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Airport noise group seeks results with improved complaints app

Montréal-dB hopes noise incident database will stir ADM into action



Montréal-dB founder **Bill Mavridis** is seen here with components for the new aircraft noise monitoring network he hopes to implement with the help of Montrealers impacted by plane noise above their homes. - Photo: Martin C. Barry

MARTIN C. BARRY

A citizens' group that is lobbying the Montreal airport authority to cut down aircraft noise has succeeded at least in getting Aéroports de Montréal's undivided attention with a smartphone app, outpacing a rival group that is currently pursuing class-action lawsuits.

Montréal-dB, which publishes the AÉROplainte app, recently released the initial results of its airplane noise monitoring activities for 2019.

Last year, 519 unique opt-in users of the AÉROplainte app filed 32,224 airplane noise complaints with Aéroports de Montréal (ADM), according to Montréal-dB's data.

Unreported complaints

While all other airports in Canada report airplane noise complaints that they receive, Montréal-dB founder Bill Mavridis claims the ADM has been under-reporting airplane noise complaints since 2013 by following a policy of only reporting one complaint per person per day.

However, Mavridis added that ADM announced in 2019 that it will start reporting all airplane noise complaints that it receives. The data has been available since the beginning of this year and is reported monthly on their indicators page.

Effects of plain noise

Based on the distribution of complaints by postal codes, poten-

tially a total of 1,594,171 residents of the Montreal Metropolitan Community are affected by airplane noise, says Mavridis.

The group plans to publish an annual report by the end of February that will be distributed to stakeholders in an effort to encourage effective change at the ADM. According to Mavridis, the report will present more detailed results and make recommendations for improving Montreal's aircraft noise soundscape.

How to reduce plane noise

Mavridis said that mapping of Montréal-dB's complaint data confirms that the problem of airplane noise is widespread, although it remains concentrated in the areas of Dorval, St-Laurent, Ahuntsic-Cartierville and Parc-Extension-Villeray.

He said that mapping also shows that airplane noise complaints could be drastically reduced in Villeray and Ahuntsic if flight patterns were altered by applying changes in sound abatement procedures for airplanes departing over the island of Montreal to turn at 5,000 feet instead of 3,000.

Support is increasing

"This small change would bring the airplane traffic to the Anjou industrial park area where, at an altitude of 5,000 ft, planes will project less noise to the ground and affect fewer residents," Mavridis said in an interview last week with Newsfirst Multimedia.

Founded in October 2018 as Montreal Indivisible, Mavridis

changed the name to Montréal-dB in September 2019 when the organization began receiving several thousand dollars in subsidies from the Borough of Ahuntsic-Cartierville and from local city councillors.

Microphone system coming

In conjunction with the AÉROplainte app, Montréal-dB plans to deploy a network of sophisticated microphones to monitor airplane noise all over the city, in order to reduce this to raw data that could be used to formulate scientifically-founded complaints.

A self-employed investment councillor working from home since 2015, it was around then that Bill Mavridis first began to seriously notice the amount of aircraft noise being cast down upon his neighbourhood in otherwise tranquil Ahuntsic-Cartierville.

"I sat down with my son and said this is ridiculous – the problem is getting worse," he said. "And if it was bad for me, how bad was it for the people living right under the flight paths? So I decided this was something that required some activism to get the point across."

App forwards complaints

After examining some of the data the ADM was releasing on the number of complaints about plane noise it claimed to be receiving, Mavridis suspected they weren't telling the whole truth, and so decided to do something about it. "We needed to find out," he said. "And we found out by creating the app."

Out of his own pocket, he paid an app designer \$500 to handle the task. Once AÉROplainte started to be downloaded, anyone who wanted to report a plane noise incident could activate the app and fill out a complaint form which was forwarded to the ADM's automated online complaints system.

ADM takes notice

"All of a sudden the ADM was receiving thousands and thousands of complaints," said Mavridis, noting that the app saves a carbon copy of each complaint in Montréal-dB's database. So after initially ignoring Montréal-dB, ADM officials finally agreed to meet and talk with Mavridis a few months after the app started flooding them with complaints.

The next step for the technically-savvy Bill Mavridis and Montréal-dB is the impending implementation of the microphone system. He located a company in California which manufactures a relatively inexpensive automated airplane noise tracking system.

Want to join the effort?

Mavridis is currently seeking out residents of Montreal areas impacted by plane noise who'd be willing to install one of the mics (which interface with a personal computer) in order to contribute to Montréal-dB's growing database of plane noise incident data. This in turn would be used to motivate the ADM into taking real action.

Montréal-dB isn't the only citizens advocacy group that has been pursuing the ADM to do something about the plane noise issue. However, the other, known as Les Pollués de Montréal-Trudeau, has opted to follow another route: legal action. They currently have class actions pending against the airport authority.

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Alcide Borik



LA PETITE CLAUDE (Epeirus volubilis)

Espèce commune identifiée par un chercheur indépendant de l'A.M.F.Q. (1) vit solitaire et rencontre occasionnellement un mâle pour se reproduire et éventuellement pour se nourrir.

On la rencontre rarement, mais cette espèce n'est pas en voie d'extinction, on peut l'apercevoir parfois agitant ses pédipalpes et surtout l'entendre car elle est généralement volubile, comme son nom l'indique.

Quand elle dépasse l'âge adulte, elle ressent un irrésistible besoin de concevoir mais préfère vaquer à ses occupations, partagée entre les pulsions de son horloge biologique et son appétit vorace car elle satisfait notamment ses besoins alimentaires par le tissage qui est sa principale source de revenus.

