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## PIERRE ARCAND NE REPRÉSENTERA PAS LE PLQ DANS MONT-ROYAL – OUTREMONT

MARTIN C. BARRY

Le député du Parti libéral du Québec pour la circonscription Mont-Royal–Outremont Pierre Arcand annonçait en début de semaine qu'après une période de réflexion, il ne se présenterait pas pour le renouvellement de son cinquième mandat dans les élections provinciales en octobre, et qu'il quitte la vie politique.

Élu pour la première fois en 2007, M. Arcand, âgé de 70 ans, était le onzième député dans le caucus PLQ, qui compte 27 membres, à se retirer comme candidat pour l'élection, qui aurait lieu sensiblement le 3 octobre.

Selon la Presse canadienne, la députée pour Notre-Dame-de-Grâce, Kathleen Weil, et le député pour Robert-Baldwin, Carlos Leitão, sont sur le point d'annoncer bientôt qu'ils quittent aussi la vie politique.

En plus, les anciens ministres du PLQ, Lise Thériault, Christine St-Pierre et Hélène David, avaient déjà annoncé leur intention de ne pas se présenter en octobre.

Né à Saint-Hyacinthe dans la Montérégie, Pierre Arcand était journaliste radiophonique avant son arrivée en politique, et occupait des postes de direction dans les médias, dont celui de PDG de Corus Québec entre 2002 et 2007. Il est le frère aîné de Paul Arcand, l'animateur vedette du matin pour 98,5 FM.

S'orientant en journalisme au milieu des années 70 après qu'il eut complété des études chez HEC Montréal, Pierre Arcand devenait directeur des nouvelles du réseau Télémedia en 1978, pour ensuite devenir propriétaire de plusieurs stations de radio montréalaise vers la fin des années 80.

Dans le domaine de la politique québécoise, M. Arcand était membre des cabinets des premiers ministres Philippe Couillard et Jean Charest, servant ainsi comme président du Conseil du trésor, et comme ministre de l'Environnement, de l'Énergie et des Ressources naturelles, ainsi que les relations internationales.

C'est en 2018, à la suite des élections du premier octobre, dans lesquelles les libéraux ont été défaits par la Coalition Avenir Québec, que Pierre Arcand, comme chef intérimaire, expulsait du caucus libéral le député de Chomedey Guy Ouellette, qui (selon le nouveau premier ministre François Legault) aurait été la source



Le député sortant de Mont-Royal–Outremont, Pierre Arcand (deuxième à partir de la droite), était bien connu des citoyens de Ville Mont-Royal, tels que Pierre Poirier, Lise Lemieux et Caroline Emblem, qui participaient à une rencontre politique à l'École Pierre-Laporte en 2011.  
Photo d'archives: Martin C. Barry, Poste de VMR

d'informations confidentielles fournies à la CAQ et compromettantes aux libéraux.

Dans une autre affaire plus récente de nature controversée, à la fin de décembre an l'année 2020, Pierre Arcand avait pris la décision d'aller en voyage hors du pays, en Barbade, durant la pandémie de la Covid, malgré les recommandations sanitaires des gouvernements du Canada et du Québec.

Dès son retour le 4 janvier 2021, la cheffe du PLQ, Dominique Anglade, sanctionnait le député de Mont-Royal–Outremont en lui expulsant du cabinet fantôme de l'opposition officielle, bien qu'il y fût réintégré en mai 2021.

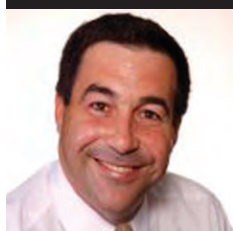
### Summary

After winning five elections since 2007, Mont-Royal–Outremont Liberal MNA Pierre Arcand

announced earlier this week that he will not be seeking a fifth mandate in the provincial elections taking place on Oct. 1.

Arcand served in several PLQ cabinets under Premiers Jean Charest and Philippe Couillard, as well as serving as interim-leader of the PLQ after the 2018 election when the Liberals became the official opposition.

