

Laval's English Paper, Since 1993

**David DE COTIS** Saint-Bruno district 514 467.1712 d.decotis@laval.ca www.laval.ca LAVAL **SERVING** our citizens!

<u>mewsfirst</u>

Vol. 33-14

July 9, 2025

450-978-9999 www.lavalnews.ca editor@newsfirst.ca 120,000 readers









# Agape's annual meeting



Seen here on June 26 during the Agape's annual general meeting are board of directors members (from the left) Roderick McLeod, Gregory Young and Elizabeth McLeod, as well as assistant-director Ian Williams and executive-director Kevin McLeod. (Absent from the photo are board of director members Pia Pulice and John William Lamontagne.) (Photo: Martin C. Barry, Laval News)

# **Laval Hellenic Festival**



# We help you go green.













Find out about our green incentives.



laval.ca/en ( Q Grant programs







# Get 5G mobile plans

from

Setup Service Fee (\$75) may apply.

# ROGERS Authorized Dealer

# Visit planetemobile.ca to see all current offers

#### **MONTREAL**

2100, Marcel-Laurin Blvd. Ville St-Laurent | 514-856-1884

9012. l'Acadie Blvd. 514-387-9999

Place Alexis-Nihon 1500, Atwater St | 514-939-5552

Complexe Desiardins 175 René-Lévesque Blvd. West | 514-669-1880

7600 Boul Viau, Unit 331 (514) 376-6667

#### **NORTH SHORE**

Centre Laval 1600, boul. Le Corbusier | 450-978-1081

Galeries Terrebonne 1185, boul. Moody | 450-964-8403

#### **SOUTH SHORE**

Chateauguay Regional Centre 200, d'Anjou Blvd. | 450-692-5136

Centre Valleyfield 50, Dufferin | 450-373-0519

#### **LANAUDIERE**

Galeries Joliette 1075 Firestone Blvd. Joliette | 450-760-3000

#### **OUTAOUAIS**

Les Galeries de Hull 320, St-Joseph blvd | 819-205-1390



Offer available for a limited time. Subject to change without notice. \$75 Setup Service Fee applies to setup device and related services (waived through self-serve on rogers.com). Taxes extra. \$20/mo. 4th line pricing with Auto-Pay and when you bring your own phone. ± Where applicable, provincial 9-1-1 fees are extra and billed monthly. 1 \$10/mo Auto-Pay Discount available with eligible plans (must be set up on account and remain active to get discount) not retroactive. If you remove Automatic Payments and re-add it to your account you will get the same discount tied to the wireless plan you subscribed to. 2 \$15/mo. discount for Rogers customers with an eligible home service activating the mobile plan above. Discount will be removed if you move to an ineligible mobile plan or cancel your home services. Rogers & Design and related brand names and logos are trademarks of Rogers Communications Inc. or an affiliate used under license. © 2025 Rogers Communications

# Laval businesses preparing for new weekend store hours



#### **MATTHEW DALDALIAN**

Local Journalism Initiative Reporter matt.newsfirst@gmail.com

Laval businesses and shoppers are preparing for late nights, but not everyone is sold on the idea. As part of a year-long provincial pilot project, Laval is one of three Quebec cities where retail stores will be able to be open until 8 p.m. on weekends. The move marks a shift away from Quebec's longstanding rules that have typically forced stores to close by 5 p.m. on Saturdays and Sundays.

The pilot project is set to begin in late summer, with Laval joining Gatineau and Saint-Georges as test cities for the extended weekend hours. If successful, the measure could eventually be rolled out province-wide.

#### **Shopping habits**

At the Méga Centre Notre-Dame, the heavily-frequented retail complex nestled in the heart of Chomedey, the change is starting to ripple through shop floors and food courts.

"I do feel like there would be more customers," said Wendy Ramos, manager at Urban Planet. She hadn't heard any schedule changes approaching, so her team hasn't started imagining the changes. For many, weekends are when the rush finally slows down—and that's exactly when the stores shut their doors. "Sometimes after five, that's when you kind of start your weekend."

For Ramos, the idea makes personal and professional sense. After clocking out, even she finds

herself wanting to browse and buy. "I do feel like it would also be a benefit— give the store extra money," she added, noting that extended hours could bring a boost without necessarily needing to expand the team.

That optimism is echoed by Fara Iabal, assistant manager at Carter's OshKosh, who thinks the plan better reflects modern shopping habits. Everybody has time when they are off," she said. "They go out and shop during the whole day."

She pointed out that weekdays are rarely as fruitful, with most customers tied up in work or school. In her view, the pilot project should go even further: shorten weekday hours and prioritize weekends.

#### Scattered shoppers

But if extended weekend shopping might offer convenience, not everyone is convinced it'll lead



Youcef Bouri, head manager at Sports Experts in Sainte-Dorothée. (Photo: **Matthew Daldalian, Laval News)** 

"We already started opening until 9 a.m. on Mondays and Tuesdays... it's doing quite decent," said Youcef Bouri, the head manager of Sports Experts, also located at the Méga Centre. "But it's not bringing in more people than it was before."

Bouri sees the shift more as a redistribution of foot traffic than a revenue generator. "Instead of clients coming in at three in the afternoon... they just end up going later after supper," he explained. For him, the result is the same number of shoppers spread out over longer hours.

And that has consequences for staff. "My payroll is going to increase," Bouri said. "Will staying open until 8 compensate for the amount of staff I'd have to bring in? I'm not convinced."

He worries that stores like his, located in residential pockets like Sainte-Dorothée, won't benefit the same way downtown stores with high foot traffic might. "Over here... we're not getting any more traffic. It's just scattered."

#### **Blue laws**

Quebec's store hour laws have long been shaped by tradition. In the 1980s, most shops were closed on Sundays under "blue laws" tied to religious rest. But as public opinion shifted and border towns lost business to U.S. retailers, Sunday shopping slowly became the norm.

That shift sparked debates still relevant todayabout worker conditions, small business survival, and whether convenience should come at a cost.

#### Shoppers' perspective

For shoppers like Jeet Parmar, the coming

The revamped Sports Experts location in Sainte-Dorothée could stay open later on weekends—though a manager says the payoff remains uncertain. (Photo: Matthew Daldalian, Laval News)

change to store hours couldn't come soon enough. "Especially in the morning we are very busy doing our stuff like cleaning up, laundry, this and that," she said. By the time people get to the mall, she says the day's almost gone. "We have a very small window."

She'd like to see stores open until 7 p.m. at least, and believes the move could also offer more flexible job opportunities.

But others, like Richard Labelle, aren't so sure. "If it's good for the stores, it's because they're going to make more money," he said. But for employees, he added, it could be harmful. "A woman who has children—her kids are at home. You don't want to have to hire a babysitter for longer because of that."

Labelle said he personally doesn't shop past 5 p.m. and sees no real benefit beyond business

The Quebec government, meanwhile, says the pilot is meant to answer a bigger question: whether it still makes sense to regulate shopping hours in a world dominated by 24/7 online retail.

Businesses aren't required to extend their hours. But if the year-long experiment shows promise, the model could eventually expand across the province.

# Quebec's 2035 gas vehicle ban, under fire

#### **MATTHEW DALDALIAN**

Local Journalism Initiative Reporter matt.newsfirst@gmail.com

A day after Quebec's environment minister slightly relaxed the province's zero-emission vehicle (ZEV) standard, a prominent think tank says the government isn't going far enoughand should scrap the 2035 ban on gas-powered vehicles entirely.

The Montreal Economic Institute (MEI) responded forcefully this week to Minister Benoît Charette's decision to add some hybrid models to the list of vehicles that count toward emissions reduction targets. Under Quebec's ZEV mandate, adopted in 2016, automakers must meet escalating quotas for low and zero-emission vehicle sales or face fines. The goal is to reach 100 per cent by 2035, effectively ending the sale of new gas-only cars.

#### Not meeting target

But MEI policy analyst Gabriel Giguère says the province's incremental changes are merely a

stopgap—and an implicit admission the targets are unachievable.

"There's a lack of appetite of the consumer for EVs," said Giguère. While sales were up in 2024, numbers dropped significantly in 2025 when provincial subsidies were paused. "People don't want that much EVs right now."

Giguère believes Quebec's 2026 sales target— 32.5% of all new cars—already looks out of reach. According to internal government figures cited by Giguère, even the 2030 target of 85% is unlikely to be met. "The government knows it won't be able to meet its targets," he said.

Giguère argues that Quebec's ZEV policy has run up against not only economic headwinds but also logistical ones. The cost gap between electric and gas-powered vehicles remains significant, particularly in the popular SUV category. While some of that price difference may be recovered through fuel savings over several years, he noted that not every Quebecer can afford that kind of long-term investment. "Not everybody has that luxury," he said.

In addition, Giguère warned that Quebec's energy supply is already under strain. "Hydro-Québec is not swimming in large surpluses right now. Quite the contrary," he said. The growing demand from EVs, combined with efforts to electrify commercial and residential infrastructure, could outpace supply and limit future economic development.

#### **Consumer demand**

The MEI has previously argued that policies like the ZEV mandate represent an attempt to "impose" technological change from the top down—rather than letting innovation and consumer demand guide the transition.

"If the adoption of electric vehicles is to be sustainable, it has to be based on innovation, not obligation," Giguère said. "Let the Quebec people decide for themselves what is best for their families."

Polls suggest the MEI's position may have public support. A survey conducted by MEI last September found that 68% of Quebecers believe banning the sale of gas-powered vehicles by 2035 is "unrealistic."

Despite the growing skepticism, the mandate remains intact. Asked if he supports any policy

alternatives.

**Gabriel Giquère** 

Giguère emphasized individual choice. "If [a consumer] needs to buy an electric car, there's no problem. If it's a conventional car, there's also no problem," he said. "Right now, it's not the trend. And so the government wants to establish policy that obliges people to buy it. I don't think it's the right policy."

The MEI, which describes itself as an independent, pro-market think tank, continues to call on Quebec and Ottawa to abandon fixed









Offer valid from July 1, 2025, to July 31, 2025. Purchase financing at a 0% APR for up to 48 months. Available on all new and previously unregistered 2025 Roque trims (5, 5V Moonroof, Midnight Edition, 5V Premium, 5L, Platinum). Offe subject to credit approval by Nissan Canada Finance Representative example for the 2025 Roque 5 AWD CVT. Base price of \$33,998. Weekly payments of \$177\*tax for 48 months. \$0 down payment required. Fees and levies of \$2.851 provincial environmental fee, tire levy, Personal Property Security Act, dealer charges, air conditioner tax, freight, and PDI) are included in the offer. The total obligation is \$36,856. Offer subject to change or cancellation without the other subject to change of the other subject to change or cancellation without the other subject to change or cancellation without the other subject to change or cancellation without the other subject to change or cancellation with the other subject to chan

3860, boul. Notre-Dame, # 304, Laval, QC H7V 1S1

Tel: 450-978-9999 • Fax: 450-687-6330 E-mail: editor@newsfirst.ca

#### www.lavalnews.ca

nedey, Ste-Dorothée, Fabreville, Laval-sur-le-Lac & Val des Brises H7W • H7T • H7V • H7S • H7X • H7Y • H7P • H7R • H7E

#### **Publishers:**

George Bakovannis George S. Guzmas

#### **General Director:**

George Bakoyannis

#### **VP Sales & Marketing:**

George S. Guzmas sales@newsfirst.ca

#### **Graphic Design:**

Lareine Zakhour Elena Molter **Thomas Bakoyannis** 

#### **Advertising:**

George S. Guzmas

#### **Editorial Staff:**

Martin C. Barry Matthew Daldalian Dylan Adams Lemaçon Renata Isopo Maria Diamantis **Dimitris Ilias** James Ryan

Deadline for commercial advertising by Friday at 3 p.m. Deadline for classified advertising by Friday at 3 p.m. ISSN number: 1923-0605 Annual subscription: \$89.95 • Per copy: \$1

The views, opinions and positions expressed by columnists and contributors are the author's alone. They do not rently or expressly reflect the views, opinions and/or positions of our publication

Layout: Media Trek **Distribution:** TC. Transcontinental/ **DIFFUMAG** 

Printing: TC. TRANSCONTINENTAL

Project funded in part by



In partnership with

économique











Publishers' Liability for Error: The publishers shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The publishers' liability for other errors or omissions in connection with any advertisement is strictly limited to publication of the advertisement in any subsequent issues or the refund of any monies paid for the advertisement. Articles published reflect writers' opinions, but not necessarily the opinion of this newspaper ENTIRE CONTENTS COPYRIGHT 2025

# OPINION & Editoria



# Canada's loyalty to globalism is bleeding our economy dry

Trump's controversial trade policies are delivering results. Canada keeps playing by global rules and losing

U.S. President Donald Trump's brash trade agenda, though widely condemned, is delivering short-term economic results for the U.S. It's also revealing the high cost of Canada's blind loyalty to globalism.

While our leaders scold Trump and posture on the world stage, our economy is faltering, especially in sectors like food and farming, which have been sacrificed to international agendas that don't serve Canadian interests.

The uncomfortable truth is that Trump's unapologetic nationalism is working. Canada

Despite near-universal criticism, the U.S. economy is outperforming expectations. The Federal Reserve Bank of Atlanta projects 3.8 per cent second-quarter GDP growth.

Inflation remains tame, job creation is ahead of forecasts, and the trade deficit is shrinking fast, cut nearly in half. These results suggest that, at least in the short term, Trump's economic nationalism is doing more than just stirring headlines

Canada, by contrast, is slipping behind. The economy is contracting, manufacturing is under pressure from shifting U.S. trade priorities, and food inflation is running higher than general inflation. One of our most essential sectors agriculture and food production—is being squeezed by rising costs, policy burdens and vanishing market access. The contrast with the U.S. is striking and damning.

Worse, Canada had been pushed to the periphery. The Trump administration had paused trade negotiations with Ottawa over Canada's proposed digital services tax. Talks have since resumed after Ottawa backed away from implementing it, but the episode underscored how little strategic value Washington currently places on its relationship with Canada, especially under a Carney-led government more focused on courting Europe than securing stable access to our largest export market. But Europe, with its own protectionist agricultural policies and slower growth, is no substitute for the scale and proximity of the U.S. market. This drift has real consequences, particularly for Canadian farmers and food producers.

The problem isn't a trade war; it's a global realignment. And while Canada clings to old assumptions, Trump is redrawing the map. He's pulling back from institutions like the World Health Organization, threatening to sever ties with NATO, and defunding UN agencies like the Food and Agriculture Organization (FAO), the global body responsible for coordinating efforts to improve food security and support agricultural development worldwide. The message is blunt: global institutions will no longer enjoy U.S. support without measurable

To some, this sounds reckless. But it's forcing accountability. A senior FAO official recently admitted that donors are now asking hard questions: why fund these agencies at all? What do they deliver at home? That scrutiny is spreading. Countries are quietly realigning their own policies in response, reconsidering the cost-benefit of multilateralism. It's a shift long in the making and long resisted in Canada.