Parfois, elle ressent une drôle de sensation. Ses poils extrêmement sensibles détectent les vibrations d'un mâle attiré par son manège. Ce dernier tire un peu la chevillette pour éprouver

La solidité de la porte, et avance dans une sorte de valse hésitation, partagé entre ses propres pulsions sexuelles et la peur de s'engager sur un fragile pont de toile qui le sépare de sa future conquête. Ses vibrations d'équilibriste ne l'empêchent pas de

récolter au passage quelques friandises pour l'amadouer. La belle est charmée, il est bien trop petit pour elle, mais un flot intérieur fait vibrer son corps d'une musique jusque là inconnue et son propre corps se convulse dans l'attente de l'étreinte.

Encouragé par cette attitude, le mâle prend confiance, puise en lui une vaillante énergie, il donne le meilleur de lui-même et accomplit l'irréparable...

Allongée dans son hamac qu'elle berce doucement, la petite Claude a fermé les yeux. Elle est satisfaite et le mâle a bien rempli son office. En fait, elle aimerait bien le garder pour s'en servir encore et même, le laisser partir sans payer, mais elle ne désire pas non plus qu'il donne à d'autres un bonheur identique, alors, prise d'une fringale frénétique, elle entreprend de déchiqueter son partenaire et de le dévorer sur le hamac même qui a connu leur étreinte.

Repue, elle emballe soigneusement les restes dans un linge ou elle emmailote sa progéniture car il faut bien qu'il assume ses responsabilités...

P.S. Toute ressemblance avec une ex ayant abusé d'une justice fast-food ne serait qu'une fâcheuse coïncidence.

(1) A.M.F.Q : Association des Mâles Floués du Québec

Push back against China's pro-communist Bible

Imagine this hypothetical scenario: A world leader decides they're going to arbitrarily change the text of an historically important religious document to suit their needs. Some people might complain about this decision in private, but the world leader is far too powerful to either publicly criticize or condemn.

So these changes are made in short order – and future generations could end up being none the wiser.

This disgraceful scenario would never happen in a democratic nation. World leaders like Canadian Prime Minister Justin Trudeau and U.S. President Donald Trump wouldn't change the text of the Bible, Torah, Koran and/or other religious documents for moral, personal and political reasons.

Yet what if I told you China was in the process of doing this very thing?

Most of you probably wouldn't be surprised, but you might wonder why a communist country would want anything to do with religious writings and teachings. Karl Marx, the father of communism, once called religion the "opium of the people" and communist countries like the old Soviet Union celebrated their long-standing roles as atheist states.

In the case of China, which also promotes state atheism, its proposal is simple to understand. It has nothing to do with religion and everything to do with power.

Chinese President Xi Jinping has concocted a devious plan to revise the Bible to make it more in line with his country's totalitarian ideology.

Xinhua News Agency, a Chinese state-run media organization, reported that last November's Committee for Ethnic and Religious Affairs of the National Committee of the Chinese People's Political Consultative Conference discussed the need for a pro-communist Bible. Conference chairman Wang Yang said it was important to adhere to Xi's vision of the "core values of socialism" and to help build a "religious system with Chinese characteristics."

Conference attendees, which included a group of experts and representatives of different religions from the Communist Party's Central Committee, nodded their heads approvingly. According to Xinhua, they believed this strategy of "re-evaluating" religious texts would prevent any sort of "extreme thoughts" and

"heretical ideas" from becoming commonplace in communist China.

Nothing has been changed in the Bible to date, but China's propaganda machine seems to be in full swing.

This follows a disturbing trend of Chinese officials directly intervening in matters of religious faith as of late.

The website American Military News noted on Dec. 23 that China has arrested religious leaders like Pastor Wang Yi of the Early Rain Covenant Church. The communists also "instated bans preventing other religious leaders from attending religious conferences abroad."

More recently, Chinese officials in Jiangxi "ordered a Catholic church to remove a painting of the Virgin Mary and her baby, Jesus Christ, and replaced it with an image of Chairman Xi." American Military News also mentioned the officials were "told to hang Chinese flags and pro-communist party slogans throughout the church," which is located in the eastern province.

The whole matter is quite frustrating to watch – and rather terrifying to believe.

Christianity's core message, which is drawn from Judaism, is that every person is sacred and their fate is of consequence to God. This means there are individual natural rights in society and a power that the state – even a communist state – can't deny.

That's also why the First Amendment of the U.S. Constitution directly states, "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof."

China obviously doesn't pay close attention to the nuances of America's supreme law – or the views of other democratic nations and religious groups, for that matter.

Nevertheless, it's important that North American, European, Asian and African churches, along with other faith-based organizations, strongly condemn China's disgraceful plan to create a pro-communist Bible and tear apart the very soul of Christianity.

Let's hope they follow through and their democratic words speak louder than hypothetical communist actions.

- Michael Taub

The opinions on THIS PAGE reflect the consensus of Editorial Board.

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University of Montreal opens new children's clinic in Park Ex

L'Extension will provide free care for teeth, eyes and learning difficulties



From the left (foreground), Park Extension city councillor **Mary Deros**, Borough of VSP Mayor **Giuliana Fumagalli** and Laurier-Dorion MNA **Andrés Fontecilla** listen as dentistry student **Hafsa Alami Laroussi** explains some of the services she and others will be providing at L'Extension on Beaumont Ave. in Park Extension. - Photo: Martin C. Barry



From the left, VSP Borough Mayor **Giuliana Fumagalli** and Park Extension city councillor **Mary Deros** (second from right, foreground) listen to U of M PhD student of ophthalmology **Antoine Aidans** van der Poel explains the work he and others will be doing at L'Extension. - Photo: Martin C. Barry

MARTIN C. BARRY

More than a decade after the University of Montreal pledged to use their vast teaching resources to improve life in Park Extension while building a new satellite campus, U of M officials honored the promise earlier this week with the opening of a new clinic to assist children with learning difficulties or who need help with their teeth or eyesight.