PHILIPPE REDDING



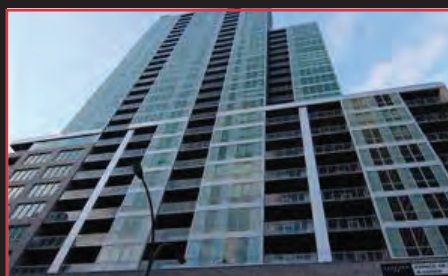
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# INFO FLASH



## PROCHAINE SÉANCE DU CONSEIL MUNICIPAL DE MONT-ROYAL

**LE MARDI, 17 MAI, À 19 H.**

La séance ordinaire du conseil municipal de Mont-Royal sera tenue en présence du public et webdiffusée en direct.

La salle Schofield accueillera tous les participants du public que les règles sanitaires en vigueur au moment de la séance lui permettront.

Ouverture des portes à 18 h 45. Le port du couvre-visage et la distanciation d'un mètre à l'intérieur de la salle sont obligatoires en tout temps.

L'ordre du jour sera disponible en ligne le vendredi précédent la séance.

[www.ville.mont-royal.qc.ca](http://www.ville.mont-royal.qc.ca)

## NEXT MOUNT ROYAL TOWN COUNCIL MEETING

**ON TUESDAY, MAI 17 AT 19:00**

Town of Mount Royal Council meeting will be held in front of a live audience and webcast live.

The Schofield Hall will accommodate all public participants that health regulations at the time of the meeting will allow.

Doors open at 18:45. Face covering and a one-metre distance inside the room are mandatory at all times.

The agenda will be available online the Friday before the meeting.

[www.town.mount-royal.qc.ca](http://www.town.mount-royal.qc.ca)

## CONFÉRENCE-VOYAGE: TOUR DU MONDE À 60 ANS

Guy Vermette nous présente son expérience de tour du monde à 60 ans vécue en sac à dos sur une période d'un an. Plus qu'une simple année sabbatique, il a vendu maison et auto pour contribuer à partir léger et à marquer une importante transition de vie après une carrière de 35 ans dans le réseau de la santé et des services sociaux. Sa présentation, illustrée de quelques photos choisies parmi des milliers, abordera également les motifs qui l'ont conduit à vivre cette expérience, les préparatifs nécessaires, les apprentissages qu'il en a faits, les leçons qu'il en a tirées et le défi d'adaptation que fut le retour.

Mardi le 17 mai de 19 h à 20 h 30  
Bibliothèque Reginald-J.-P.-Dawson  
Inscription requise

## TRAVELOGUE: AROUND THE WORLD AT 60 (IN FRENCH)

Guy Vermette presents his experience of traveling around the world at the age of 60, lived in a backpack over a period of one year. More than just a sabbatical year, he sold house and car to help start light and mark an important life transition after a 35-year career in the health and social services network. His presentation, illustrated with a few photos chosen from thousands, will also address the reasons that led him to live this experience, the necessary preparations, the lessons he learned from it, the lessons he learned from it and the challenge of adaptation that was the return.

Tuesday, May 17 from 19:00 to 20:00  
Reginald J. P. Dawson Library  
Registration required

## TOUR FAMILIAL À VÉLO

L'événement « Tour familial à vélo » se déroulera le dimanche, 29 mai prochain. La Ville vous a préparé un beau circuit de 8 km à parcourir en famille et entre amis.

L'inscription doit être faite la journée-même de 9 h à 9 h 45 à l'hôtel de ville (90, avenue Roosevelt) et le grand départ se fera également devant l'entrée principale du bâtiment vers 10 h.

De 11 à 13 h, les résidents pourront profiter d'une panoplie d'activités telles qu'Educazoo, un kiosque d'animation (grande roue), des jeux gonflables, des tatouages au « airbrush », des clowns ainsi que des sculpteurs de ballon.

Tous les détails sur  
[www.ville.mont-royal.qc.ca](http://www.ville.mont-royal.qc.ca)

## FAMILY BIKE TOUR

The "Family Bike Tour" will be held on Sunday, May 29. The Town has prepared a beautiful 8 km circuit for you to ride with your family and friends.

Registration must be done the same day from 9:00 to 9:45 at Town Hall (90 Roosevelt Avenue) and the grand start will also be in front of the main entrance of the building at approximately 10:00.