Nowhere is this resistance more damaging than in agriculture. Canada's food producers

have become casualties of global climate symbolism. The carbon tax, pushed in the name of international leadership, penalizes food producers for feeding people. Policies that should support the food and farming sector instead frame it as a problem. This is globalism at work: a one-size-fits-all policy that punishes the local for the sake of the international.

Trump's rhetoric may be provocative, but his core point stands: national interest matters. Countries have different economic structures, priorities and vulnerabilities.

Pretending that a uniform global policy can serve them all equally is not just naïve, it's harmful. America First may grate on Canadian ears, but it reflects a reality: effective policy begins

Canada doesn't need to mimic Trump. But we do need to wake up. The globalist consensus we've followed for decades is eroding. Multilateralism is no longer a guarantee of prosperity, especially for sectors like food and farming. We must stop anchoring ourselves to frameworks we can't influence and start defining what works for Canadians: secure trade access, competitive food production, and policy that recognizes agriculture not as a liability but as a national asset.

If this moment of disruption spurs us to rethink how we balance international co-operation with domestic priorities, we'll emerge stronger. But if we continue down our current path, governed by symbolism, not strategy, we'll have no one to blame for our decline but ourselves.

Dr. Sylvain Charlebois

# ANGRY? FRUSTRATED? ANNOYED?



Send a letter to the editor and get your opinion heard loud and clear.

editor@newsfirst.ca

# BIIIIIG DEAL

65GB for \$34/mo. with only auto-pay1





- Laval & North Shore Carrefour Laval & Centre Laval.
- Greater Montreal Alexis Nihon, Carrefour Angrignon, Carrefour de la Pointe, Centre commercial Forest, Centre Commercial Village Montpellier, Centre Rockland, Fairview Pointe Claire, Les Galeries du Parc, Mail Champlain, Place Bourassa, Place Longueuil, Plaza Côte-des-Neiges, YUL airport.
- Head Office 12053 Laurentien Blvd, Montreal.
- (438) 992 2002

# City pledges to leave no one out during housing shortage



Although the annual July 1 moving day has passed, the City of Laval is pledging to continue working with partner organizations to provide support to individuals and families facing difficulties finding a place to live because of housing

shortages and untenably high apartment rents. People living in Laval who are currently searching for a place to live and need help doing so are being encouraged by the city to call the municipal housing help hotline (SARL) at 450 505-6025 or by e-mail: sarl@omhlaval.ca.

This is the fifth year the City of Laval has been supporting the operation of the SARL office, which is under the umbrella of the Office municipal d'habitation de Laval (OMHL), with a subsidy of more than \$195,000.

"The summer holiday season, and especially all the moving taking place on July 1, represents

every year a moment of precarity for some Laval residents," says Mayor Stéphane Boyer.

"In conjunction with our partners, we are reactivating a challenged intervention system to accompany the tenants who are in a vulnerable situation. Housing is a responsibility shared between the various levels of government, and our administration is facing up to its responsibilities and its capacities."

In as much as the summer season is especially critical, the needs for assistance for finding a place to live actually stretch out over the whole year. The city says tenants should realize that they

can count on the support of the SARL at all times. The SARL office is also closely connected with the city's emergency social services division, which is mandated to intervene on Laval's territory during crisis situations deemed compromising to the security of individuals and families.

The division is available to provide support for those finding themselves without shelter, by ensuring their well-being and the safety of their belongings. For example, they are mandated to provide shipping containers for family's belongings. Temporary shelter can also be provided in nearby motels or hotels.

# City of Laval says it's prepared for summer's heat waves

The city says it was prepared for a heat wave that settled over the Laval region during the recent Fête nationale du Québec holiday, and will be prepared for any heat waves to come.

The city says it is monitoring the weather regularly for heat warnings. As summer is far from over, here are some of the recommendations the city is making in case there are heat waves in the

coming weeks and months.

- Watch out for vulnerable people in your surroundings and household. Stay in touch with friends and neighbours for the sake of their well-being during periods of extreme heat.
- Stay hydrated: Don't wait to be thirsty; drink water before.
- Focus on activities requiring less energy and spend more time in the shade.
- Keep a wet cloth on hand to cool your face and other body parts, shower frequently, go swimming or to the water park.
- Monitor for these key signs of dehydration: extreme thirst, dry mouth and lips, dark urine, rapid pulse and breathing. Call Info-
- Santé at 811, your doctor or pharmacist if in doubt. In an emergency, call 911.
- Pay special attention to young children and senior citizens. Particularly children taking medication. Follow any instructions given by doctors or pharmacists for dealing with heat.
- To protect from the sun, wear light clothing and a hat.

# AG's report was tabled at July 8 meeting of council

The City of Laval's auditor general, who examines the city's consolidated financial statements, released her latest report during the monthly

public city council meeting on Tuesday July 8. The report, the second to be issued by auditor general France Lessard since beginning her mandate, will contain an audit of the city's financial statements, an audit of the overall performance of city departments, and a

followup report on whether the city followed recommendations made in previous auditor general's reports.

### FOR SALE

**Chomedey:** Beautiful ground floor condo, open concept with private entrance and garage. Offering 1 huge master, 1 bath with shower and tub. Rented semi-furnished with fridge, stove, dishwasher, washer, dryer. Close to highways and schools.

Ville St-Laurent: Great location. Offering 3+1 bedrooms 2 baths, kitchen and separate dining area. Possibility of intergenerational. Double garage. Quick occupancy.

### FOR RENT

Ste-Rose: Cottage for rent, situated in a nice quiet area. Offering 3 bedrooms, 1 1/2 baths. Inground pool, exterior parking. Quick occupancy.

Call me for more details.



VOULA KOTTARIDIS (514) 993-5010 AGENTVK@GMAIL.COM



EXCELLENT SERVICE | EXCEPTIONAL RESULTS



ROYAL LEPAGE

HUMANIA CENTRE

AGENCE IMMOBILIÈRE 450.682.2121

# fido 命

# ZERO. THAT'S RIGHT.

treat yourself to an upgrade



### with -FIDO PAYMENT **PROGRAM**

OAC, on select phones and plans. Setup Service Fee (\$70) may apply.

#### Visit mobifone.ca to see all current offers

**Place Forest** 10539, Pie-IX Blvd. 514 325-7100

**Decarie Square** 6900 Decarie, Unit K001 514 739-6838

436, Jean-Talon St West du Parc Metro 514 272-2355

680, Jarry St East Jarry Metro 514 490-0099

#### MONTREAL

Complexe Desjardins 175, René-Lévesque Blvd. West Place-des-Arts Metro 514 669-1880

Place du Quartier (Chinatown) 1111, St-Urbain St Place-des-Arts Metro 514 667-0077

Place Alexis Nihon 1500. Atwater Av. Atwater Metro 514 939-5552

4257 Boul. St-Laurent Mont-Royal Metro 514 439-9934

Place Viau 7600, Viau Blvd. 514 376-6667

#### **SOUTH SHORE**

Valleyfield Centre 50 Dufferin, Unit 1200 Valleyfield 450 373-0519

Châteauguay Regional Centre 200 d'Aniou Blvd... Châteauguay 450 692-7769

#### **NORTH SHORE**

Galeries Terrebonne 1185, Moody Blvd. Terrebonne 450 964-8403

#### LANAUDIERE

Galeries Joliette 1075 Firestone Blvd. Joliette 450 760-3000

#### OUTAOUAIS

Les Galeries de Hull 320, St-Joseph Blvd. Hull 819 205-1390





### **UPGRADE TODAY**

# Youth and Parents Agape Association has 'another productive year'

Laval's English social services agency ends 2024-2025 with a surplus

#### **MARTIN C. BARRY**

Local Journalism Initiative Reporter marty@newsfirst.ca

The Youth and Parents Agape Association – known to most people in Laval simply as Agape – "had another productive year," according to its directors, with a consistent number of English-speaking clients receiving a range of social services in 2024-2025.

#### 5,000 served and climbing

"Over the past 12 months, we have provided services, resources, presentations, referrals, emergency food relief and other essential support to over 5,000 individuals," the non-profit group's board of directors stated in their latest Report of Activities.

Tabled during Agape's annual general meeting on June 26, the document offered a comprehen-

sive overview of Agape's efforts to improve the lives of the underprivileged English-speaking and multicultural communities in Laval between April last year and this past March.

Founded in 1976 by Cliff and Leo Young in a Chomedey church basement, the organization progressed since then from a food and clothing bank to become a corner stone for the provision of a range of social services directed primarily at English-speaking Chomedey and Laval residents.

#### **Drawing city's attention**

While it's notable that the City of Laval has tended over the years to overlook Agape when determining its budget priorities, among the guests at this year's AGM were close to a half-dozen elected officials from the city – although it's perhaps also worth noting: 2025 is a municipal election year.



There was a full house of supporters, many of them seniors, at Agape's 2024-2025 annual general meeting on June 26. (Photo: Martin C. Barry, Laval News)

They included Chomedey independent councillor Aglaia Revelakis, Saint-Martin Mouvement lavallois councillor Aline Dib, L'Abord-à-Plouffe Mouvement lavallois councillor Vasilios Karidogiannis, Sainte-Dorothée Mouvement lavallois councillor Ray Khalil, and Fabreville Parti Laval councillor Claude Larochelle (who is running for mayor).

According to an audited statement prepared by the accounting firm Leuzzi & Associé, Agape's financial statements for 2024-2025 "present fairly, in all material respects, the financial position of the Organization as at March 31, 2025, and the results of its operations and cash flows for the year then ended in accordance with Accounting Standards for Not-for-Profit Organizations (ASNPO)."

#### **Ending year with a surplus**

The statement indicates that Agape's revenues in 2025 were nearly \$80,000 higher than the year earlier, and that the organization ended the year with a surplus of revenues over expenditures of \$31,785. This compares to a loss last year, largely because of high operating costs for the Senior Wellness Centre.

Agape is projecting revenues of \$1,170,346 in 2025-2026, the largest portions of which will be from the Quebec government's Sécrétariat aux relations avec les Québécois d'expression anglaise (\$300,00), the Ministère de la santé et des services sociaux (\$206,896), and Health Canada (\$142,150).

Among other things, the Quebec government is also expected to contribute an addi-

tional \$70,000 for the operation of the Senior Wellness Centre.

#### **Rising Anglo jobless**

Some significant statistics cited during the meeting: In 2021, there were 20,460 English speakers aged 15+ with income under \$20k in the Laval region, where they represent 23.7 per cent of the English-speaking population aged 15 and over.

However, nearly 31 per cent of Laval Englishspeaking seniors aged 65+ were living with a household income below \$20k per year. In 2021, there were 6,575 unemployed English speakers in the Laval region who experienced an unemployment rate of 10.8 per cent.

(In May, Quebec's unemployment rate was 6.2 per cent, according to the Institut de la statistique du Québec, while it was 7 per cent across Canada in the same period, according to Statistics Canada.)

#### **Growing English population**

According to Agape executive-director Kevin McLeod, the size of the potential client base served by Agape has climbed significantly since the last federal census four years ago, when there were 104,525 English speakers said to be living in Laval, compared to around 92,000 when the measurement was taken before then.

Laval's English-speaking population rose from 21.8 per cent to 24 per cent now. "We can only assume that with the next census that it'll keep on growing some more," said McLeod.



According to Agape executive-director Kevin McLeod, the size of the potential client base served by Agape has climbed significantly since the last federal census four years ago. (Photo: Martin C. Barry, Laval News)



Serving the community for over 25 years...

Our priority is your healthy smile...

Dr. Savas Fortis, DDS

Chirurgien dentiste / Dental Surgeon

For your entire dental needs call:

450-682-3921



Monday to Friday 8:00 am to 7:00 pm Saturday 8:00 am to 1:00 pm

4375, Notre-Dame, suite 7, Laval

(corner Elizabeth)

43

Laval News • July 9, 2025



A note of welcome to new residents (and new Laval News readers)

(450) 978-9999 editor@newsfirst.ca www.lavalnews.ca

We would like to take a moment to extend a warm welcome to all of you who have recently chosen to make Laval your new home.

Every year at this time, we publish the contact info for your city councillors, MPs and MNAs. All taxpayers should know who represents them.

We've also published for you the most important municipal bylaws.

At the same time, we would like to take this opportunity to thank our faithful readers for sticking with us and keeping us on our toes, as well as our local merchants - your advertising supports and enables us to provide the very best the community has to offer in terms of English media. We may not be the biggest, but we've got heart - and we'll go to the mat for Laval and our readers, each and every time. If there's a story you'd like to see us cover, something that bugs you, or a feature you love and would like to see more of - give us a call, drop us a line, or even drop by our offices... our doors are always open. Established in 1993, we are Laval's oldest English newspaper, thanks to you, our readers.

Visit us on the web anytime at www.lavalnews.ca to browse through our latest issue online, or even browse our archives.

#### **YOUR CITY COUNCIL**



Mayor

#### laval.ca Municipal council members



Saint-François 438 886-7254



Vimont Pierre Brabant p.brabant@laval.ca



Saint-Martin Aline Dib a.dib@laval.ca



Saint-Vincent-de-Paul Paolo Galati p.galati@laval.ca 514 945-7145

Val-des-Arbres

Achille Cifelli

514 983-5611

Christine Poirier

c.poirier@laval.ca

Cecilia Macedo

514 944-0020

Concorde-Bois-de-Boulogne

Sandra Desmeules

514 451-0192

Seta Topouzian

s.topouzian@laval.ca 514 862-1402

s.desmeules@laval.ca

District 4 Duvernay-Pont-Viau

Marigot



Saint-Bruno David De Cotis d.decotis@laval.ca 514 467-1712



Sainte-Dorothée Ray Khalil r.khalil@laval.ca 514 825-2493



locelyne Frédéric-Gauthier j.fredericgauthier@laval.ca 514 515-1293



Laval-les-Îles Nicholas Borne n.borne@laval.ca 450 978-6888 poste 4126



Laval-des-Rapides Alexandre Warnet a.warnet@laval.ca 514 622-6178



L'Orée-des-Bois Yannick Langlois v.langlois@laval.ca 514 979-5343



Souvenir-Labelle Sandra El-Helou 514 702-2225



Marc-Aurèle-Fortin **Louise Lortie** 514 962-1090





Fabreville Claude Larochelle cl.larochelle@laval.ca 438 491-7069





Flavia Alexandra Novac 438 875-8337

All citizens should know that their Federal, Provincial and Municipal representatives are there to hear their concerns and try to solve their problems. They're just a phone call away.