Located on Beaumont Ave., the multidisciplinary Centre L'Extension is an outgrowth of a project started six years ago by U of M Faculty of Education professor Louise Poirier, who first sowed the seeds at École Barclay on Wiseman Ave.

VSP mayor impressed

"From what I've seen here today, this is some-

thing that will be very important for the children of Park Extension," VSP Borough Mayor Giuliana Fumagalli said in an interview with Nouvelles Parc Extension News.

"Here now finally we have a centre with all the necessary equipment dedicated to providing services to the families and children of Park Extension," said Park Extension city councillor Mary Deros. "They will be providing free service to the children and families who can't afford it."

Coutu fund donation

The centre will be staffed by senior students from the U of M completing internships during the last phase of their studies, under the supervision of university professors.

L'Extension's move from École Barclay to the new location, in a large and modern suite of

offices, was financed to a significant degree by the Fondation Marcelle et Jean Coutu which donated \$2 million.

Children from Park Extension whose teeth need filling, repairing or straightening, who have eyesight problems and need glasses, or who have learning difficulties, will be able to receive diagnostics and treatments at the clinic free of charge.

Orthodontist from Park Ex

One of L'Extension's leading dental experts is Dr. Athéna Papadakis, who grew up on de l'Épée Ave. in Park Extension and is now a professor of orthodontics at the University of Montreal.

"This is a story of community efforts involving families from Park Extension, schools from the area, professors and students from the

University of Montreal, more than 350 generous donors and a major philanthropic partner, the Fondation Marcelle and Jean Coutu," said University of Montreal rector Guy Breton.

Giving back to community

He added that the university wants to dispel the impression by some people that the U of M's administration dwells in an ivory tower.

"It was my dream to establish a centre in a less fortunate and multiethnic area, since the parents in these neighbourhoods don't have the means to pay for specialized learning services in private clinics, and schools and school boards aren't always in a position to offer such services to all the students in difficulty," said Louise Poirier.

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Trudeau cabinet appointee Mona Fortier defends her dossier 'Middle Class Prosperity Minister' takes a cross-government approach

MARTIN C. BARRY

After scarcely two months in the saddle, the country's new Minister for Middle Class Prosperity wants Canadians to know there's more to her cabinet posting than its name, which has drawn a fair amount of derision from the media since the day of her appointment.

First elected MP for the riding of Ottawa-Vanier in a 2017 by-election, Mona Fortier was given her cabinet position by Prime Minister Justin Trudeau last fall following the 2019 general election.

Among other things, she has responsibility for fleshing out one of the key political catchphrases that has become an essential part of the Liberals' terminology since Justin Trudeau first took the reins of power in 2015.

Met students at U of M

During a stop in Montreal last week during her first road trip as a cabinet minister, she addressed and held a pre-budget consultation with students and fledgling entrepreneurs at the University of Montreal's École des hautes études commerciales.

"We have to go back four years ago when the government was first elected in 2015 and realized it was important to continue to strengthen the middle-class," Fortier said in an interview with Newsfirst Multimedia. "Now we also know that Canadians are feeling the squeeze of costs and income not rising fast enough."

Tasked by the PM

"So the Prime Minister has asked me to look at how we can make sure that we have sound decisions on quality of life measures, affordability measures, to make sure that Canadians continue to grow the middle class, but at the same time they know that they can have access to affordable housing, they can pay their education or their kids' education and put money aside to have a secure and dignified retirement."

Fortier is the first female Member of Parliament for Ottawa-Vanier. Prior to being elected, she worked as the chief director of communications and market development at Collège La Cité in Ottawa, and managed her own strategic communications consulting firm.

Believes in bilingualism

Fortier has also served on several non-profit boards of directors, including the Montfort Hospital, the Ontario Provincial Advisory Committee on Francophone Affairs and the Shaw Centre.

At the same time, she has shown herself to be a strong advocate for bilingualism. Francophones continue to make up a large segment of the population in her home riding. She is a mother of three, a believer in entrepreneurialism and a University of Ottawa graduate.

While a good number of journalists reacting to Fortier's appointment said they were mystified as to what practical purpose the new ministry



Seen here at HEC Montréal last on Jan. 13, federal Minister for Middle Class Prosperity **Mona Fortier**, right, was interviewed before students and entrepreneurs by **Manaf Bouchentouf**, executive director in charge of business support services for HEC Montréal's Entrepreneurship, Entrepreneurial Acquisition and Business Families Hub. - Photo: Martin C. Barry

would serve, a mandate letter issued by Prime Minister Justin Trudeau spelled out fairly clearly what her responsibilities are.

Cross-government mandate

"You will develop cross-government approaches to ensure that the prosperity and quality of life of the middle class are central to government policy-making," Trudeau said, suggesting that Fortier will be expected to act as a bridge to other key federal ministries, even though her status is that of a second minister within the Department of Finance.

In Fortier's own words, "I will be working closely with Finance Minister Morneau who has to make sure that we continue to have a strong economy. I will support those initiatives on a cross-governmental basis to make sure that affordability and quality of life and even financial security are part of our decision-making."

"We have to look at cross or pan-governmental programs and policies to make sure that we engage with my different colleagues around the cabinet table to make decisions," she said.

Building on job description

When asked by Newsfirst Multimedia to expand on the Prime Minister's job description, Fortier added, "I think the most important thing for me,

in addition to listening to Canadians, is that I will be building that job description by working with my colleagues and also pressing on making sound decisions so that we can continue to grow the middle class and strengthen our economy."