From 11:00 to 13:00, residents will be able to enjoy a variety of activities such as Educazoo, an animation booth (Ferris wheel), inflatable games, airbrush tattoos, clowns and balloon sculptors.

All details at  
[www.town.mount-royal.qc.ca](http://www.town.mount-royal.qc.ca)

## VENTE-DÉBARRAS COMMUNAUTAIRE

La vente-débarras communautaire aura lieu le samedi 28 mai de 9 h à 13 h, à l'aréna (1050, chemin Dunkirk).

C'est l'occasion d'organiser une sortie en famille ou entre amis et de dénicher de belles trouvailles!

Pour plus d'informations, veuillez contacter le Centre des Loisirs au 514 734-2928.

## COMMUNITY GARAGE SALE

The Community Garage Sale will take place Saturday, May 28, from 9:00 to 13:00 at the arena (1050 Dunkirk Road).

It is an opportunity to organize an activity with family or friends and to discover some great finds!

For any additional information, please contact the Recreation Center at 514-734-2928

## JE LIS AUTOCHTONE

La bibliothèque est fière de participer au mouvement En juin : Je lis autochtone! Le mois prochain, dans le cadre du Mois national de l'histoire autochtone, nous recevrons l'autrice et poétesse innue Maya Cousineau Mollen.

Jeudi le 2 juin de 14 h à 15 h  
Bibliothèque Reginald-J.-P.-Dawson  
Inscription requise

## I READ INDIGENOUS

The library is proud to participate in the movement In June: I read Indigenous! Next month, in celebration of National Indigenous History Month, we are pleased to welcome Innu author and poet Maya Cousineau Mollen.

Thursday, June 2, from 14:00 to 15:00  
Reginald J. P. Dawson Library  
Registration required

## RENSEIGNEMENTS GÉNÉRAUX 514-734-2900

Urgence 9.1.1  
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Loisirs 514 734-2928  
Sécurité publique 514 734-4666

Heures d'ouverture régulières  
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Hôtel de ville - 90, avenue Roosevelt H3R 1Z5

## GENERAL INFORMATION 514-734-2900

Emergency 9.1.1  
Library 514 734-2967  
Recreation 514 734-2928  
Public Security 514 734-4666

Regular office hours  
Mon-Fri 8:30 to 16:30

Town Hall - 90 Roosevelt avenue H3R 1Z5

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## Communiqué

# POUR UN MEILLEUR TRI DES DÉCHETS DANS LES PARCS: REPORT DU DÉPLOIEMENT DES POUBELLES TROIS VOIES

La Ville de Mont-Royal reporte l'installation de nouvelles poubelles trois voies qui permettent le tri des matières recyclables, les compostables et les ordures. Leur collecte lors de la dernière année, dans les parcs Gaïa et Daoust, a permis de réaliser que les détritres ne sont malheureusement pas triés correctement. La plupart des matières mal classées qui sont souillées finissent donc à l'enfouissement.

Avant d'augmenter le nombre d'îlots de tri dans les parcs, la Ville souhaite d'abord promouvoir les bonnes pratiques de gestion des matières résiduelles. Une campagne d'information sera donc déployée pour optimiser l'utilisation des poubelles trois voies déjà en place. Celle-ci prévoit, entre autres, des affiches explicatives installées sur les lieux de tri pour mieux guider les usagers à choisir le bon bac. La Patrouille verte, une escouade municipale dédiée à la promotion de la protection de l'environnement, ira aussi à la rencontre des gens dans les parcs concernés pour les sensibiliser à ce sujet.

« Les poubelles trois voies sont dispendieuses et leur mauvaise utilisation ne fait qu'engendrer plus de coûts pour la Ville » souligne Ginette Leclair, Directrice des services techniques. « Avant d'en acquérir de nouvelles, il est prioritaire de mettre en place des outils qui faciliteront leur utilisation » ajoute-t-elle.