#### FEDERAL MEMBERS OF PARLIAMENT



**LAVAL-LES ILES** Fayçal El-Khoury 450-689-4594



**Annie Koutrakis** 450-973-5660



MARC-AURÈLE-FORTIN ALFRED-PELLAN





**Angelo lacono** 450-661-4117

### I would like to wish a warm welcome to all our new residents in the district of Chomedey





**Municipal councillor - Chomedey** 

514-242-5761 | a.revelakis@laval.ca

#### MEMBERS OF THE QUEBEC NATIONAL ASSEMBLY



**Alice Abou-Khalil** 450-689-5516

Céline Haytayan

Celine.Haytayan.LDR@assnat.gc.ca

450-668-6077

FARRE



CHOMEDEY Sona Lakhoyan Olivier 450-686-0166 Sona.LakhoyanOlivier.CHOM@assnat.gc.ca



SAINTE-ROSE **Christopher Skeete** 450-963-8272 Christopher.Skeete.SARO@assnat.qc.ca



MILLE-ÎLES **Virginie Dufour** 450-661-3595 /irginie.Dufour.MIIL@assnat.gc.ca



Both new and established residents will benefit from a glance at this handy list of services and Bylaws.

Please note that the following information does not replace the provisions found in the official Bylaws.

#### **ALARMS**

No permit is required for the installation of an alarm system.

#### **ALARM TYPES**



There are 2 types of alarm:

- A hold-up type alarm that is triggered by a person to inform of a robbery in progress.
- Other types of alarm
- Burglar type alarm that is triggered by an automatic mechanism that detects noise, movement or a break-in.
- Panic button is triggered by a person to inform that they are experiencing a health problem or a life-threatening event.

#### **Unfounded alarm**

A false alarm occurs when a vehicle or building's alarm system is triggered without a reason that warrants police intervention.

#### What is considered a false alarm:

 An alarm triggered by a test that generates a 911 call.

- An alarm triggered by faulty or inadequate equipment.
- An alarm triggered due to weather conditions, excessive vibration, power failure, or neglect.

#### Offense and fine

The City charges a fee for all police interventions made within 183 days of a first intervention resulting from an unnecessary communication. Fees can range from \$114 to \$539.

#### **SMOKE ALARMS**



A smoke alarm alerts occupants with an audible signal when smoke is present. It allows for rapid response and can save lives. Take advantage of each time the clocks change to check its proper operation.

It is mandatory for every property to be equipped with smoke alarms. Here are the main rules regarding their installation and maintenance:

• A working smoke alarm is mandatory on each floor of a home or apartment.

- In buildings constructed after 1985, all smoke alarms must be electrically connected according to the Quebec Construction Code.
- All smoke alarms must be replaced 10 years after the manufacturing date indicated on the case. If no manufacturing date is indicated, the smoke alarm must be replaced immediately.

#### Offense and fine

The City imposes fines for anyone who commits an offense. The City is liable to a fine for each dwelling or room affected by the offense. The first offense starts at \$80.

#### **CARBON MONOXIDE ALARMS**



Carbon monoxide is a gas that has harmful effects on health and can be fatal. It is odourless, colorless, and tasteless. It is released when appliances burn fuels such as propane, ethanol, wood, fuel oil, etc.

All properties must be equipped with a carbon monoxide detector when there is a combustion

appliance or direct access to an indoor parking garage.

If it is a multi-unit property, the owner must install a carbon monoxide alarm in each of the units.

A carbon monoxide alarm must be continually maintained in perfect working order by the occupant and replaced by the owner when defective.

#### Offense and fine

The City imposes fines for anyone who violates the bylaw.

The first offense starts at \$50 and can go up to \$2,000, if violated again.

# APPLIANCES USING DRINKING WATER



Faced with growing environmental challenges and the need to preserve drinking water, regula-

► Continued on page 11



# Have you recently moved to Laval?

Check out our welcome guide to discover your city and your new community.





Laval News • July 9, 2025

#### ■ Continued from page 10

tions have been put in place. They aim to ensure responsible use of water by regulating practices related to its installation and operation.

Since January 1, 2025, it is prohibited to install any device using water from the municipal water supply network for air conditioning, refrigeration, cooling, heating or for a generator. Example of devices that use drinking water continuously and must comply with regulations:

- · Air conditioner
- Compressor
- Refrigerator (e.g., beverage refrigerator)
- Freezer
- Cold room
- Ice cream machine and ice cream maker
- Refrigerated work table and refrigerated counter
- Etc.

#### Offense and fine

The City imposes fines for anyone committing an offense. Fines range from \$100 to \$4,000 if the rules are repeatedly violated.

# BAN ON PLASTIC BAGS AND OTHER SINGLE-USE PLASTIC ITEMS



#### What is single-use plastic?

It is a plastic bag or article used to package or consume food, distributed individually and designed for short-term single use and which will then be disposed of.

In an effort to reduce its ecological footprint, the City of Laval has implemented bylaw L-12803, prohibiting the distribution of singleuse plastic bags and other single-use plastic items within its territory.

The regulations apply to all retail businesses that sell merchandise or food, including restaurants. The ban on the distribution of shopping bags applies to all types of plastic, even compostable ones. It also applies to single-use cutlery.

#### All retail businesses

It is prohibited to offer, sell, distribute or make available to consumers a single-use plastic shopping bag.

Exceptions:

- Plastic bag used for hygiene or bulk purposes
- · Dry cleaning bag
- Bag for industrial processes and marketing of pre-packaged products

#### Food and beverage outlets

It is prohibited to distribute single-use cutlery. Single-use cutlery includes any items used for consuming food or beverages, such as plates, bowls, cups, glasses, utensils, straws, or packaging designed for a single use.

Disposable cutlery includes all items used for consuming food or beverages.

**Exceptions:** 

Pre-packaged foodstuffs outside the catering or food trade

- Containers returned or taken back by food stores which put them into circulation for their customers
- Single-use cutlery supplied in a ready-todrink or ready-to-eat container
- Single-use cutlery that is recyclable and made from category 1 to 5 plastic (SPI) or made from 100% compostable fibers, excluding those made from or containing degradable or compostable plastic

#### Bags containing advertising material

It is prohibited to distribute bags containing advertising material unless they meet the following criteria:

- Bag made from 100% recycled and recyclable plastic
- Promotional material in the bag made from 100% recyclable paper
- **Exceptions:**
- Reusable bags
- Paper bags

#### Offense and fine

The City imposes fines for anyone who violates the bylaw, ranging from \$200 to \$2,000.

#### **DID YOU KNOW?**

A plastic bag takes only 1 second to make. It is used for an average of 20 minutes before being thrown away, but can take up to 1,000 years to degrade.

#### **CANNABIS**

The City of Laval regulates the use, possession, and cultivation of cannabis within its bound-

aries to ensure the safety and well-being of its citizens. Municipal regulations complement provincial and federal laws to protect young people and maintain the quality of life in various neighbourhoods.



Like other cities in Quebec, Laval regulates the public consumption of cannabis and establishes zones for its cultivation and sale. To this end, it has adopted two regulations: one on production and sale, and another on the odours associated with production.

#### **Cannabis consumption**

Cannabis use in Laval remains subject to the Cannabis Regulation Act adopted by the provincial government, which prohibits its use in all public places, indoors and outdoors, including on public roads or at events. The City complies with this law and has not relaxed any of the prohibitions it contains. Cannabis use is therefore prohibited on riverbanks, in green spaces, and in parks.

#### Areas for points of sale

Only the Société québécoise du cannabis (SQDC) can sell cannabis in Quebec.

► Continued on page 12





#### **◄** Continued from page 11

# Distance to be respected between a point of sale and establishments frequented by young people

The regulations require compliance with white zones, i.e., a minimum distance of 250 meters between a cannabis retail outlet and schools and youth centers. In Laval, the regulations provide for larger white zones, i.e., 305 meters.

The sale is also excluded from areas near school construction projects and near vacant land that could potentially accommodate them.

The establishment of branches is only permitted in certain commercial areas, mainly on major arteries where retail sales are permitted.

#### **Areas for production**

The regulation on odours related to production ensures that the Laval population is not exposed to the odour nuisances of cannabis cultivation and storage. Production is strictly permitted in certain industrial zones and in four small agricultural zones located far from residential areas. New production sites will be required to have a certified system to eliminate odours from cultivation.

# CODE OF ETHICS AND PROFESSIONAL CONDUCT FOR ELECTED OFFICIALS

Each municipality must, within six months of their election, adopt a revised code of ethics and professional conduct that replaces the current one, with or without amendment. This code applies to both elected officials and office staff. This code of ethics aims to:

- supervise the behaviour of elected officials and political employees.
- protect the interests of the population.
- improve the quality of the services offered.
- improve the quality of the services offered
   preserve the trust of the people of Laval.



Re-elected persons who have already completed the training during a previous term must also complete it again.

#### **GARAGE SALE**

Garage sales, also called yard sales, are permitted in Laval. They are an opportunity for the Laval population to sell or buy used items while promoting recycling.

Each residence can organize a garage sale for a period of 2 consecutive days, only once per calendar year.



#### **HEATERS**

#### INDOOR HEATERS AND FIREPLACES



To preserve air quality and protect the health of the Laval population, the City of Laval has adopted By-law L-12792. This by-law regulates the use of solid-fuel heating appliances and fireplaces, which are known for their harmful effects on air and health.

#### What is a solid fuel fireplace?

Solid fuel appliances include wood stoves, fireplaces, and boilers that burn wood, coal, or pellets. A gas, propane, or electric fireplace is not a solid fuel appliance.

#### **PROHIBITION**

It is prohibited to use your fireplace during periods covered by a smog warning because the fine particles emitted by burning wood are very harmful to respiratory and cardiovascular health since they remain suspended in the air.

### Mandatory declaration of solid fuel heating appliances and fireplaces

Since May 10, 2021, any person who owns a

building with a solid fuel heating appliance or fireplace must declare it to the City by completing the declaration form.

This form must also be completed when removing or replacing an old device and when installing a new one.

#### **DID YOU KNOW?**

A device not certified to the US EPA or CSA-B.415 standard emits an average of 47 grams of particles per hour.

This regulation concerns all heating appliances or fireplaces allowing the use of solid fuel inside residential or commercial buildings.

Commercial cooking appliances are exempt from this regulation.

#### It is prohibited:

- to install a device emitting more than 2.5 g/h of particles into the atmosphere. All new devices installed must be certified by the US EPA standard or CSA-B.415 standard.
- to use a fireplace during a smog warning, including all types of fireplaces, even if they are certified.

#### From October 1, 2026, it will be prohibited:

to use a device emitting more than 7.5 g/h
of particles into the atmosphere and not
certified by the US EPA standard or the
CSA-B.415 standard.

#### Good to know

Since September 1 , 2009, US EPA or CSA-B.415 certification has been mandatory for all new appliances sold.

► Continued on page 13

# Want to know everything that's going on in your city?

Free activities, collection schedules, new bylaws... Don't miss anything anymore with our newsletter.



Subscribe now.





#### **◄** Continued from page 12

If you do not wish to replace your heating appliance, please note that its use will be limited:

- · Banned during smog episodes.
- Use permitted only in case of power outage of more than 3 hours.

The regulation therefore does not require the upgrading (replacement, removal) of non-compliant heating appliances or fireplaces.

#### Offense and fine

The City imposes fines for anyone who violates the bylaw, ranging between \$100 and \$4,000.

#### **DID YOU KNOW?**

A traditional wood stove operating for 9 hours emits as many fine particles as a mid-size car traveling 18,000 km.

#### **OIL-FIRED HEATERS**



In an effort to combat climate change, Laval is implementing By-law L-12964 regarding the imposition of a tax on fuel oil to encourage conversion to renewable energy sources.

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

## Mandatory declaration of oil heating appliances

Since May 2, 2023, any owner of a building with an oil heating appliance must declare it to the City by completing the declaration form.

This form must also be completed when removing or replacing an old device and when installing a new one.

#### Taxation of oil heating systems

Owners of heating appliances that run entirely on oil must pay a tax of \$100 per appliance. For dual-energy heating systems (electricity and oil), the tax is \$50 per appliance.

#### Offense and fine

The City imposes fines for anyone committing an offense. These range between \$100 and \$4,000

#### **DID YOU KNOW?**

Each year, Laval's 5,800 oil heating systems emit the equivalent of the greenhouse gas emissions produced by 5,400 cars.

#### **OUTDOOR FIREPLACES**



The use of outdoor fireplaces is governed by municipal regulations aimed at ensuring the safety of the population and protecting the environment.

Whether you want to install a fireplace to enhance your evenings or you already have one in place, it is essential to know and respect the rules in force.

When installing and using an outdoor fireplace, certain rules must be followed to ensure the safety of property and people.

#### **Location of the outdoor fireplace**

For homes with 1 to 3 floors, the outdoor fireplace can be installed in the backyard or side yard on a non-combustible surface (concrete, gravel, grass).

The fireplace cannot be installed in the front yard and be on a wooden surface.

#### Safety tips

To avoid accidents, you must ensure that your fireplace:

- is equipped with a spark arrester.
- · is installed at least:
  - 10 feet from buildings.
  - $\circ~10$  feet from the boundary of the land.
  - 5 feet from trees, hedges or any other combustible material.
- is constructed of non-combustible materials: stone, brick, architectural concrete blocks, interlocking paving, patented metal and designed specifically for this purpose.
- is not fueled or the fire is maintained with an accelerant other than specially designed firelighters.
- is used with dry wood and any other product designed and recognized for heating product purposes.

#### **Ethanol fireplace**

When filling, choose a fireplace that has glass to protect the flame.

#### **Nuisances and good neighbourliness**

Using an outdoor fireplace can cause nuisances that may inconvenience neighbours with soot, smoke or odours.

# Tips for maintaining good neighbourly relations

- Before starting a fire, warn your neighbours in advance, especially those who may be more sensitive to smoke (children, elderly people).
- Burn only authorized materials (e.g. dry wood).
- Extinguish your outdoor fire completely when finished and make sure there is no unnecessary smoke coming from it.
- Locate your fire pit away from your neighbours' seating areas, when possible.
- Never leave the fire unattended.
- Avoid lighting fires on windy days, as the wind can spread smoke and sparks to neighbouring properties.
- Choose electric, pellet, propane or natural gas appliances, which are more environmentally friendly.

#### **Prohibitions**

Before lighting an outdoor fire, be sure to follow the following regulations and restrictions:

 prohibit all fires when a smog warning from Environment and Climate Change Canada is in effect in the territory of the City of Laval (in whole or in part).

Continued on page 14

annie.koutrakis@parl.gc.ca



#### **◄ Continued from page 13**

- make open fires in the open air (open fire) unless you have requested this at least 15 days in advance from the prevention division of the Fire Safety Service at 450 662-4450.
- feed or maintain a fire with an accelerant other than firelighters specially designed and sold for barbecues.
- · burn waste and green wood.

#### Offense and fine

The City imposes fines for anyone who violates the bylaw, ranging between \$200 and \$4,000.

# HEAT PUMP AND AIR CONDITIONING



Air conditioning units include heat pumps, central air conditioners, split units, and fixed wall-mounted air conditioners, used to cool a home or heat swimming pool water.

Air conditioners using water cooling are prohibited.

An air conditioning unit, such as a heat pump, central air conditioner, split unit and fixed wall-mounted air conditioner, can be installed without a permit provided the following rules are respected.

For all types of housing, consult the urban planning code (articles 265 and 266).

#### Offense and fine

The City is imposing fines for anyone commenting on a violation of the device's location.

The regular fee is \$400.