Fortier was also asked how she reacts to critics who have observed that her ministry appears limited in scope and its name seems only to reflect a basic precept from the original Trudeau Liberal agenda, which has degenerated into somewhat of a cliché.

What Canadians are living

"I believe it is a reality that we live across the country," she said. "And we have to look at it in a positive way where we're really looking at what Canadians are living and feeling, and day-to-day families what they need to continue to contribute to our economy."

"Let's make sure we find the right ways to help people that are maybe having struggles and that are living in poverty situations," she continued.

"We need to find those programs and measures to bring them to be able to join the middle-class. And for me that's what's important. We want all Canadians to succeed and to prosper. And that's my objective: to find ways to make sure that we do that."



Federal Minister for Middle Class Prosperity **Mona Fortier** made her first road-trip stop in Montreal last week during a pre-budget consultation. - Photo: Martin C. Barry

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MEDIA-TREK

Big move for KDM Assurances to their new location

Insurance firm's Kosta D. Menoutis hosts well-attended reception with guest MC Mario



Also among the guests at **Kosta Menoutis's** reception were Newsfirst Multimedia publisher **George Bakoyannis** (left), and **Stavros Kazantsis**. - Photo: Martin C. Barry

MARTIN C. BARRY

Surrounded by clients, business colleagues and many, many friends, KDM Assurances president Kosta D. Menoutis was the man of the hour on the evening of Jan. 14 when he held a reception to celebrate the opening of his insurance brokerage firm's new location on de la Savane St. in Montreal.

After years of being at 6927 Parc Ave. in Montreal's Mile End area, a need for additional room was partly the motivation for the move, according to Menoutis.

"We needed to expand. We needed more office space," he said in an interview with Newsfirst Multimedia.

Customer-friendly

Along with a customer-friendly ambiance and ample parking at the new locale, KDM Assurances has also hired additional staff to better serve customer needs, added Menoutis. Clients will continue to receive the same trustworthy service they've depended on for more than three decades at KDM.

Among the many guests at the event was Mario Tremblay



(a.k.a MC Mario) of Virgin Radio. The Canadian Dance Hall of Famer handles Virgin Montreal's Saturday evening 6 pm to midnight live DJ broadcast.

A client and friend

"I'm very proud of Kosta," said longtime friend and client John Pericos. "I've known him for a long, long time. He's a great friend. I wish him all the best at his new location. I think he's done great for himself and all of us."

In the 31 years since Kosta D. Menoutis transitioned from his original calling as a real estate agent to an insurance broker, thousands of clients have come to know and trust him as a personal advisor who can answer questions not only about insurance, but also on a range of other topics.

MC Mario a guest

"He's the best in the business," MC Mario said of his buddy Kosta. Chatting just across the room was Suzanne Bougie, another friend. "Kosta is a very good guy – generous and with a good heart," she said.

"I've known Kosta for nearly 15 years," said Anne Magnan, an advertising account executive who plans Kosta's billboard



KDM Assurances president **Kosta D. Menoutis** (left) had many guests at the reception for his new location's opening, including Virgin Radio Montreal's **MC Mario**. - Photo: Martin C. Barry

campaigns. "He's a really great guy. He throws a great party. It's really nice to be here."

Tailored to needs

KDM Assurances offers a wide variety of insurance and risk management products precisely tailored to everyone's needs. With multi-disciplinary licensing and broad-spectrum coverage, they can provide home, auto, commercial, travel, and financial insurance to customers at competitive rates and at premium quality.

KDM also believes that personal relationships and service form the cornerstone of its success. KDM Assurances' new location is at 5200-B de La Savane St. in Montreal (near the corner of Decarie Blvd.) The new address is only a block from the de la Savane Metro station.



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Mom, Dad... I hate my teacher!



Should you be worried if your children come home from school complaining about their teacher? Of course, tensions between students and their teachers are inevitable, especially during teenage years when opposing authority becomes a rite of passage. Nevertheless, you shouldn't downplay the situation.

Instead, try to understand why your children harbour negative feelings towards their teacher. Is this a recent occurrence or an ongoing development? Encourage them to share their concerns without controlling the conversation or putting words in their mouth. No matter what they share, don't assign blame. On the

contrary, stay open-minded and empathetic, but remain adamant; your children need to understand that while you genuinely care to hear their side of the story, you do not tolerate disobedience in the classroom.

Often, the simple act of clearing the air is enough to dissolve tensions. However, you should always stay attentive to changes in behaviour. For example, declining grades, refusing to go to school and sporadic changes in attitude (anxiety, sadness, anger, etc.) are all indicators that the situation could potentially be getting worse. If you witness any of these alarming signs, don't hesitate to approach the teacher or the principal of the school with your concerns.

If there are feelings of animosity or misunderstanding brewing between your children and their teacher, it's important to remain calm and respectful of all parties involved in order to find a constructive solution. Furthermore, as a parent, it's your responsibility to help your children understand that, in life, they will often have to collaborate with people they don't agree with. It's a reality that nobody can avoid!

How to help your teens manage stress

At the beginning of a new school year, social pressure, conflicts between friends and family problems can put the kind of pressure on teens that their parents should not ignore. How can you help? Teach them some stress management techniques that have proven track records.

RECOGNIZE THE SYMPTOMS

Show your children how to recognize the symptoms of stress. A lump in the throat, sweaty palms, nausea, pounding heart, stomach aches, irritability, mood swings and insomnia are just some of the signs that may indicate some degree of stress.

