrange a festive get-together with your friends. It will be well worth it. Be mindful of distractions at work.



GEMINI

You'll be tasked with organizing a social event or an important meeting as part of your job. You'll overcome your shyness and discover your more extroverted side to excel in this role.



CANCER

You'll be given new and stimulating responsibilities at work. These tasks will allow you to discover and develop skills you didn't know you had, leading to a raise in the coming weeks.



LEO

You'll be given the opportunity to embark on a surprising adventure, such as a spiritual journey. This experience will broaden your horizons and guide your personal and professional development. It could also reveal itself through a sporting activity.



VIRGO

You'll be filled with a range of emotions that will lead you to a significant transformation. Consider making drastic changes, such as moving to a new home, exploring new horizons or changing jobs.



LIBRA

You'll be faced with an agonizing choice. Think carefully before deciding. Rushing into a decision you have to reconsider is a waste of time. Balance is the key. Know how to weigh the pros and cons.



SCORPIO

You'll have a lot of work to do this week. You could be entrusted with a confidential file with a significant financial payoff. You could also consider starting your own business, which will be very rewarding.



SAGITTARIUS

You may experience love at first sight and connect with a potential soulmate. You'll have an instant connection. However, family considerations could complicate things before fully investing in the relationship.



CAPRICORN

Watch what you say, especially around certain people who can't hold their tongues. You're planning a move and will spend time decorating to personalize your new space.



AQUARIUS

Someone may tell you a confusing secret. You'll wonder whether revealing it to the people involved would be the right thing to do. You may need to re-evaluate your circle of friends, especially if debt or betrayal are involved.



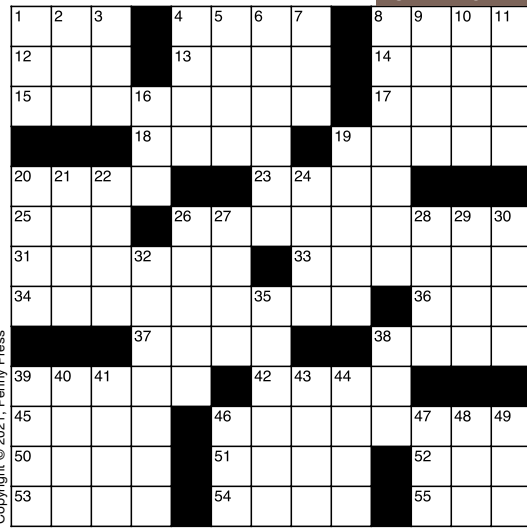
PISCES

Getting a promotion could solve some of your financial problems. Having a conversation with your boss could lead to this advancement, paving the way for a more promising future. Talking to your better half ensures you're both getting what you want from the relationship.

Coffee Break

CROSSWORDS

PUZZLE NO. 172



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ACROSS

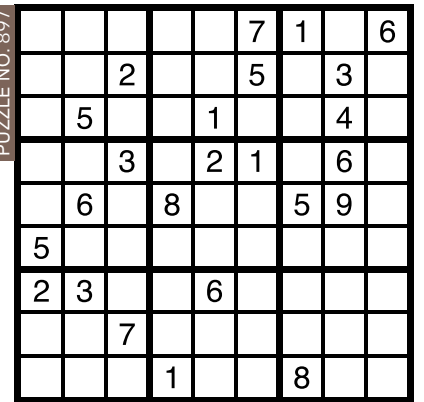
1. Mom's fellow
4. Love seat
8. Push
12. Keats poem
13. Challenging
14. Rant
15. Inhibited
17. Farm measure
18. Model
19. Levees
20. Pale
23. Recipe instruction
25. Pasture sound
26. Supplies
31. Runaway groom
33. Hi-fi
34. Infamy
36. "____ About You"
37. Oceanic movement
38. Talking bird
39. Expect
42. Annoy
45. Submarine sandwich

DOWN

1. One of Snow White's seven
2. Lemon refresher
3. Hideaway
4. Scram!
5. Rowing blades
6. Most liberated
7. Total up
8. Grassland
9. Hat stand
10. Monster of folklore
11. Poor marks
16. Undercover agent
19. Stained
20. Final word in prayer
21. Alone
51. Actress Tuesday
52. Hawaiian handout
53. Affirmatives
54. Mineral resources
55. Greeted
22. Owl's comment
24. Sample
26. Worthiness
27. Parched
28. Service branch
29. Scrawny
30. Soft drink
32. Love tonics
35. Creeper
38. Chess pieces
39. Sailor's greeting
40. "____ Only Just Begun"
41. Realm
43. Not busy
44. Jar tops
46. "Tea for ____"
47. Kind of tree
48. Catch sight of
49. Have a seat

Sudoku

PUZZLE NO. 897



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.

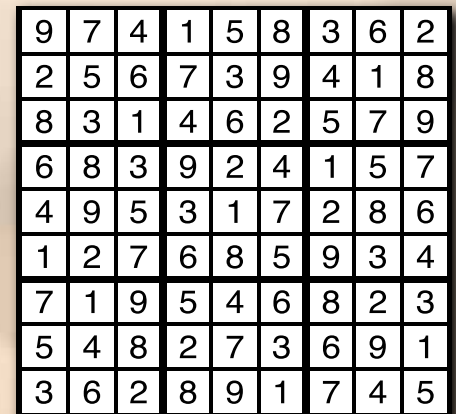
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.

Last Issue's Answers

CROSSWORDS



Sudoku



Doctor Dan Munteanu

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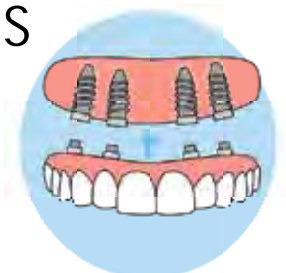
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