# MANAGEMENT OF COLLECTIONS AND RESIDUAL MATERIALS

The City has adopted By-law L-12424 to regulate the sorting, handling, and collection of residual materials. This by-law strengthens Laval's efforts to reduce its ecological footprint by encouraging more active participation in the three-tiered residual materials collection process.



All residents must now sort their recyclables and organic materials to reduce waste sent to landfill.

This regulation applies to:

- · single-family homes
- multi-unit buildings
- industries, commerce and institutions (ICI)

#### **Bonds**

- Be served by a recycling collection service no later than September 1, 2023.
- Be served by an organic waste collection service no later than June 1, 2024.
- Allow occupants and users to participate in sorting materials (for building owners).
- Sort materials for collection.

NOISE



Visit <u>laval.ca</u> for information on the specifics.

The City of Laval has adopted a bylaw to limit noise pollution and ensure neighbourhood peace and quiet. It sets noise limits that must not be exceeded, day or night.

To preserve public peace, disruptive noise (construction work, air conditioning, swimming pool equipment (pump), business or industrial operations, etc.) is regulated.

| Maximum permissible sound level in dB(A) | Outdoors, in<br>a relaxation<br>or leisure<br>area | Inside, in<br>an occupied<br>room<br>(except the<br>garage) |  |
|--|--|---|--|
| Between 9 p.m. and<br>7 a.m. (at night)  | 50   | 40  |  |
| Between 7 a.m. and<br>9 p.m. (daytime)   | 55   | 45  |  |

For noises coming from a musical device or if they are generated by people, please contact the police department at 9-1-1.

#### The exceptions

The noise regulation allows for certain exceptions, such as:

 Construction work between 7 a.m. and 7 p.m. Monday to Friday and 9 a.m. to 5 p.m. Saturday

- Landscaping work (mowing, leaf blower, tiller, chain saw, trimmer, hedge trimmer, etc.) is permitted Monday to Friday from 7 a.m. to 8 p.m., and from 9 a.m. to 5 p.m. on Saturdays, Sundays and holidays.
- Community activity authorized on public roads or in a park
- Noises from road, rail, aircraft, or water vehicles. Examples: a siren, an emergency vehicle, a rear backup alarm, etc.
- Residential or commercial snow removal activities, at any time
- Bells or chimes used by a religious institution, school or college
- Children's activities in a childcare center (CPE), daycare or schoolyard
- Activities of users of a sports or recreational establishment

#### Offense and fine

The City may issue notices of violation to any person who violates the regulations. Fees can range between \$200 and \$4,000.

#### **NUISANCES**

The City of Laval has implemented regulations on nuisances in order to preserve the quality of the environment and ensure the health and safety of the population.

This regulation aims to regulate the following elements.

#### **LAWNS AND HARMFUL PLANTS**

It is prohibited to keep lawns, weeds, and brush higher than:

- 20 cm on built-up land:
- 30 cm on vacant land.

Certain plants are permitted, regardless of their height, including flowerbeds, flowers, ornamental and native plants, perennials, and well-maintained trees and shrubs. Please note

Continued on page 15

@fun2do.ca

514-506-4430



Mega Centre LAVAL 2202 Autoroute 13 Chomedey ,H7P5T7

#### **◄ Continued from page 14**

that to promote biodiversity, it is permitted and recommended to:

- Delay the first mowing of your lawn by a few weeks, as dandelion flowers are an essential source of food for pollinators at the beginning of the season (Dandelion Challenge, May Without a Mower).
- Encourage ground cover landscaping, which offers numerous environmental benefits in addition to requiring less maintenance. Poorly maintained lawns encourage the spread of harmful or invasive plants in the neighbourhood. In addition, tall grass provides a more favorable environment for insects and pests.

Tips:

- Mow your lawn regularly or arrange for someone to do it for you if you have to be away from home.
- Reduce lawn space in favor of a vegetable garden or landscaping with low-maintenance native plants.
- Plant ground cover plants that stay less than 20 cm tall, such as clover and thyme.
- Remove harmful or invasive plants as soon as they appear to prevent them from spreading to the neighbourhood.



Poison ivy: a perennial plant containing a poisonous and allergenic sap that can cause painful skin inflammation.



Ragweed: a plant whose pollen can cause nasal congestion, itchy eyes and nose, sneezing, and watery eyes.



plant that prevents the growth of other plants and can destroy infrastructure foundations due to its powerful roots.

Most people like to sleep in the dark. Even with blackout curtains, it's sometimes difficult to completely block out outside light. If your outdoor lights are directed toward your neighbours' property, they may disturb them, which is prohibited.

- · Turn off your outdoor lights before going to sleep or install a motion sensor.
- If you use a light fixture, make sure it only illuminates your property, that the light beams are directed toward the ground, and that the light does not disturb your neighbours.
- Reduce the intensity of your lights, install deflectors, and avoid LED lighting, which is dazzling.

#### **SOOT AND SMOKE**

When burning, an uncertified, poorly maintained, or improperly used stove or fireplace emits a large amount of fine particles into the atmosphere. These can have harmful effects on human health and air quality, in addition to disturbing neighbours.

- · Install your smoker or barbecue away from your neighbours' resting areas, whenever
- The smoke and odours they give off could bother them.
- Choose electric, pellet, propane, or natural

gas appliances, which are more environmentally friendly.

- Use only dry wood or any other product specifically designed for heating purposes, whether for indoor or outdoor fireplaces.
- Leaves, soft or treated wood, and other materials not designed for heating produce a lot of smoke and fine particles that are harmful to health.
- Do not use your stove or fireplace during periods of smog or poor air quality.
- Avoid lighting outdoor fires in high winds: the risk of fire increases tenfold, and the smoke disturbs neighbours within a large
- Extinguish your outdoor fire completely when finished and make sure that no unnecessary smoke is released.
- Have your chimney swept by a professional.



#### **STAGNANT WATER**

Between June 1st and October 1st, it is prohibited to maintain an unmaintained pond, pool, or swimming pool, or any accumulation of stagnant water other than a watercourse. Stagnant water encourages mosquito breeding and can give off foul odours.

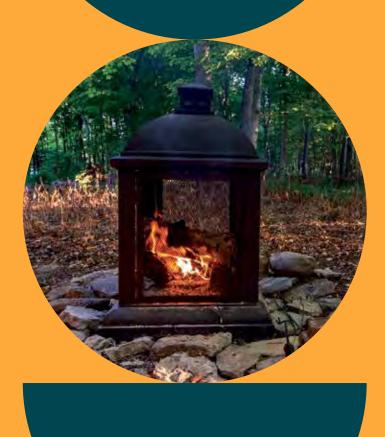
- Add chlorine regularly to your pool or pool and ensure the water is moving.
- If the motor breaks down, lower the water level until it is repaired and be sure to apply the necessary products to prevent mosquitoes from breeding. Manually move the surface water daily.
- If the pool or pool is no longer functional and you do not plan to repair it soon, drain the water completely.
- Check all objects on your property where water could accumulate (ponds, children's toys, tires without rims, pots, etc.) and empty them when necessary.
- After a heavy rain, make sure your house's gutters, trash cans, flower pots, and other items are dry.

It is prohibited to leave waste on a property or balcony, or to deposit it on a public road, on a riverbank, or in a waterway.

A property piled up with waste and unused objects is unsightly and can damage the environment. It also promotes the accumulation of stagnant water and unpleasant odours, in addition to attracting certain pests.

- The accumulation of various objects can also be considered a nuisance. Store your items properly and donate, recycle, or throw away anything that is no longer useful.
- Collect unused or discarded building materials daily. Do not let them pile up haphazardly on the property.

Continued on page 16



# **Before** lighting up, think of the neighbourhood.

Use your outdoor fireplace responsibly, in accordance with municipal regulations and with consideration for your neighbours' well-being.

#### **6 SUPER - CLINICS:**

#### GMF Concorde Polyclinique médicale de la Concorde

300, boulevard de la Concorde Est Laval (Québec) H7G 2E6 T 450 667-5310

#### GMF Centre médical Laval Centre médical Laval

1110, boulevard Vanier Laval (Québec) H7C 2R8 T 450 661-2521

#### GMF Médi-Centre Chomedey Médi-Centre Chomedey

610, boulevard Curé-Labelle Laval (Québec) H7V 2T7 T 450 687-6452

#### GMF Sainte-Dorothée Clinique médicale Sainte-Dorothée

1, boul. Samson, bureau 102 Laval (Québec) H7X 3S5 T 450 689-6334

### GMF Polyclinique médicale Fabreville

Clinique Fabreville 380, boulevard Curé-Labelle Laval (Québec) H7P 5L3 T 450 628-5800

## GMF SAINTE-ROSE CLSC Sainte-Rose

280, boul. Roi-du-Nord Laval (Québec) H7L 4L2 T 450 622-5110

# MEDICAL CLINICS WITH / WITHOUT AN APPOINTMENT

#### GMF UNIVERSITAIRE LAVAL Hôpital de la Cité-de-la-Santé

1755, boul. René-Laennec Laval (Québec) H7M 3L9 T 450 668-1010

#### **GMF CLINIQUE MONTEUIL**

Clinique médicale Monteuil 4650, boul. des Laurentides, bureau 200 Laval (Québec) H7K 2J4 T 450 628-8717

#### **Clinique Médicale St-François**

8048, avenue Marcel-Villeneuve Laval (Québec) H7A 4C5 T 450 665-1702

#### **GMF LE CARREFOUR MÉDICAL**

Centre médical Le Carrefour 3030, boul. le Carrefour, bureau 200 Laval (Québec) H7T 2P5 T 450 686-8899

#### **Centre médical Samson**

4599, boul. Samson, bureau 202 Laval (Québec) H7W 2H2 T 450 688-7170

#### Clinique médicale Ste-Rose

254, boul. Curé-Labelle, bureau 101 Laval (Québec) H7L 3A2 T 450 622-3603

#### **GMF DES BOISÉS**

1150, boul. de l'Avenir, bureau 200 Laval (Québec) H7T 2Y2 T 450 687-8585

#### **GMF JOLIBOURG**

1271, boul. Jolibourg, bureau 649 Laval (Québec) H7Y 1Z8 T 450 689-2424

#### GMF BOULEVARD DE L'AVENIR Clinique médicale de l'Avenir

1435, boulevard Saint-Martin Ouest, bureau 501, Laval (Québec) H7S 2C6 T 450 668-0964

#### GMF UNIVERSITAIRE DU MARIGOT CLSC du Marigot

1351, boul. des Laurentides Laval (Québec) H7M 2Y2 T 450 668-1506

#### **GMF CLINIQUE SANTÉ 440**

4650, Autoroute 440 Desserte Sud, bureau 310 Laval (Québec) H7T 2Z8 T 450 686-8444

#### **MD-PLUS CLINIQUE PRIVÉE (LAVAL)**

1575, boulevard de l'Avenir, bureau 220 Laval (Québec) H7S 2N5 T 450 933-8303

# POLYCLINIQUE MÉDICALE FABREVILLE

380, boulevard Curé-Labelle Sud Laval (Québec) H7P 5L3 T 450 628-5800

#### **POLYCLINIQUE ST-MARTIN**

1435, boulevard St-Martin Ouest bureau 203 Laval (Québec) H7S 2C6 T 450 233-6527

#### CENTRE LOCAL DE SERVICES COMMUNAUTAIRES (CLSC)

#### **CLSC Idola-Saint-Jean**

250, boulevard Cartier Ouest Laval (Québec) H7N 5S5 450 668-1803

#### **CLSC de Sainte-Rose**

280, boulevard Roi-du-Nord Laval (Québec) H7L 4L2 450 622-5110

#### CLSC de l'Ouest-de-l'Île

4250, boulevard Dagenais Ouest Laval (Québec) H7R 1L4 450 627-2530

#### CLSC des Mille-Îles

775 Rue Montrose Laval (Québec) H7E 3M3 450 661-2572

#### **CLSC du Marigot**

1351, boulevard des Laurentides Laval (Québec) H7M 2Y2 450 668-1444

#### **CLSC du Ruisseau-Papineau**

1665, rue du Couvent Laval (Québec) H7W 3A8 450 687-5690



# LAVAL'S MUNICIPAL BYLAVVS

#### ■ Continued from page 15

- Keep your residual materials in the containers provided for this purpose, out of the reach of animals. Keep your bin and waste storage area clean at all times.
- Take out your garbage, recycling, and organic waste bins the day before collection and put them away promptly afterward.
- Large items to dispose of? Check the eligible materials and the bulky waste collection schedule on the City's website. Place them at the curb the day before collection.
- · Pick up pet waste daily.



### **Ecocentre and dry materials reception** area

Want to dispose of construction materials, furniture, appliances, or environmentally harmful products that cannot be collected through curbside recycling? Ensure these materials are recycled, reused, or recovered by bringing them to the ecocentre. Some of these materials can also be brought to the dry materials reception area. For details, visit the City of Laval website.



#### Where does it go?

Not sure how to properly dispose of certain materials? Download the Where Does It Go? mobile app designed by RECYC-QUÉBEC to help you sort more than 800 everyday consumer products. This mobile app is available free of charge on the App Store and Google Play. A web version is also available online.

# OCCUPATION AND MAINTENANCE OF HERITAGE BUILDINGS

To preserve buildings listed as having heritage significance, the City of Laval has implemented regulations regarding the occupancy and maintenance of buildings. The purpose of these regulations is to keep them in good condition and prevent their deterioration.

#### **Buildings concerned**

Approximately 2,600 buildings (main and secondary buildings, residential or institutional, infrastructure, cemeteries, wayside crosses, calvaries, mass graves, and a vault) are covered by the regulations relating to the occupation and

maintenance of buildings. These buildings were identified in pre-inventories and inventories carried out by specialized firms between 2015 and 2022.



To obtain the complete list of buildings of heritage interest covered by this regulation, visit Info-regulations on the <a href="laval.ca">laval.ca</a> website.

The City of Laval has established an inventory of buildings of heritage interest under the Cultural Heritage Act. These buildings are subject to the by-law on the occupancy and maintenance of buildings, which aims to prevent their deterioration. This by-law imposes standards to ensure that structural elements, such as walls, roofs, as well as heating and water supply systems, remain in good condition.

In accordance with the Planning and Development Act, the City may require repair or maintenance work if a building is dilapidated or in poor condition.

#### **Main standards**

- Heating
- Residential buildings must be equipped with a permanent and well-maintained heating system.
- The temperature must be maintained at least 14°C.
- For non-residential buildings, the minimum temperature must be 10°C, measured in the center of each room 1 meter from the floor.

#### Water supply

 In a vacant building, the main water supply must be turned off unless the heating system requires a water supply.

#### Structural integrity

- The building components (exterior envelope, roof, foundation, doors, windows, etc.) must be in good condition and fulfill their function.
- They must be maintained, repaired or replaced as necessary to ensure their proper functioning.

#### Notice of work and deterioration

The City may require renovation, repair or maintenance work when a building is dilapidated or dilapidated.