HEALTHY LIFE STYLE

Our bodies need balance to be able to successfully counter stress. Serve your children healthy meals. Go for family outings in the great outdoors, and encourage them to develop a regular sleep schedule.

DEEP BREATHING

Deep breathing and relaxation are also great ways to reduce stress. Work together with your child to show him or her how to do deep breathing and other relaxation techniques. Activities like yoga and even short meditations can significantly reduce anxiety and promote emotional stability. Sometimes, just breathing



in and out with full awareness for a few seconds can make any nervousness disappear. Before an exam, deep breathing exercises soothe the symptoms of stress and increase mental alertness.

Be careful about what kind of messages you send to your children. Avoid preaching; instead, show them you're listening to them without judging or minimizing their experiences. It's especially important not to laugh away their problems. Teenagers find it reassuring when their parents look for ways to help them. Give them confidence and remind them that they are not alone.

Up to what age should I help my kids with their homework?



Make sure your teenagers have a quiet study area and help them organize their study routine.

Just because your children are teenagers, it doesn't mean they no longer need help with their homework. On the contrary, as a parent, your role is to develop strategies that encourage your children and support them in taking charge of their schoolwork.

Of course, this doesn't mean you have to sit next to your teenagers while they do their assignments. However, you should always show interest in what they're doing. Every day, take the time to ask them about the classes they went to and what they liked or disliked.

Make sure your teenagers have a quiet, well-lit study area, and help them organize their daily routine. Do they prefer to do their homework as soon as they get home from school? Do they need time to relax first? Allow them to decide

on a specific time for homework and make sure they respect their commitment. Teach them to respect deadlines as well. Which assignments take priority? Which subjects require more study time? If your teenagers tell you they don't have any homework or that they did it at school, ask to see their agendas and the work they did. If in doubt, don't hesitate to contact their teachers.

Your encouragement is important when your teens are in high school. Praise them for sticking with it. Compliment them every time they take a step towards being more independent, such as when they study willingly and of their own free will. Show them how proud you are of them, and remember that your support is the foundation of your children's success at school.

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PROFESSIONAL COOKING

Professional Cooking, a DVS program (Diploma of Vocational Studies), teaches students how to prepare, transform, serve and store food. It teaches students about safety and hygiene in the workplace and presents them with different cooking techniques. The program enables students to prepare specific food items using fruits, vegetables, meats, poultry and seafood. It also teaches students to prepare and serve table d'hôte, à la carte and buffet menus.

Put Academic Theory into Practice

Professional Cooking prepares students to practice the trade of a professional cook in a variety of food industries. Upon completion of their studies, students can work in restaurants, hotels, hospitals, cruise ships and food productions facilities, to name a few of the food industries.

Start Dates

January 28, 2020 (night)

January 28, 2020 (day)

CONTEMPORARY PROFESSIONAL PASTRY MAKING

Contemporary Professional Pastry Making, an AVS program (Attestation of Vocational Studies), that trains students in the pastry profession. Students create a variety of pastries, creams, biscuits, cookies, small cakes, frozen desserts, chocolate products, pastry decorations as well as plated desserts. Students can also make various breads, brioches and doughnuts. It also teaches students to prepare and serve table d'hôte, à la carte and buffet menus.

Put Academic Theory into Practice

Contemporary Professional Pastry Making is geared towards chefs that work in restaurants, where part of their tasks involve pastry making. They may also work in hotels, food stores, cafeterias, catering or in bakeries.

Start Dates

February 12, 2020 (day)

February 12, 2020 (night)

STARTING A BUSINESS

Starting a Business, an AVS program (Attestation of Vocational Studies), teaches the students the procedures necessary for starting and running a business. It teaches students how to research and process information, prepare a

business plan outline, plan business activities and determine market analysis and marketing and sales strategies. The program provides students with the necessary skills to determine the human, material and physical resources needed to start and run a business and teaches them how to organize and process the information needed to secure business financing.

Put Academic Theory into Practice

The knowledge and information acquired in Starting a Business will enable students to successfully integrate into the business world. It will help them determine the suitability of their business proposal in order to establish a business.

Start Dates

February 24, 2020 (night)

SECRETARIAL STUDIES

Secretarial Studies, a DVS program (Diploma of Vocational Studies), enables students to use basic and advanced word processing software and software for databases and spreadsheets, as well as software for commercial enterprises. The program provides skills in the production of business correspondence in English and translation of correspondence into French. It teaches the students skills such as proofreading business texts, applying a keyboarding technique, managing administrative information, designing the visual format of documents and using database, basic and advanced functions of word processing and spreadsheet software. Students are also taught basic accounting tasks.

Put Academic Theory into Practice

Secretarial Studies helps students develop the competencies required to be able to work in a bilingual office environment while carrying out secretarial duties. It prepares students to handle clerical functions such as document production and basic accounting.

Start Dates

January 28, 2020 (day)

COMPUTER GRAPHICS

Computer Graphics, a DVS program (Diploma of Vocational Studies), teaches students how to produce page layout templates and create page layouts. Students learn how to process images and text, incorporating them into page layouts and preparing the layouts for printing and multimedia distribution, while ensuring that they meet technical distribution standards.

Put Academic Theory into Practice

Computer Graphics prepares students to work as designers for companies that specialize in the graphic communications, multimedia and corporate sectors. These include magazines, newspapers, packaging companies and manufacturers of other print products. Computer graphics designers can also work for website producers and electronic product manufacturers. They can also be self-employed.

Start Dates

January 28, 2020 (day)

May 11, 2020 (day)



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Family Literacy Statistics

5x 

Children spend five times as much time outside the classroom as they do in school, so parents and caregivers need the tools to support their learning.