A notice of work is then sent in writing to the owner, specifying the work to be carried out and the deadline for compliance. If the owner cannot meet this deadline and provides reasons, he or she may request in writing an additional period of up to 6 months.

If the owner of a building fails to comply with the notice, the executive committee may register a notice of deterioration in the land register. In accordance with section 145.41.4 of the Land Use Planning and Development Act, these notices are published online.

#### Offense and fine

The City imposes fines for anyone who violates the bylaw, between \$500 and \$250,000.

► Continued on page 17

# LAVAL'S MUNICIPAL BYLAVVS

#### **◄** Continued from page 16

If the offence is continuous, this continuity constitutes, day by day, a separate offence and the fine imposed for this offence may be imposed for each day that the offence continues.

#### **PARKING**

#### **ON-STREET PARKING**



The City of Laval has implemented regulations regarding on-street parking to ensure smooth traffic flow and maintain everyone's safety.

On-street parking is permitted, but you must follow the signs in place. Before parking, check the zones, as well as the days and times when parking is permitted. Be aware of blackout periods, which also apply on public holidays.

#### **Areas with vignette**

Parking stickers are valid from November 1 to October 31 of each year.

They are reserved for Laval residents who request them.

Only one sticker per driving license is granted, even if you own several vehicles.

If several people live at the same address, each of them can obtain a sticker, provided they present a valid driving license.

#### Offense and fine

The City may issue fines to anyone who violates the regulations.

Violation: \$87 and if the City has to move the car, there will be an additional \$75 fee.

For more information on the application of regulation L-6070, contact the police department at 450 662-4242.

#### **PARKING A RECREATIONAL VEHICLE**



#### **OR HEAVY VEHICLE**

In Laval, regulations govern the parking and storage of recreational vehicles (RVs), heavy vehicles, and trailers on residential lots. These rules aim to ensure safety, optimal use of space, and the maintenance of neighbourhood harmony.

A recreational vehicle, such as a trailer or motorhome, may be parked on residential land provided the following rules are respected:

 the recreational vehicle must be parked in the front yard or secondary front yard parking area the maximum number of recreational vehicles that can be parked, stored or shed outside is set at:

- 1 on land with an area of less than 2,000 m<sup>2</sup>.
- $^{\circ}~2$  on land with an area of at least 2,000 m2 and at most 4,000  $m^2.$
- 3 on a plot of land with an area of over 4,000 m<sup>2</sup>.
- the recreational vehicle cannot be used for residential purposes.

#### From May 1st to October 1st

- It can be parked in any yard (front, back or side).
- It must respect the following minimum distances:
  - 3 m from the sidewalk, curb, or roadway
- 0.5 m from the side or rear lines of the field

#### From October 1st to May 1st

- The vehicle must be parked in the side, secondary front, or rear yard.
- It must respect the following minimum distances:
  - 3 m from the sidewalk, curb, or roadway.
- 0.5 m from the side or rear lines of the field

#### Parking of heavy vehicles and trailers

The outdoor parking or storage of a heavy vehicle, tool vehicle or trailer is prohibited on residential land.

#### **Exception for trailers**

A trailer up to 3.66 m or a boat trailer may be parked, stored or shed in any yard of a residential lot, under the following conditions:

- · Minimum distances to be respected:
  - 3 m from the sidewalk, the curb or, in the absence of these, the roadway
- 0.5 m from the side or rear lines of the field
- Parking in front yard or secondary front vard
- The maximum number of trailers allowed:
- 1 trailer for a plot of land less than 2,000 m<sup>2</sup>
- 2 trailers for a plot of land of 2,000 to 4 000 m<sup>2</sup>
- $^{\circ}~3$  trailers for a plot of land of over 4,000  $m^2$

#### Offense and fine

The City may issue fines to anyone who violates the bylaw.

Violation: \$87 and if the City has to move the recreational or heavy vehicle, there will be additional charges.

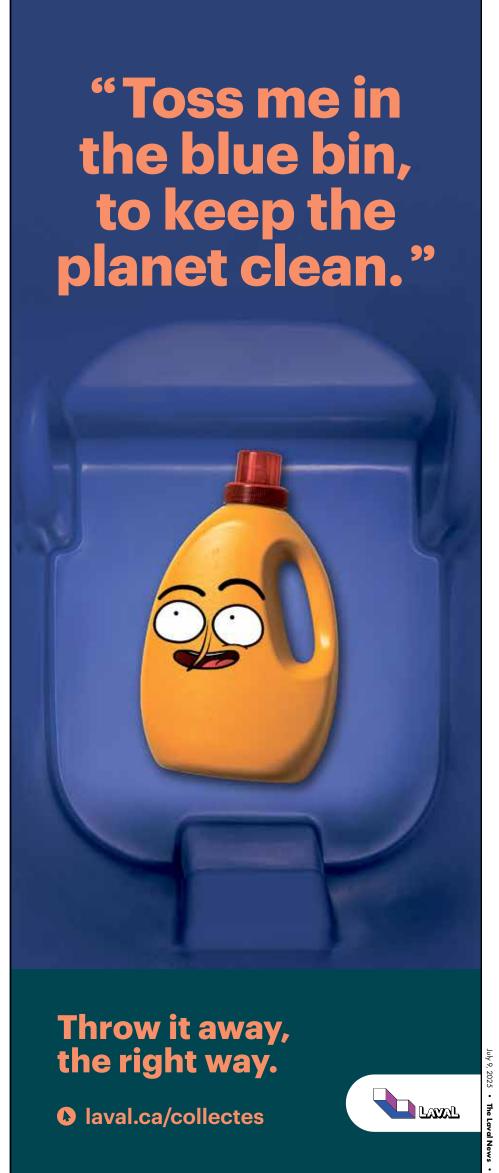
#### **PETS**

This regulation, inspired by best practices in animal management, aims to:

- Ensure caring and respectful animal control
- Ensuring the safety of the public and animals
- Limit the proliferation of stray animals



► Continued on page 18



#### **◄** Continued from page 17

#### Pets allowed at home

- · Dog, except hybrid dog
- Cat
- Domestic rabbit
- Ferret
- Guinea pig
- All fish authorized for keeping in captivity without a permit in accordance with the regulation adopted under section 73 of the Act respecting the conservation and development of wildlife (RLRQ, chapter c-61 1)
- Any animal admitted to captivity without a permit in accordance with the regulations adopted under section 42 of the Act respecting the conservation and development of wildlife (RLRQ, chapter C-61.1)

#### Pets not allowed at home

- Wild animals
- · Poisonous animals
- The rooster, subject to the exceptions provided for in article 8 of municipal by-law L-12430 concerning animals.

#### **Number of animals allowed**

You can have up to 4 pets, including a maximum of 2 dogs. A special permit may be granted to double the number of pets allowed, either to have custody of:

- of a maximum of 4 dogs
- of a maximum total of 8 animals

#### **Sterilization and microchipping**

In Laval, all dogs and cats over 6 months old must be microchipped and sterilized.

Visit <u>laval.ca</u> for more information.

# PROTECTION OF WETLANDS OF INTEREST



Laval is a unique region, surrounded by bodies of water and punctuated by wetlands. The Regional Wetlands and Water Environments Plan, approved in October 2023, represents the City's strong commitment to preserving these essential environments.

The City of Laval first protected 1,062 hectares of wetlands in June 2020 by adopting the interim control by-law (RCI) MRCL-11. Most of the standards of the MRCL-11 by-law were subsequently incorporated into the Urban Planning Code (CDU-1, 2022).

#### **Regulatory provisions**

The provisions of the Laval Urban Planning Code (CDU-1) are designed to protect wetlands of interest. They restrict construction, works, projects, and other activities likely to harm these environments and their protected area. These regulatory provisions require the obtaining of a permit or certificate for certain permitted activities.

#### **SERVICE CONNECTIONS**

Residences served by drinking water and municipal sewers are connected through under-

ground pipes called service lines.



The drinking water connection line is equipped with a valve that allows the water to be shut off from the outside when necessary. This valve, often referred to as a "service box," "water man," or "distribution shutoff," is easily identifiable.

#### **Valve identification**

It is a brownish metal disc about 10 cm in diameter, with a nut in the center. It is visible at ground level, generally on the front of the building, at the boundary between private property and municipal land.

#### **Usefulness of the valve**

The valve is used to delimit the private or public portion of a piece of land, to locate the location of the connection pipes to a residence, or simply to open or close the water.

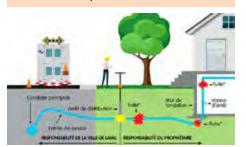
Each owner is responsible for the private portion of the connection pipes on his land, as indicated in the diagram below.

Each owner must ensure the following:

- the water inlet valve is visible and accessible for manipulation
- the connection keyhole is neither inclined nor obstructed. When the level of the land is changed, the owner must notify the City, which will readjust the keyhole and its cover.

#### **IMPORTANT**

Only a person employed by the City is authorized to operate the water inlet valve.



## Service request for the water inlet valve (water man)

#### · Closing and reopening

Planning earthworks, paving, or plumbing work? Contact 311 to arrange for the lifting or lowering of the cover and the keyed connection valve.

#### Location

 Look for a metal pad on the ground, at the edge of your property, near the street to locate your water inlet valve.

#### · Height adjustment

 The City may adjust the height of the cover and the connection keyhole if it is inadequate. A height is considered adequate if the top of the cover is level with the earthworks surrounding it.

#### Offense and fine

The City imposes fines for anyone who violates the bylaw, from \$500 up to \$4,000.

#### SNOWMOBILES AND ALL-TERRAIN VEHICLES

The use of snowmobiles and ATVs is governed by regulations designed to ensure the safety of users and protect the environment.

The circulation of ATVs and snowmobiles is authorized:

- from December 15 to March 3
- only on trails belonging to a recognized federation and of which you must be a member.



It is necessary to check with the Laval quad and snowmobile clubs if the trails are open, as they can be closed at any time for safety reasons or weather conditions.

It is forbidden to circulate:

- in Laval on public and private land.
- on the river since no recognized path crosses these places.

#### Offense and fine

The City imposes fines for anyone who violates the bylaw, between \$300 and \$2,000.

#### **SNOW REMOVAL**



In winter, the City of Laval makes every effort to ensure the safety of its residents. To achieve this, everyone's cooperation is essential, as everyone has a role to play in removing snow from their property.

It is strictly forbidden to deposit snow on the streets, sidewalks or medians of Laval.

#### Offense and fine

The City imposes fines for anyone who violates the bylaw. 1st offense: \$107.

For more information on the application of regulation L-6070, contact the police department at 450 662-4242.

#### TREES IN THE RIGHT-OF-WAY



The City of Laval maintains trees located within the right-of-way of a public road in accordance with current regulations.

Pruning is included in the cyclical maintenance program, but any pruning or felling deemed urgent may be subject to a one-off request. To find out the limit of the municipal right-of-way, consult your location certificate, as the width may vary depending on the property.

#### **Owner responsibilities**

Ensure the use, development and maintenance (mowing of the lawn) of the unused part of the public right-of-way.

► Continued on page 19





CRACKS
POT HOLES
EDGES OF GARAGE ENTRANCES AND FOUNDATIONS
REPLACEMENT OF DRAINS



Call Natale for a FREE ESTIMATE (514) 777-3774

#### **◄** Continued from page 18

#### **Planting bans**

#### **IMPORTANT**

The City may require the removal of shrubs and other non-compliant elements from a property owner's development if they cause damage to municipal facilities or present a danger to public safety.

- Within the right-of-way and less than 2 m from a public road. Refer to your location certificate to find out the limits of the municipal right-of-way.
- Within 2 m of a fire hydrant, an external shut-off valve, a manhole, a municipal sewer sump, a streetlight or a sign.

#### **City rights**

- Access properties to inspect amenities.
- Require the removal of shrubs and order corrective work if necessary for compliance or safety reasons.

#### Offense and fine

The city imposes fines on anyone who does not comply with the regulations, between \$200 and \$2,000.

#### **TRUCKING NETWORK**

Plan your trips within the city and follow the traffic rules in force.

Some streets in Laval are closed to heavy vehicle traffic, except for local deliveries.

Find accessible roads and applicable restrictions by consulting the dynamic map online.

Drivers of trucks, tool vehicles and equipment

Drivers of trucks, tool vehicles and equipment transport vehicles who do not comply with the

prohibition and obligation signs in Laval are violating By-law L-10400 on the circulation of these vehicles in the city.



#### Offense and fine

Drivers are liable to a fine in accordance with the Quebec Highway Safety Code (LRQ, c. *C*-24.2).

#### **UNPLUGGING GUTTERS**

The City of Laval has implemented its gutter disconnection program, based on bylaw L-11870, to bring non-compliant connections up to standard.



Water from a sloping roof of a building which is evacuated by means of gutters must be discharged onto the permeable surface (lawn, flowerbeds) of the land at least 1 meter from the building.

#### **Benefits**

- Reduce the risk of sewer backups or overloading of the foundation drain (French drain)
- Reduce the risk of algae and cyanobacteria blooms in the river
- Promote groundwater recharge and the protection of natural habitats
- Lightening the load on wastewater treatment plants
- · Reduce the risk of bank erosion.

### Visit from the person representing the City of Laval

- First visit: Every summer, City representatives patrol the streets to check and document the gutter connections of each residence in the targeted neighbourhoods.
- Second visit: For neighbourhoods already inspected, a second follow-up visit will be carried out the following year to assess the results of the interventions carried out by citizens.

Two weeks before each visit, an explanatory door hanger is hung on the door to inform the citizen about the project.

On the day of the visit, the representative rings the doorbell to obtain permission to access the backyard. If there is no answer, the inspection is limited to the gutters visible from the outside. A compliance report is sent to the owner after the first visit.

#### Offense and fine

The City imposes fines for anyone who violates the bylaw: \$500 up to \$2,000.

#### **URBAN PLANNING CODE (CDU)**



The Urban Planning Code (CDU) of the City of Laval is the legal tool that brings together all the rules that determine "where," "what," and "how" to build in the territory. It ensures that construction and development are consistent with the city's identity and that projects fit into the desired urban landscape.

You can consult the regulations information online.

#### **USE OF PESTICIDES**



To protect human health, the environment and biodiversity, the City of Laval regulates the use of pesticides.

► Continued on page 20



#### **◆ Continued from page 19**

Since 2021, their application outside buildings has been prohibited in urban areas, except under certain exceptions.

This regulation applies to the entire Laval territory, excluding agricultural zones, land dedicated to agricultural production as well as road, rail and energy transport corridors.

#### **WATERING**



In Laval, drinking water is a precious resource. To preserve it, the City enforces Bylaw L-12778 concerning water consumption and use, which includes specific schedules for watering lawns from May 1 to September 30.

#### **Permit**

- Hand watering
  - Flowers, vegetable gardens and flowerbeds can be watered at any time.
- Garden hose equipped with a hand-held release shut-off device
- Washing of certain equipment (vehicles, windows, patios and terraces)
- Flowers, vegetable gardens and flowerbeds can be watered every day from 6 a.m. to 9 a.m. and from 5 p.m. to 8 p.m.

- Automatic and non-automatic watering
- of lawns, trees, shrubs, hedges, flowers, vegetable gardens, flowerbeds, and other plants according to the specific watering period associated with your home. You can use the search tool to find out.

The use of these systems is prohibited between October 1 and April 30.

#### **Forbidden**

- Clean parking areas, sidewalks, walls and roofs (permitted once a year with pressure washer between April 1 and May 15).
- Use a garden hose without a release shut-off device (gun).
- Use a garden hose to melt the snow.
- Damaging or leaving in poor condition a water pipe, faucet, toilet, swimming pool, or other appliance so that water is wasted.
- Allow water from irrigation to run off into the street or onto neighboring properties.
- Use more than one garden hose at a time and connect more than one wand to it.

#### **Description of watering methods**

- Non-automatic watering system A system that must be started and stopped manually, and does not require hand-holding during use.
- Perforated, soaker, porous, or microporous garden hoses are considered non-automatic watering systems.
- A hand-held, release-stop hose used specifically for lawn watering is also considered a non-automatic sprinkler system.



Automatic watering system



Integrated system by pipeline, programmable with timer that ensures automatic start and stop. The system must be equipped with an automatic rain gauge/ humidity detector.

Garden hose equipped with a hand-held release shut-off device

Refers to watering with a hose, connected to the distribution network, equipped with a release closure held by hand during the period of use.



· Watering can in hand It is a container with a spout and a handle. It allows you to pour water in a controlled manner onto plants, flowers, or seedlings.

#### **TOWARDS A GREENER LAVAL**

Every little helps. By taking care of your lawn in an eco-friendly way, you're helping to make Laval greener and more sustainable, while also helping to preserve our water resources.

Want to transform your land into an oasis of biodiversity while reducing maintenance? The City of Laval is here to help. Learn how to develop your land to promote biodiversity.

To learn more, consult the City's website.

#### Offense and fine

The City imposes fines for anyone who violates the bylaw, between \$100 and \$4,000.

#### WINTER SHELTER

The installation of a temporary car shelter for the winter is authorized from October 15 until April 30 of the following year.



No permit is required for the installation of a winter shelter.

#### **Applicable standards**

The installation of a winter shelter must meet certain conditions, namely:

- be a residential building and the shelter is located on the same land as the main
- be installed on an access or parking driveway or parking space. It cannot be installed on a normally grassy surface or a space not intended for this purpose.

The following provisions apply to a winter shelter for vehicles:

- the shelter must not conceal, for road safety purposes, a road or tourist sign or traffic light or a traffic signal from any point on the roadway of a street located 30 m or less from the post of such a sign, panel or traffic light;
- the shelter must be installed so as to cover

Continued on page 21



#### **◄** Continued from page 20

in whole or in part an access or parking driveway or a parking space;

 notwithstanding subsections 4 and 5 of section 2 of chapter 3, the shelter must consist of a structure covered with a covering of plastic film or canvas designed for this purpose, fiberglass or painted plywood panel;

- no utility equipment shall be used to attach or secure the shelter;
- the structure and covering of the shelter can

be installed from October 15 and must be removed by April 30 of the year following installation.

#### **Violations and fines**

Failure to comply with the regulations of the CDU may result in the following consequences:

- The inspectors of the urban planning department may require the owner concerned to make the necessary corrections.
- The owner may be fined. The amount ranges from \$400 to \$2,000.

Visit the website for the complete regulations on winter shelters for vehicles.

Visit the laval.ca website for more details on all the bylaws, references, fees, and any other additionnal information.

# LAVAL'S PROGRAMS AND GRANTS

Take advantage of the financial assistance offered by the City of Laval to carry out your projects and improve your quality of life.

#### **Tree planting programs**

Trees are our best allies in the fight against climate change. Take advantage of the City of Laval's help to plant some on your property.

# Subsidy for the purchase of washable diapers

Take advantage of the financial assistance to purchase cloth diapers. It's good for your baby, the environment, and your wallet.

# Grant for the purchase of sustainable personal hygiene products

Disposable tampons and pads produce tons of waste. Take advantage of the financial assistance to switch to more environmentally friendly

alternatives.

#### Car sharing subsidy

Get up to \$500 in financial assistance by signing up to a car-sharing service and adopt a practical, economical, and environmentally friendly mode of transportation.

# Grant for the development of a biodiversity garden

Transform your land into a blooming natural space with financial assistance. Pollinating insects and local wildlife will love you.

# Grant for the replacement or removal of an indoor fireplace or wood-burning appliance

Get up to \$1,000 in financial assistance to replace your wood-burning appliance, or up to \$150 in financial assistance to remove it without replacing it.

#### **Bike sharing grant**

Explore the city by bike. The City of Laval will reimburse part of your bike-sharing subscription fees.

# Grant for the replacement of an oil heating system

Get up to \$2,000 to replace your oil heating system and help reduce greenhouse gas emissions in our region.

# Financial assistance for people aged 65 and over

From the age of 65, the City of Laval offers you financial assistance of up to \$300 per year.



#### **Laval Leisure Access Program**

Register for free for cultural, sporting, leisure and outdoor activities in Laval.

#### Home adaptation program

Get financial assistance to carry out work that meets the needs of a disabled person in your home

# Heritage Building Revitalization Program

Get financial assistance of up to \$35,000 to renovate or restore your heritage building.

#### Free Drinking Water Saving Kit

Drinking water is a precious resource. Receive your free WaterSense kit to help you reduce your consumption.

Visit the <u>laval.ca</u> website to learn more about all the programs and grants and how to take advantage of them.







# 29th annual Sainte-Rose **Art Symposium takes** place from July 24 - 27

Spotlight on the works of 70 artists in one of Quebec's most picturesque settings

**MARTIN C. BARRY** 

Local Journalism Initiative Reporter marty@newsfirst.ca

For four days this month, hundreds of appreciators of quality sculpture and art from all over Quebec and parts of eastern Canada will gather in Laval's historic Vieux Sainte Rose for an annual event that many now recognize as one of Quebec's most esteemed outdoor art shows - the Sainte-Rose Art Symposium.

For the second time, the organizers (the Corporation Rose-Art) have persuaded legendary Quebec singer Shirley Théroux to be the official spokesperson for the 2025 Sainte-Rose Art Symposium.

#### **Art works by Shirley Théroux**

Théroux had a string of song hits in Quebec during the 1960s and 1970s and was also a highly popular late-afternoon program host on French-language television. An accomplished painter in addition to her musical talents, Théroux will have several art works featured in a special segment of the show.

"Music and painting are almost the same," she said in an interview with The Laval News, while comparing the melody of a song to a color with

a variety of shades. "A melody is like a wave, with ups and downs," she said. "And so, a color is almost the same when you're painting."

#### Popular summer gathering

The Sainte-Rose Art Symposium, a popular summertime gathering of artists for decades, is always a guarantee of enjoyment for thousands of satisfied arts patrons who attend. In addition to Mrs. Théroux's support, the event's honorary president this year is Member of the National Assembly for Sainte-Rose Christopher Skeete.

This year's art exhibition will be taking place from Thursday July 24 to Sunday July 27. Those with a discerning taste for fine sculpture and inspiring visual creation will be arriving from all over Quebec, as well as other parts of eastern Canada, for the 29th symposium.

#### 'A unique occasion'

"Whether you are an amateur of art, a collector or are simply curious, the Sainte-Rose Symposium of painting and art is a unique occasion to discover 80 talented artists and to live an artistic experience in a truly charming setting," Oprina-Felicia Dolea, the president of the Corporation Rose-Art, said during a recent press conference to announce this year's symposium.



From the left, Laval city councillor for Sainte-Rose Flavia Alexandra Novac, Quebec chanteuse Shirley Théroux and Councillor Novac's daughter during the recent press conference announcing this year's Sainte-Rose Art Symposium. (Photo: Martin C. Barry, Laval News)

As always, the symposium will be taking place alongside the Rivière des Mille-Îles in the charming and historic Laval neighbourhood known as Vieux Sainte-Rose. The village is renowned as the birthplace of internationally-acclaimed Québécois painter Marc-Aurèle Fortin. Saint-Rose was also at one time the home of landscape painter Clarence Gagnon. Both influenced generations of artists in Quebec as well as around the world.

#### Recognized by their peers

After winning a range of awards for excellence over nearly three decades, the symposium's organizing committee continues to uphold the standards that have established the Sainte-Rose Art Symposium's reputation for excellence in art circles across eastern Canada.

The organizers have received some significant recognitions for their efforts. In 2019, the Laval Chamber of Commerce and Industry presented them with a Dunamis award for helping to promote tourism in Laval. They were also a finalist for a second Dunamis in 2020 and 2022, as a sustainable organization or enterprise.

More than 20,000 people are expected to attend. Although most are usually from the

Laval and greater Montreal regions, the busy vacation season is also known to bring in visitors from Ontario, New Brunswick and Nova Scotia, as well as from the U.S. states of Vermont, New York and New Hampshire.

#### A charming setting

The Symposium will be taking place along a stretch of the main street in downtown Sainte-Rose, next to La Vieille Caserne (216 Ste-Rose Blvd.), a stone's throw from Sainte-Rose-de-Lima Church, between Filion and Deslaurier-Hotte streets.

All the events are free. The hours are as follows: Thursday and Saturday, 10 am to 6 pm; Friday, 11 am to 6 pm; Sunday, 10 am to 5 pm. Additional information is available on the website www.roseart.ca. E-mail: roseart@ videotron.ca. Phone: (450) 625-7925.



"The Sainte-Rose Symposium of painting and art is a unique occasion to discover 80 talented artists and to live an artistic experience in a truly charming setting," says Oprina-Felicia Dolea, the president of the Corporation Rose-Art. (Photo: Martin C. Barry, Laval News)



Artists with the Corporation Rose-Art joined local elected officials, including Laval city councillors Flavia Alexandra Novac, Claude Larochelle and Louise Lortie, as well as Quebec singer Shirley Théroux, for the launch of the 2025 Sainte-Rose Art Symposium, which runs from July 24-27 in Sainte-Rose. (Photo: Martin C. Barry, Laval News)



# Thousands turn out for 2025 Laval Hellenic Summer Festival

A celebration of Greek values and culture, while marking Canada Day



Local Journalism Initiative Reporter marty@newsfirst.ca

Mother Nature smiled with warm benevolence on Holy Cross Church on Souvenir Blvd. in Chomedey for the 2025 Laval Hellenic Summer Festival

In times like these when the world's climate has become as unpredictable as the shifting moods of a certain U.S. president, the good weather was a blessing, even though the festival's organizers took the precaution of erecting an extra tent just in case.

#### **Celebrating culture and values**

As it was just a few days to Canada Day, the festival was an occasion, as always, to celebrate the country's origins and multicultural diversity – although it was primarily a celebration of Hellenic culture and values.

Katerina Hulis, president of the Laval chap-

ter of the Hellenic Community of Greater Montreal, helped lead the committee which organized the festival.

She was especially proud of the efforts put in by volunteers. "It's always very heartwarming to see everything they do to make this a success every year," she said.

#### A Who's Who of dignitaries

Among the dignitaries who dropped by on the evening of June 28 to enjoy some Hellenic ambience and a piece of Canada Day cake were Chomedey city councillor Aglaia Revelakis, Montreal city councillor Mary Deros, Laval city council president Cecilia Macedo and Saint-Bruno city councillor David De Cotis.

Also among the guests were Renaud city councillor Seta Topouzian, Saint-Laurent MP Emmanuella Lambropoulos, L'Abord-à-Plouffe councillor Vasilios Karidogiannis, Saint-Martin councillor Aline Dib, Chomedey MNA Sona Lakhoyan Olivier and Mille-Îles MNA Virginie



Dignitaries gathered when it was time to cut the Canada Day cake on June 28 at the 2025 Laval Hellenic Summer Festival. (Photo: Martin C. Barry, Laval News)

Dufour

Basile Angelopoulos, the newly-elected president of the Hellenic Community of Greater Montreal, was unable to attend this year's festival as he was travelling in Greece.

#### 'A beautiful weekend'

Michael Patsatzis, executive vice-president of the HCGM, said they were pleased with the way this year's festival was organized and that the weather outlook was favorable.

"We're very grateful for the strong turnout," he said, noting that the previous day's negative weather forecast didn't impact attendance.

"Our annual celebration is a celebration of Hellenism, of our Greek language, our culture and our heritage, and obviously also our Greek gastronomy," Patsatzis continued. "It all adds up to a beautiful weekend."



Volunteer BBQ chefs are seen with the makings for dozens of servings of pork souvlaki during the 2025 Laval Hellenic Summer Festival at Holy Cross Church in Chomedey. (Photo: Martin C. Barry, Laval News)



# A medal, that's bright.





In Laval, dog and cat owners must obtain a license and ensure each of their pets wears a tag.



Free for people aged 65 and over, and for assistance dog owners.

Avoid a fine: submit your request online.







**Fabreville**(**Panier du fermier)**3151-B Boul. Dagenais Ouest
H7P 1T8

**Duvernay**(Action Sport Physio)
4731 Boul Lévesque E
Suite 201, H7C 1M9

Chomedey / Sainte-Dorothée (Action Sport Physio) 2316 rue Desserte Ouest, A. Chomedey, H7X 4G8

**St-François / Duvernay-Est** (**Marché Misti Perou**) 8076 Boul Lévesque E H7A 3K9

#### **2 EASY STEPS:**



Book your basket online or by phone from Monday to Thursday



Pickup Thursday, Friday or Saturday. Delivery available

**PANIERDUFERMIER.CA** 

# Mark Carney's seven priorities

#### Setting up a report card on alignment, impact, and perceived progress

#### **DAVID COLETTO**

When Mark Carney became Prime Minister earlier this year, he introduced a new way of governing – one that sought to bring strategic discipline to a sprawling federal government. Instead of issuing dozens of separate mandate letters, Carney delivered a single, unified set of seven national priorities to guide every department and minister in his government.

The signal was clear: Canadians should judge this government not on its talking points or press releases, but on its ability to make meaningful progress on these seven interrelated goals.

In this environment, measuring perception matters more than ever. Clear priorities create clarity for citizens but also accountability. If the public understands what the government says it's doing, they're better equipped to notice when it falls short or reward it when it succeeds.

This report based on a national survey of 1,500 adults conducted by Abacus Data from June 17 to 19, 2025 offers a baseline assessment of how Canadians feel about the Carney government's priorities. It examines three things:

- Are Carney's seven priorities aligned with what Canadians care about?
- Do Canadians think achieving them would make a difference in their lives?
- Do they believe the government has started making real progress?

# Clarity and simplicity in at a noisy moment

Before diving into the results, it's worth reflecting on just how unusual it is for a federal government to distill its goals into a simple, shared list. In a political environment defined by fragmentation and institutional overload, Carney's

seven-priority model stands out for its clarity.

But as any communicator knows, clarity can be a double-edged sword. It builds trust when people see things moving but it can also make inaction more conspicuous.