↑ 10 points higher

Children whose parents are involved with them in family literacy activities score 10 points higher on standardized reading tests.

+ 
impact

One year of parental education has a bigger positive impact on whether a son or daughter will attend a postsecondary institution than an extra \$50,000 in parental income.



A mother's reading skill is the greatest factor to affect her children's future academic success, outweighing other factors, like neighborhood and family income.

 x 5-7
reading per week

57% of kids who are frequent readers have parents who read books 5-7 days per week, compared to only 15% of kids who are infrequent readers.

↓ 30,000,000
fewer words

Children of low-literate parents are exposed to 30,000,000 fewer words and enter kindergarten with a much larger skills gap than their peers.

 ↓ 40%

Almost 40% of Canadian youth **do not** have suitable literacy skills



For more information, visit abclifeliteracy.ca

Family Literacy Day

Family Literacy Day is taking place on January 27th and hundreds of groups across the country are preparing to celebrate the annual initiative. Created in 1999 by ABC Life Literacy Canada, *Family Literacy Day* is now in its 21st year and aims to encourage reading and engaging in other literacy-related activities as a family. Each year, groups across the country take part by hosting events that include fun-filled learning activities.

This year's theme is "Take 20 in 2020". Putting aside just 20 minutes a day to do a fun learning activity – whether it's reading a book, playing a game, following a recipe or singing a song – can have a significant impact on both child and adult.

"Between work, school and extra-curricular activities, it can be difficult to fit in extra time to spend learning as a family," says ABC Life Literacy Canada Executive Director Mack Rogers. "But no matter how difficult it may be, it's important to make family learning time a priority. Spending at least 20 minutes together daily as a family to read, play board games, or prepare meals together can help increase the literacy skills of both children and adults."

This sentiment is echoed by Barbara Reid, award-winning Canadian author and plasticine illustrator, who is also The Honourary Chair of *Family Literacy Day*.

"Whether it's finding a teachable moment during a hectic morning or setting aside time to do a literacy activity together, the learning possibilities for families are absolutely endless," said Reid, who generously contributed 20 *Family Literacy Day* themed plasticine illustrations. "As an author and artist, I'm passionate about literacy and learning, which is why I am proud to work with ABC Life Literacy to help get this important message out to families across the country."

For those who want to take part in Family Literacy Day, simply visit FamilyLiteracyDay.ca to access free learning activities and materials, or find a local event. Here are just a few of the events taking place across the country:

- **Surrey Libraries** in Surrey, BC are celebrating with hands-on activities like paper crafts, Dot & Dash, stop motion animation and more!
- **Robbins Health Learning Centre** in Edmonton, AB is hosting a carnival where families will participate in fun literacy activities centred around eight different themes.
- **Provost Municipal Library** in Provost, AB is hosting a weekend readathon starting Friday January 24 at 12:30pm.
- **Prince Albert Literacy Network** in Prince Albert, SK is setting up explore stations to challenge all families to Take 20 in 2020.
- **South Central Regional Library** in Manitou, MB is hosting a PJ party with some special guest readers.
- **Literacy in Action** in Sherbrooke, QC is encouraging families to explore their imagination at a storytelling and poetry night.
- **LUSO Community Services** in London, ON is giving away literacy-based prizes and holding a "Stop, drop and read" moment.
- **Holy Family Elementary** in Paradise, NL is celebrating for a whole week with a variety of school and home-based activities.

For more information about *Family Literacy Day*, to access free resources or to find an event in your community, visit FamilyLiteracyDay.ca.

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AVIS DE RADIATION TEMPORAIRE

AVIS est donné que le **DR NAREG APELIAN** (no de membre : 96721), exerçant sa profession au 524, rue Jean-Talon Ouest, à Montréal, a été déclaré coupable le 20 novembre 2019 par le Conseil de discipline de l'Ordre des dentistes du Québec au seul chef d'infraction qui lui était reproché dans la plainte disciplinaire numéro **14-18-01262**, soit d'avoir, le ou vers le 11 novembre 2016 :

posé un acte dérogatoire à la dignité de sa profession en posant, lors d'un rendez-vous médical, des gestes à caractère sexuel envers sa patiente, Mme AB, commettant ainsi une infraction aux dispositions de l'article 59.1 du *Code des professions*, RLRQ, c C-26 ;

Le 20 novembre 2019, le Conseil de discipline a imposé au **DR NAREG APELIAN** une radiation temporaire de deux (2) ans sous l'unique chef de la plainte ainsi qu'une amende de 2 500\$ sous ce même chef.

La décision du conseil de discipline étant exécutoire depuis le 25 novembre 2019, le **DR NAREG APELIAN** est donc radié du Tableau de l'Ordre des dentistes du Québec pour une période de **deux (2) ans** à compter du **25 novembre 2019**.

AVIS est donc donné que le **DR NAREG APELIAN** est inhabile à exercer la profession de dentiste depuis le **25 novembre 2019**.

Le présent avis est donné en vertu des articles 156 et 180 du *Code des professions*.

Me Maud Morrisette
Secrétaire du conseil de discipline

Classifieds

Deadline: WEDNESDAY before publication at 1 p.m.

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"AVIS qu'en raison d'une décision du conseil de discipline, le Dr Nareg Apelian, exerçant autrefois au 524 Jean Talon O. Suite 1, à Montréal, a cessé d'exercer comme dentiste depuis le 25 Novembre 2019 pour pendant 2 ans. La garde légale de tous les dossiers a été cédée au Dre Sofia Kholmogorova exerçant à la même adresse. Pendant ces 2 ans, si des patients veulent acquiescer ou transférer leur dossier à un autre dentiste, ils doivent communiquer avec la Dre Sofia au 514 270 1326 les lundis, mardis, ou vendredis a partir de 10h."