That's why we're taking this research so seriously. This isn't just another approval tracker. It goes deeper to understand how people are reacting to the things the Carney government is doing. And it shows where expectations are rising, where gaps are emerging, and where the government's coalition may be growing restless.

One of the central questions this research set out to answer is deceptively simple: Are the Prime Minister's priorities also the public's priorities?

Our data shows that, on balance, the Carney government's seven priorities are largely in sync with what Canadians say they want from their federal government. That alignment is strongest on economic and affordability issues but holds across the board.

The chart below outlines the public's ranking of these priorities in terms of importance. Canadians were asked whether each item should be a top priority, lower priority, or not a priority right now.

Here's what stands out:

#### 1. Affordability -continues to lead

- 74% of Canadians say lowering costs and helping people get ahead should be a top priority, and another 16% consider it a lower priority.
- That puts it at 89% total support—a clear signal that cost-of-living remains the dominant issue for most people.
- Among Liberal voters, that number climbs to 91%.

Affordability also leads when you ask Canadians to pick their top three priorities and which would be the most meaningful personally.

Prioritizing affordability is clearly in line with public expectations. The challenge, as discussed earlier, is delivering visible progress on it.

### 2. Housing and economic unity come next

- 65% say making housing affordable through public-private partnerships and skilled trades should be a top priority, with another 21% calling it a lower priority (86% total).
- 66% say unifying Canada's economy removing trade barriers and fast-tracking key national projects—should be a top priority, again supported by nearly nine in ten Canadians (84% total).

## 3. Strong support for sovereignty, fiscal discipline, and partnerships

- 60% say protecting sovereignty through military, border, and law enforcement improvements should be a top priority, with 25% saying it should be a lower one. That's 84% in total, including 87% of Liberal voters.
- 52% say reducing government spending to allow private-sector investment and growth should be a top priority (81% total when adding in "lower priority" responses).
- 56% support forging a new economic and security partnership with the U.S. and allies as a top priority, with 24% saying it should be a lower one (80% total).

These numbers suggest that while the "kitchen table" issues dominate, there remains strong public support for Canada playing a larger strategic and economic role globally, as long as domestic needs are not neglected.

In particular, the spending restraint agenda,

sometimes assumed to be a Conservative talking point, garnered support from 80% of Liberal voters. This suggests that much of the Liberal coalition and a large majority of Canadians today are increasingly concerned with fiscal prudence.

Interestingly, because of how much they have dominated news and opposition coverage, immigration and a trade relationship with the US are least likely to be listed as a priority.

In sum, three- quarters plus believe all seven of this governments' priorities deserve a place on the list making this list well-aligned with the Canadian mindset, right now.

# The coalition that elected the liberals is aligned – but watching closely

Among those who voted Liberal, the rankings were quite similar to the national population. This is important.

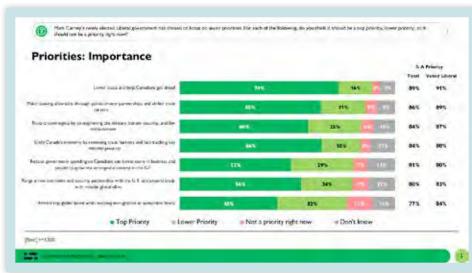
It tells us that Carney's priorities reflect the values and expectations of his electoral coalition. But alignment alone is not enough. The people who chose the Liberals over other options are invested in these priorities—perhaps even more so than the general public. They expect delivery. And they're paying attention.

# Do these priorities matter personally?

We also asked Canadians whether achieving each of the seven priorities would be a good or bad thing for them personally.

Unsurprisingly, lowering costs and helping Canadians get ahead again tops the list, with 74% saying it would be good for them, including

Continued on page 26







#### **◄** Continued from page 25

49% who say very good. Housing affordability, economic unification, and protecting sovereignty also scored highly—each seen as good for at least 60% of respondents.

But some priorities feel more distant from people's everyday experience. Only 55% say forging new economic and security partnerships with the U.S. and global allies would be good for them personally. And just 49% say the same for immigration reform.

This gap between macro-importance and micro-relevance is one of the biggest communications challenges facing the Carney government. Canadians are not opposed to big-picture ideas—but they will need clear examples to show how addressing these priorities has a tangible impact on their lives.

# Alignment isn't the problem. Expectation management might

Taken together, these findings show that the Carney government has crafted a list of priorities that broadly reflects the public's own ranking of what matters. The total support (top + lower priority) for each priority ranges from 77% to 89%—a remarkably tight and high band.

The Prime Minister and his team deserve credit for this. This isn't a scattershot list designed to appeal to every niche audience. It's a tight agenda that reflects national concerns, is relatively non-partisan in tone, and importantly makes it easier for Canadians to follow and judge performance. It also helps differentiate Carney from Trudeau, which was essential in his election victory. The more people think Carney's government is like Trudeau's, the less they like it.

But alignment is only part of the puzzle. The government's next test is to ensure that Canadians don't just support the priorities but start to feel progress on the ones they care about most. As the progress data reveals, that's where the greatest vulnerability lies today.

# Measuring progress: what canadians feel matters most

Perhaps the most vital part of this report is our



assessment of perceived progress.

We are not asking people to assess whether a bill has passed the House or whether a regulation has been published in the Canada Gazette. We are measuring how people feel about progress.

And this matters, because in politics, perception often becomes reality. If people don't feel like change is happening, it can damage trust—even if, behind the scenes, the policy machinery is hard at work.

So how does the Carney government fare so far?

#### Mixed grades on momentum

The results are telling. Canadians were asked whether the government has:

- Completed the priority or made more progress than expected
- Is on track
- · Made less progress than expected
- Hasn't started
- Or if they don't know

We have combined the first two options into a single metric – % On Track or Better – to summarize perceived momentum.

The highest-ranked priority on this metric is unifying Canada's economy, with 49% saying the government is on track or ahead of schedule. Similarly, 48% say progress is happening on protecting sovereignty and 46% say so for the U.S./global partnership goal.

These are respectable numbers early in a mandate – and may reflect early speeches, symbolic visits, and signals of intent. Also, worth noting that this research was done just after the G7 but before the House of Commons passed Bill C-5, An Act to enact the Free Trade and Labour Mobility in Canada Act and the Building Canada Act

But the danger signs come into focus with the two most important priorities to voters:

- Only 32% think the government is on track on affordability.
- Just 30% say the same about housing.

Worse still: over half of Canadians believe the government is making less progress than expected or hasn't even started on either of these. For example, 29% say the government has not started making housing more affordable, and another 25% say it's making less progress than expected.

Among Liberal voters, the picture improves modestly – but still shows real risk. Just 42% believe progress is being made on affordability. That's lower than the levels for economic unification, sovereignty, or international partnerships. The same goes for housing, with only 41% of Liberals saying the government is on track.

#### Why the progress gap matters

The gap between priority and progress has

real political implications.

When people care deeply about an issue and don't see movement, it can create frustration, disengagement, or even backlash. The danger is not just that people will say the government is "not delivering", it's that they stop believing it can

It is worth noting that the two issues with the least amount of movement are the priorities Canadians care most about- and say have the biggest repercussions on their lives.

In this environment, early signs of motion can punch above their weight. A highly visible investment. A strong first set of results. A well-communicated partnership. These can all shift the needle not just because of the substance, but because they begin to change the storyline.

# A framework for understanding government effectiveness

The scorecard approach we're using – Priority, Personal Relevance, Perceived Progress – is more than a polling framework. It's a way of assessing the government's ability to align policy with lived experience. And it's the approach we take with the custom work we do with our clients.

The graphic below shows a summary view. The story this tells is simple:

- The top two issues for Canadians are affordability and housing.
- They feel those are where the least progress is being made.
- Unless that changes over the next year, it may impact how the Carney government is judged.

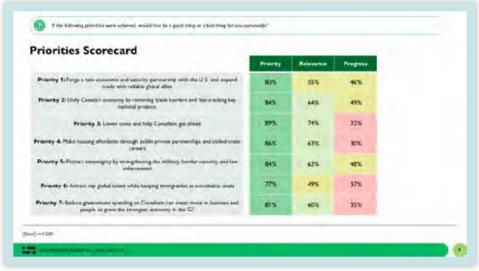
# Final thoughts: momentum is the message

Mark Carney's priorities are clear. The public mostly agrees with them. But clarity raises expectations.

If this government is to succeed it must show that the machine of government is delivering on the things people care most about.

And if it wants to hold the coalition that brought it into office, that progress must be felt, not just announced.







# LPD breaks up car theft ring centered in Laval

Six people have been charged in connection with a vehicle theft ring that saw stolen cars and SUVs, mostly from Laval, exported out of the country.

The LPD executed several search warrants in June at the climax of an investigation that began a year earlier after a large number of Land Rovers went missing. It is believed that Land Rovers were targeted at parking lots in Laval, the North Shore and in Ontario.

The LPD alleges that GPS tracking devices were placed by the suspects on the targeted vehicles, which would then lead them to the owners' homes, after which the vehicles were stolen during the night.

After they were stolen, the vehicles would be dropped off at various locations, then moved to a warehouse in Montreal and loaded into shipping containers and

exported out of Canada.

The police learned that six people were connected to 20 vehicle thefts,

14 of which took place in Laval. In the end, they were able to recover 18 of the vehicles.

With search warrants, the police were able to find and seize four vehicles, seven phones, brass knuckles, narcotics, \$7,305 in Canadian currency, \$1,000 in American currency and various other items like jewellery and computers.

Five males between 22 and 31, and a 28-year-old female were taken into custody. All six are facing charges of property obtained by crime over \$5,000 and vehicle theft.

Police say that if anyone has useful information, they are asked to contact the LPD at 450-662-4636. The case number is LVL-240718-030.



Photo: The car theft ring suspects. (Photo: Courtesy of Laval Police)

Laval man arrested for alleged sexual offences

A Laval man has been arrested as a suspect concerning at least two alleged sexual offences that occurred in Laval between December last year and this past February. Hagop Kachichian, 28, was arrested by the Laval Police on June 25.

The police allege he used the pseudonym Hagop Keshishian on a social media platform to solicit house cleaning services.

Offering compensation for travel expenses, he invited victims to his home in Laval.

The LPD alleges that once there, he made inappropriate comments and asked for sexual services in exchange for payment, after which it is alleged he committed sexual assaults

Kachichian, who was released with conditions, has his next court appearance on September 16. In the meantime, the investigators believe there may be other victims.

Anyone with information is invited to contact the LPD confidentially at 450 662-INFO (4636) or at 911. The file number is LVL-250216-036.

# Laval teen gets \$1,700 ticket, licence suspended, after going nearly 200 km/h

A Laval teenager is among almost a dozen drivers whose cars were impounded and who are now looking for ways to pay stiff fines after a week-long Sûreté du Québec operation on nearby autoroutes.

In the week leading up to July 1, SQ patrol officers stationed

in Laval handed out more than \$16,000 in fines for excessive speeding tickets while impounding 11 vehicles.

Over that time, the SQ reported 11 motorists going well beyond the 100 or 70 km/h limits on one of the autoroutes that traverse Laval, with each driver looking at tickets of at least \$1,400.

# **Moving day fire in Laval-des-Rapides**

Some tenants who had just moved into a rental flat in Lavaldes-Rapides on July 1 came down with more than a case of moving day jitters when their new dwelling caught fire.

The blaze broke out during the early evening in a unit of a duplex located near the corner of Pontmain and Labelle streets in LDR. Four families residing in the two-storey building were forced to flee. One of the families had just moved in when the

fire broke out.

While smoke and flames were apparent to Laval Fire Dept. personnel upon their arrival, they were able to contain the damage before the fire spread further.

There were no reported injuries, but the unit where the fire originated sustained the most damage, forcing its occupants to seek temporary lodging.



Photo: Courtesy of Association des Pompiers de Laval



A COMPANY YOU CAN TRUST

(514) 289-8585

25 years at your service!



- Fire
- Cameras
- Intercoms





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

#### **ZONES MUSICALES**

Music



August 6 7:30 - 9 PM

**Place Bell** 

1950 Rue Claude-Gagné, H7N 5H9

The event features the Orchestre symphonique de Laval, Dominique Beauséjour-Ostiguy, Guylaine Tanguay and the Chœur des Jeunes de Laval.

Free, ticket required

#### **FESTI-GOURMET 2025**

**Festival** 



August 7-10

**Festi-Gourmet** 1600 Boul. le Corbusier, H7S 1Y9

Enjoy a gourmet and festive experience at DUO Centre Laval and celebrate the diversity of flavors, cultures and traditions from around the world.

#### LA FOIRE DU VIEUX SAINTE-ROSE

Festival



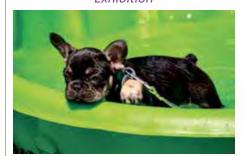
August 7-10
Between 10 AM - 8 PM
(hours differ depending on the day)

Vieux-Sainte-Rose
Between Cantin & Hotte St., H7L 1R9

Largest gathering of craftspeople and local producers.

#### **LE RENDEZ-VOUS CANIN**

Exhibition



August 9-10 9 AM - 4 or 6 PM

Centre de la nature 901 Av. du Parc, H7E 2T7

Enjoy special events, rest areas, family activities and meet specialists in many canine fields. Bring your dog along.

Free

# STATION CULTURELLE MOMO

Culture



August 2-16

Place Montmorency 1950 Rue Claude-Gagné, H7N 5H9

Downtown Laval welcomes the Momo cultural station, a unique project that transforms the sector into a lively space.

Free

#### FESTIVAL MOSAÏQUE

Festiva



#### August 14-16

**Centropolis** 

505 Promenade du Centropolis, H7T 0B3

Unifying event that celebrates the richness of cultural diversity through the arts, transforming public spaces into cultural venues.

Free

# UN ÉTÉ DE PLAISIR À CENTROPOLIS

Culture



Fridays, Until August 22 Starting at 6 PM

Centropolis - Place Centrale 1799 Av. Pierre-Péladeau, H7T 2Y5

Rediscover classics with a program that pays tribute to musical phenomena.

Reserve at Randolph restaurant

#### **MARIE-MAI**

Music



August 23 7:30 - 9:30 PM

Place Bell - Place publique 1950 Rue Claude-Gagné, H7N 5H9

After more than 20 years and 8 tours, Marie-Mai returns to the stage with a new show based on her latest album, Sept, and featuring her greatest hits!

Free



# WITH APLOMB

My story is long, but to make it short, I am in the process of grey divorce. My marriage lasted 30 years, with three adult children I adore. To start with, there are many differences between my husband and me, culturewise and educationwise. But I helped him finish his college education while working on my master's and Ph.D. degrees.

I helped him establish his own business. Slowly and with my support the business grew. He became famous here. Four years ago he went to a conference outside the country and came back changed. One day I caught him emailing a girl there and asked him about her. He said, "Don't worry. She is younger than our daughter."

Well, somehow I believed him. I discovered nearly four years ago he married her. I was devastated, so I asked him to leave the house and I asked for a divorce. I can't stand seeing his face. Ever since, my life has changed. I am no longer the woman I used to be. I am still teaching in the university, but I lost that zest for life.

His wife is expecting a baby this summer, and we are not happy about it. My children and I are worried this woman will give us trouble in regard to our business. After all, she didn't marry a man her father's age out of love. I managed to change the ownership of the business to five equal shares. If my ex chooses to give her and her child anything, it has to be his share.

How can I deal with the stigma of divorce? So far I am avoiding socializing as much as possible because I am not looking for sympathy from anyone. I attended some counseling meetings which helped me, but what shall I do when I am alone? I am now 63, and this is terrifying me.

Nadia

Nadia, everything bad thrives in secrecy. Abuse, addiction, torture, betrayal, embezzlement ... bigamy. You have nothing to hide. Hiding from the world might make people think you did something wrong, when he did. Most people, though, will feel I hope nothing like that happens to me. And for those in a relationship with someone who doesn't love them, it will make them very

You aren't alone. You will always have your children, and your husband has damaged his relationship with them. The best thing you can do for the sake of your children is finish this off.

There is only one way to live life, and that is to look reality square in the face every day. You have two choices. You can bury these events in your mind, tell social lies to others, and hide out in your home, or you can commit to living each day with passion. If you do the former, you will get nervous tics and twitches, and a tummy that acts up. If you do the latter, you will regain the zest for life you had as a small child newly arrived on the planet.

Divorce is a stigma only to the extent you allow it to be. Another woman might take these events and turn them into a hilarious story she tells at parties. There is no stigma attached to things which are beyond our control, and there is no stigma attached to us from the decisions of another.

So it is time to begin again. All the possibilities of life are before you. You have more financial freedom than most. The only things which can hold you back are between your ears. By all means, if you feel counseling is useful, then find a good counselor.

And never forget one lesson about your husband. You cannot trust him. Deal with him from a position of legal strength. Some people are entitled to the benefit of the doubt. He is not.

Wayne & Tamara

WAYNE & TAMARA MITCHELL are the authors of YOUR OTHER HALF (<a href="https://www.yourotherhalf.com">www.yourotherhalf.com</a>)
Send letters to: Direct Answers, PO 964 Springfield, MO 65801-0964
or email: GetInTouch@WayneAndTamara.com

WAYNEANDTAMARA.COM

# AU VIEUX DULUTH JOB OPPORTUNITY

**AU VIEUX DULUTH** LAVAL RESTAURANT

> MANAGER FULL TIME

1755 INDUSTRIAL BLVD. LAVAL QC

CALL VICKY; 450 663 1165

ALIMENTS GOURMETS

MEDOR WAREHOUSE

CENTRAL KITCHEN HELPER FULL TIME

815 BOUL. ST MARTIN O. LAVAL QC

CALL JOHN; 450 663 1165

auvieuxduluth.com info@auvieuxduluth.com

# **CLASSIFIEDS** • NOTICES • JOBS

News PARCEXTENSION HEW'S Call 450 978.9999 Payment:

# Saint Expedite- Lord Hear My Prayers Pray for 3 consecutive days

Holy Spirit, You who make me see everything and showed me the way to reach my ideals. You who gave me the divine gift to forgive and forget the wrong that is done to me and You who are in all instances in my life with me, I want to Thank You for everything and confirm once more that I never want to be separated from You no matter how great the material desire may be. I want to be with You and my loved ones in Your perpetual glory. Amen.

In Jesus Christ, your Son's name, I ask that you grant me (state your intention or specific request).

While making this request, you must promise to publish this prayer or circulate the favor.

Thank You Felicia



You can have seamless uninterrupted service for all your print and web ads, all of your marketing and promotional materials and even page design set-up and running within a few hours. And your ads will look terrific, quaranteed!

- Prices well below what you've been paying elsewhere. Save money!
- Same day service on most ads if submitted in the morning.
- No charge for changes and corrections.
- No charge for stock photos.

mediatrek.ca (450) 978-0070 info@mediatrek.ca 3860 boul. Notre-Dame Suite 304, Laval, QC H7V 1S1





1799, boul. Curé-Labelle,

**Chomedey (North of St-Martin)** 

Before selling elsewhere, come see us!

Mon. to Wed. - 10am to 5:30pm Thurs. and Fri. - 10am to 7:00pm

Saturday - Closed Sunday - Closed



sed sed

#### How well do you know your summer sports?

Do you love playing outside in the summer? There are so many fun ways to get active in the great outdoors. Take this quiz to test your knowledge of summer activities. You might even find a new one to

#### **COMPLETE THE STATEMENTS**

- 1. In football, the player who makes the field goals is called
- 2. A dinghy allows you to practice
- \_ can be done on a trail.
- 4. Ultimate is played with a \_
- 5. The \_\_\_ is the player between second and third base in baseball.
- 6. If you're an equestrian, your \_\_\_ must fit well.
- 7. If you're a cyclist, your \_\_\_ are your best friend.
- 8. A nose clip is helpful for \_
- \_ are essential for climbers.
- 10.In tennis, the \_\_\_ is a serve that the opponent can't return.
- 11. Shin guards do a great service

- for \_\_\_\_ players.
- 12.A golfer's bag contains irons and
- 13. Hiking is often done in the \_
- 14. When \_\_\_, you must paddle to move forward.
- 15. Unlike the indoor version, \_\_\_ is played two against two.

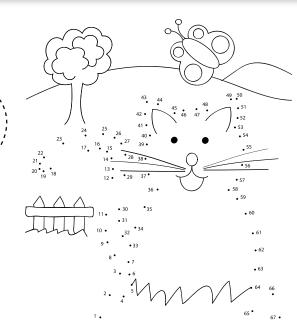
#### **CHOICE OF ANSWERS**

- A. Shortstop
- B. Ace
- C. Woods D. Helmet
- E. Kicker
- F. Running G. Shorts
- H. Frisbee
- I. Harnesses
- J. Kayaking
- K. Mountains
- L. Swimming
- M. Soccer
- N. Sailing O. Beach Volleyball

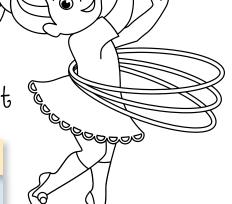
6-1' 10-B' 11-M' 15-C' 13-K' 14-1' 12-C J-E' 5-N' 3-E' 4-H' 2-Y' 9-D' J-C' 8-F'

**ANSWERS** 











#### Quiz: test your knowledge of the aquatic world

Are you interested in marine plants and animals? Take this quiz to test your knowledge.

- 1. Which male animal gives birth to its babies?
  - a. Seahorse
  - b. Shark
  - c. Sea cucumber
- 2. What do bioluminescent marine creatures do?
  - a. Store light and release it in the dark
  - b. Reflect light
  - c. Emit or produce light

- 3. What's the largest animal?
  - a. Blue whale
  - b. Killer whale
  - c. Walrus

For the

- 4. In which ocean is the Mariana Trench, the deepest known point in the ocean, located?
  - a. Atlantic Ocean
  - b. Pacific Ocean
  - c. Indian Ocean

How many correct answers did you get?

11,000 metres deep. b. Explorers estimate that it's about

a. Blue whales can be 20 to 30 metres jellyfish are bioluminescent. or sexual partners. For instance, some communication and attracting prey functions, including camouflage, c. Bioluminescence serves several is two to three weeks.

a. The gestation period of the seahorse **ANSWERS** 

# Discover a unique creative children's amusement center in Laval



"At Fun2do, we ignite the spark of curiosity and creativity in children of all ages. Our innovative programs blend the principles of Science, Technology, Engineering, Arts, and Mathematics (STEAM) to offer an amazing, educational, and fun environment where young minds can explore, learn, and grow. Our Mission Our mission is to provide a dynamic space where children can unleash their imagination, develop new skills, and build confidence through hands-on activities and collaborative learning. By integrating the arts with STEM education, we foster both creative and critical thinking, preparing kids for a bright future."

Located in: Méga Centre Notre-Dame 2202 Autoroute Chomedey Ouest, Laval, Quebec H7X 4G8 For Information and for reservations, call (514) 506-4430

www.fun2do.ca

#### HOROSCOPE

Week of July 13 to 19, 2025

The luckiest signs this week:

#### TAURUS, GEMINI AND CANCER



You'll have a serious outlook this week, even though you're on vacation. You'll be thinking about work and big projects rather than fully enjoying your time off. Someone close to you may need your support.



Summer is flying by! Make the most of your planned activities. You'll have a packed social calendar, and your good friends will invite you out. You'll have memorable and enjoyable experiences.



#### **GEMINI**

Time is precious and you'll have a whirlwind of ideas this week. You'll go on a spontaneous trip and start planning another adventure for later this year. You'll also focus on reaching ambitious personal and professional goals.



#### CANCER

Whether you're on vacation or not, you'll find the time to treat vourself. Disconnect and recharge in nature. Set aside your worries about work while you're on vacation to reawaken



#### LEO

You could be hit with intense emotions for various reasons this week. If you're dating, you'll know quickly if the other person is being insincere. Your emotional state influences your vitality. Prioritize finding balance and peace of mind.



#### **VIRGO**

You're always busy with work, even during summer. Your keen insights will help you spot opportunities to clinch valuable contracts or partnerships with clients. Try to make time for your partner and family.



#### LIBRA

Even while on vacation, you'll frequently check in with work via your smartphone. An unexpected work emergency could cut your vacation short. However, your dedication will impress your boss.



#### **SCORPIO**

You have an inner passion pushing you to express your individuality. If you're single, you'll be bold and stand out. If you're in a relationship, try breaking up your everyday routine. Your home is a peaceful retreat where you can recharge.



#### **SAGITTARIUS**

Despite being on vacation and promising yourself you would relax, you won't be able to disconnect from work. You'll check your messages and complete certain tasks. This will make it hard for you to fully unwind.



#### **CAPRICORN**

Vacation is supposed to be relaxing, but you may choose a destination that keeps you active. Instead, you'll enjoy lively evenings filled with deep conversations and philosophical musings, giving free rein to your innermost reflections.



You'll go on an adventure to break free from your typical routine or the hustle and bustle of everyday life. You'll explore boutiques and treat yourself, which will lift your spirits. You may also receive a financial surprise, like an unexpected windfall or forgotten cash you find in your pocket.

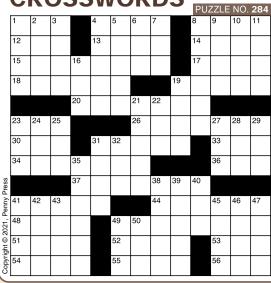


#### **PISCES**

Take the downtime you need before diving back into new activities. If you feel the urge to let go, trust life to guide you. Something will spark your creativity, leading to remarkable

# e Break

#### **CROSSWORDS**



- 4. Louts
- 12. Have property
- 15.Coast
- 18.Self-
- 19.Prettier
- 23. Humor
- 31. Gives the cold shoul-
- 33.Individual
- 34.Lawmaker
- 37. Violent windstorm
- 41.Plant again
- 48.Baking appliance

- ACROSS
- 1. Shipboard diary
- 8. Upper limbs
- 13.Not false
- \_ camp
- 17. Fountain drink
- 20.Farm vehicle
- 26.Purse
- 30.King beater
- der
- 36. Fitness center
- 44.Passengers

- 49.Standards 51.Stack
- 52.Unseat
- 53. Traveler's stop 54.Annexes
- 55. Follow instructions
- 56.It came first?

#### DOWN

- 1. Mislay
- 2. Has bills
- 3. Small fly
- 4. Different Scent
- Cat's coat
- 7. Admit as a visitor
- 8. Ridiculous
- 9. Applaud 10.Pie a la \_
- 11.Big name
- 16.Put in place
- 19. Negative points 21.Butter maker

- 22.Dinner check
- 23."I \_\_\_\_ a Teenage Werewolf"
- 24.Skating on thin 25. Number of bowling
- frames
- 27.Marsh
- 28.Whichever
- 29.Sapphire
- 31.Pack away
- 32. Neither's mate 35.Does penance
- 38. Develop 39.Sona
- 40.Work by Keats 41.Line
- 42.Harmful 43.Persuade
- 45. Canal from Albany to
- Buffalo 46.Engagement gift
- 47. Harmonized 49.Talk fondly

# Sudoku

#### **HOW TO PLAY:**

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

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

| PUZZLE NO. <b>977</b> |   |   |   | 6 |   |   | 4 |   |
|-----------------------|---|---|---|---|---|---|---|---|
| N N                   | 5 |   | 3 | 1 | 7 |   |   |   |
| )22LI                 |   | 7 | 2 | 8 |   |   |   |   |
| ĭ                     | 1 |   |   | 2 |   | 8 | 5 |   |
|                       | 9 | 5 |   | 7 |   |   | 8 | 3 |
|                       |   |   |   |   | 4 | 3 |   | 1 |
|                       | 7 | 9 | 8 |   |   | 1 | 3 |   |
|                       |   |   |   |   |   | 7 | 1 | 9 |
|                       |   | 6 |   |   |   | 5 |   | 8 |

#### Last Issue's Answers

A I D E E A C H DR IP BOA EVER SEMI SOP RESET ECHO WISPSELSE I C E D T E A T T R U E R TUXLATCHTAR |E|R|A|S|E|C|O|R|S|E|T|SM E M O W H O O P I D L E BATON ROBE O A F S A R E A TEN WEE SNOW DYED EYES

2 8 3 5 3 5 4 7 9 2 8 6 8 2 5 9 3 6 1 4 2 4 3 6 5 9 8 5 9 8 2 6 1 4 3 2 7 5 9 3 8 4 6 1 9 6 5 3 1 8 4 2 3 2 6 8 5 9 1 6 4

# Volume pricing

**\$244**<sub>ea</sub> **Fast Delivery!** 

available

# RETRACTABLE BANNERS

The lightweight pull up banner comes with a lightweight swivel foot unit, 3 piece interlocking pole, carrying bag and a 1 sided 33"x79" vinyl banner installed.

Taxes extra. Prices are for PDF files. Format based on specifications Graphic design not included but very affordable.

Minimum order \$100. Delivery charges may apply.

Place your order today!

mediatrek.ca info@mediatrek.ca



Call us for more information 450.978.0070

# Ste-Rose JOSIUM edition

LOUISE CORMIER

# 80 artists

July 24 - 27

Thursday & Saturday: 10 AM - 6 PM Friday: 11 AM - 6 PM Sunday: 10 AM - 5 PM



Spokesperson Shirley Théroux



#### Galerie La Vieille Caserne

216 boul. Ste-Rose Laval H7L 1L6 450 625-7925 www.roseart.ca roseart@videotron.ca





**CORPORATION ROSE-ART** 

### hibitions

'La Vieille Caserne' Gallery: Rose-Art Artists Adjoining rooms: Tribute to artist Francine Hétu

Sainte-Rose Art Centre:

Ground floor: Mrs Shirley Théroux's artworks Upstairs: Rose-Art artists' large size exhibition



Member for Sainte-Rose Minister for the Economy Minister Responsible for the Fight Against Racism Minister Responsible for the Laval Region











ZAHRA ALI MOHAMMADI - Un Goût d'Enfance