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QUINNELL, Alec Charles

1950 - 2020

It is with sadness that we announce the passing of Alec Charles Quinnell on January 14, 2020. He leaves to mourn his loving wife of 43 years, Debra Ann Marsh, his beloved children Christopher and Timothy (Samantha), his adored grandson Nathan, his cherished mother Mary, his brother Tommy along with many family and friends.



PERSAUD, Kalowtie

1927 - 2020

It is with heavy hearts that we announce the passing of Kalowtie Persaud at the age of 92. Kalowtie Etwaroo new Persaud Inez, passed away peacefully in her sleep on January 15, 2020 at the age of 92 at IUGM, Wife of the late Nandlall, moher of Hardatt aka Hardy and Bhoge aka Suresh (Vedo) sister of Ellen of Montreal and Elsie of Hartford and grandmother of, Ramona, Kevin Christopher and Neil. Great grandmother of Sean, Adrian and Priya. Mrs Persaud leaves to mourn many nieces, nephews and cousins.



METCALFE, Thomas

1925 - 2020

It is with great sadness that we announce the passing of Mr. Thomas A. Metcalfe on January 13, 2020, at the age of 94. A Veteran of the Second World War. Beloved husband for 67 years of Honora Gribbin, cherished father of Kieran (Nicole, Nicolas and Alex), Kathryn (predeceased), Anne, and Kevin (Mary). Devoted grandfather of Liam, Kayleigh, and Evan. He will also be deeply missed by many relatives and friends.



GRIFFITHS, Debra

1953 - 2020

After a long battle with MS, Debbie succumbed to her illness on January 14, 2020. She is predeceased by her parents Madge Maycock and William French Griffiths. She is survived by loving family members Faith, Angela and their father Donald (Vickers) as well as her sister Vicki and nieces Rebecca, Jaqueline, Tracy and Wendy and nephew David.



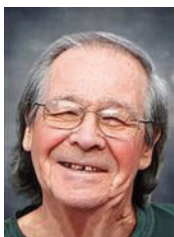
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In Memoriam & Obituaries



COUVRETTE, Gérald
1935 - 2020

Gérald Couvrette's family regret to announce his death on Sunday January 12, 2020 in Joliette at the age of 84 years. Born in Montreal, he was the son of Raoul Couvrette and Exilia Hébert. He is survived by his nephews and nieces as well as other relatives and friends.



HENLEY-CARSON, Patricia
1927 - 2020

In Pointe-Claire passed away on January 14, 2020, at the age of 92, Mrs. Patricia Henley-Carson, beloved wife of the late John Carter Carson. She leaves to mourn many relatives and friends.



RIVEST, Raymond
1941 - 2020

At the Sacré-Coeur hospital in Montreal, on January 11, 2020, at the age of 78, passed away Mr. Raymond Rivest, residing in Montreal, son of the late Oscar Rivest and the late Céline Larocque. He is survived by his brother Émile (Gisèle Diotte) and his sisters Madeleine (late Gérard Dion) and Lucie (Yvan Lachaine) as well as his nephews, nieces, relatives and friends.



PHARAND, Denise
1929 - 2020

On January 14, 2020, at the age of 90 years passed away Mrs. Denise Pharand, beloved wife of feu Marcel Beauchamp. She is survived by her daughters Louise (Jean) and Manon, her grandchildren Pascale, Yanick (Marie-Ève), Maxime (Sarah) and Marilou, her great grandchildren Coralie, Thierry, Mathis and Livia as well as several relatives and friends.



MULHEARN, Robert
1955 - 2020

It is with profound sadness that we announce the sudden passing of Robert (Bob) Mulhearn, in his 64th year, on January 14, 2020, son of the late Hal Mulhearn and the late Maureen Stuart. Beloved husband of Christine Osuch for 23 years, and loved by Miss Dixie. Cherished brother to Judy, Leslie (late Gary), Maureen (Peter), Barbara (Beau), Michael (Pamela). Edward (brother-in-law), and son-in-law to Kathy and Ted Osuch. Devoted uncle to many nieces and nephews. Will be missed by many cousins and friends.



HOLLANDER, Ronnie Joy
2017 - 2020

Tragically, on Monday, January 13, 2020, passed away Ronnie Joy Hollander. Beloved daughter of Michael Hollander and Dr. Dahlia Guttman. Prized and adored little sister of Ari and Lielle. Cherished granddaughter of Dr. Alex and Rivka Guttman, Tibor Holländer and Danielle Oiknine. Loving great-granddaughter of Shoshana and the late Aron Friedman, the late Ethel and the late Lajos Guttman, Jacques and the late Simone Oiknine; the late Sara and the late Vasile Holländer. Dearest niece of Dr. Josh and Becca Guttman, Avi and Laura Guttman. Special cousin of Yonah, Dov, Ella, and Noam.



D'AMBROSIO, Giuseppe
1936 - 2020

It is with deep sadness that the family announces the passing of Giuseppe D'Ambrosio on Wednesday, January 15, 2020 at the age of 83. He will be sadly missed by his beloved wife Maria Di Genova D'Ambrosio, his loving children Pasquale (Normand), Enzo (Pina) and Carmela, his cherished grandchildren Adam (Melissa), Cynthia, Daniel and Amanda, his great-grandchildren Arianna and Liana, his sister Manuela, his brothers' Aldo and Antonio (Maria) as well as other family members and friends.



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UNDERWATER

PG-13 | 1h 35min | Action/Horror



NOW
PLAYING

A crew of aquatic researchers work to get to safety after an earthquake devastates their subterranean laboratory. But the crew has more than the ocean seabed to fear.

MY SPY

PG-13 | 1h 42min | Action/Comedy



NOW
PLAYING

A hardened CIA operative finds himself at the mercy of a precocious 9-year-old girl, having been sent undercover to surveil her family.

BAD BOYS FOR LIFE

R | 2h 3min | Action/Comedy



NOW
PLAYING

The Bad Boys Mike Lowrey and Marcus Burnett are back together for one last ride in the highly anticipated Bad Boys for Life.

DOLITTLE

PG | 1h 46min | Adventure/Family



NOW
PLAYING

A physician discovers that he can talk to animals.

MANOU THE SWIFT

1h 30min | Animation/Adventure



JAN. 24

The little swift Manou grows up believing he's a seagull. Learning to fly he finds out he never will be. Shocked, he runs away from home. He meets birds of his own species and finds out who he really is.

THE GENTLEMEN

R | 1h 53min | Action/Crime



JAN. 24

A British drug lord tries to sell off his highly profitable empire to a dynasty of Oklahoma billionaires.

THE TURNING

PG-13 | 1h 34min | Drama/Horror



JAN. 24

A young governess is hired by a man who has become responsible for his young nephew and niece after the deaths of their parents. A modern take on Henry James' novella "The Turn of the Screw".

THE RHYTHM SECTION

R | 1h 49min | Action/Drama



JAN. 31

A woman seeks revenge against those who orchestrated a plane crash that killed her family.

HOROSCOPE

Week of Jan. 26 to Feb. 1, 2020

The luckiest signs this week:
TAURUS, GEMINI AND CANCER



ARIES

A few steps back are sometimes needed in order to gain momentum and accomplish something amazing. Notably, you'll be inspired to create a masterpiece.



TAURUS

Your friends will suggest some fun activities or even a vacation. A stroke of genius will allow you to solve part of your financial problems, even if the solution is a bit complicated.



GEMINI

Your popularity will help you plan an event that brings many people together. At work, you'll organize an urgent meeting that'll be such a success it may turn into a party.



CANCER

You'll be inspired by a life-changing voyage or class. You'll make enchanting discoveries that guide you toward a new form of spirituality.



LEO

Emotions will run high this week, which should inspire you to have a more active social life. A type of spiritual awakening will guide you toward new goals.



VIRGO

You have to make an important decision, but not before thinking carefully. Changes may be necessary in order to achieve your goals.



LIBRA

It'll be a busy week at work, but that won't stop you from making sure the house is clean. You need a tidy environment in order to be happy.



SCORPIO

Your self-esteem will go up a notch, encouraging you to accomplish things you didn't think possible in your professional and personal life. You'll have the chance to make yourself look good and be recognized by your peers.



SAGITTARIUS

Whether you're single or not, you'll fall in love at first sight, which will take over everything. You'll hear about a birth in the family, bringing great joy to all around you.



CAPRICORN

Your circle of friends will get bigger. At work and in your personal life, you'll be very chatty at the beginning of the week, which will allow you to place yourself on the forefront and make some important deals.



AQUARIUS

Before making a big purchase, be sure to check your budget and make certain the thing you want is something you need. With a little patience, you'll be more satisfied and get a better price.



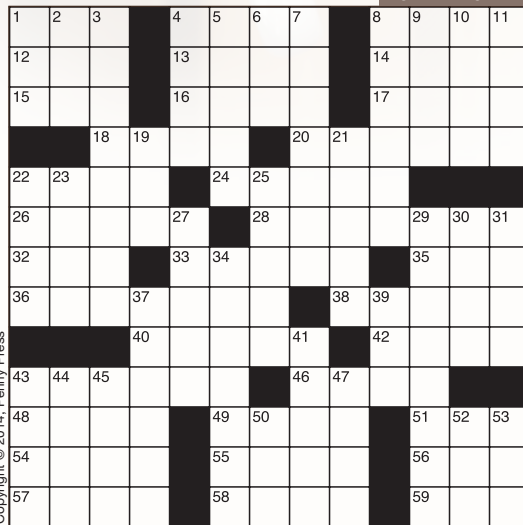
PISCES

Expect a hectic week that includes some unforeseen expenses. Happily, a raise will more than make up for it and will also ensure you're looked after in your old age.



CROSSWORDS

PUZZLE NO. 977



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ACROSS

- Sickly
- Twinge
- Poor-box opening
- Through
- Toad's cousin
- See the sights
- Mobile starter
- Realty unit
- Injure
- Intrude
- Harbinger
- Actor Rathbone
- Dashes quickly
- Limber up
- Smallest bill
- Old-fashioned
- Salmon eggs
- Bureaucrat's delight: 2 wds.
- Nighttime vision
- Scribbled
- Pony food
- Streams
- Small carpets
- Strong affection
- Before
- Make a choice
- Acted like
- Allow the use of
- Negative connector
- Cozy places
- Tips
- Hog's dwelling

DOWN

- Clinging vine
- ____ down (recline)
- Foamed
- In the distance
- Bread bit
- "Some Like It ____"
- Self-centered people
- Paper fastener
- Daft
- Not theirs
- Poplar, e.g.
- Tiny colonist
- Stuck in the mud
- Aroma
- Filly's feature
- Piece of property
- Kindle
- Betrayals
- Layer, as of paint
- Does a tailor's job
- St. Peter, e.g.
- Wool fabrics
- Disintegrate
- Edit
- Garbed
- Lasso cord
- Deadlocked
- No ifs, ____ or buts
- Mother chicken
- Cooking vessel
- Attempt

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. 702

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

Last Issues' Answers

CROSSWORDS

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

Sudoku

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



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