« Je souhaite sincèrement que Mont-Royal devienne un exemple en matière de développement durable et que nous continuions à mettre en place des actions pour protéger notre environnement. J'appuie donc l'administration de la Ville dans sa volonté de corriger cette situation et mieux accompagner les résidentes et résidents dans la gestion des déchets dans les parcs » affirme le maire Peter J. Malouf.

La Ville entend par ailleurs poursuivre son plan de développement durable qui peut être consulté en ligne au [www.ville.mont-royal.qc.ca](http://www.ville.mont-royal.qc.ca).

## BETTER REFUSE SORTING IN PARKS: INSTALLATION OF THREE-STREAM SORTING STATIONS POSTPONED

Town of Mount Royal is postponing the installation of new three-stream sorting stations that allow refuse to be separated into recyclables, compostables and trash. Last year's experience in Gaïa and Daoust parks showed that refuse placed in these bins is unfortunately not being sorted correctly. Most of the improperly sorted materials end up being soiled and sent to landfill.

Before installing more sorting stations in its parks, the Town plans to promote good practices for managing residual materials. An information campaign will be conducted to optimize use of the existing three-stream stations. The campaign will include, among other things, information panels installed on site to better guide users toward using the right bin. The Green Patrol, a municipal squad dedicated to protecting the environment, will also speak with park users to raise awareness of the issue.

"Three-stream sorting stations are expensive and using them improperly only adds to the costs for the Town," says Ginette Leclair, Director of Technical Services. "Before acquiring new ones, our priority is to put in place tools that will make them easier to use," she adds.

"I sincerely hope Mount Royal will become a model in sustainable development and that we will continue developing initiatives to protect our environment," affirms Mayor Peter J. Malouf. "I support the Town administration's efforts to correct this situation and better support residents in managing refuse in our parks."

The Town also intends to continue moving forward with its sustainable development plan, which can be viewed online at [www.town.mount-royal.qc.ca](http://www.town.mount-royal.qc.ca).



## DÉPÔT DU RAPPORT FINANCIER POUR L'ANNÉE 2021

Conformément aux dispositions de l'article 105.1 de la Loi sur les cités et villes (R.L.R.Q., chapitre C-19), la trésorière et directrice des Ressources matérielles de la Ville a déposé le rapport financier de la Ville Mont-Royal pour l'exercice financier 2021 à la séance extraordinaire du conseil qui s'est tenue au 90, avenue Roosevelt, Ville de Mont-Royal, le mardi 10 mai 2022 à 16 h 30.

## TABLING OF THE 2021 FINANCIAL REPORT

In accordance with the provisions of Section 105.1 of the Cities and Towns Act (C.Q.L.R., Chapter C-19), the Town Treasurer and Director of Material Resources tabled the Financial Report of the Town of Mount Royal for the 2021 fiscal year at the Special Council Meeting held at 90 Roosevelt Avenue, Town of Mount Royal, on Tuesday, May 10, 2022 at 16:30.



## AVIS PUBLIC PUBLIÉ LE 4 MAI 2022 PUBLIC NOTICE PUBLISHED ON MAY 4, 2022

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# MICHELLE SETLAKWE TO RUN FOR PLQ IN OCTOBER PROVINCIAL ELECTIONS



Former town councillor and mayoralty candidate Michelle Setlakwe will be running for the Quebec Liberal Party in Mont-Royal–Outremont in the Oct. 1 provincial elections.

File photo: Martin C. Barry, TMR Post

## MARTIN C. BARRY

The Quebec Liberals announced last Monday that former TMR town councillor and mayoralty candidate Michelle Setlakwe will be representing the party in Mont-Royal–Outremont in the Oct. 1 provincial election, replacing current PLQ MNA Pierre Arcand who announced at the same time that he is not seeking another term.

"I am making a big leap today in announcing that I will be a candidate in the provincial elections," Setlakwe said during a press conference, flanked by PLQ leader Dominique Anglade and Arcand.

"I feel very motivated to be able to continue to be involved with my community. I loved my experience at the municipal level for five years. I was involved in a variety of dossiers and I was completely taken up with them.

"I quickly realized that I had not reached the end of my desire to serve the public well-being," added Setlakwe. "In hindsight and in light of the many issues that face us, I understood that the moment to make the leap into provincial politics had arrived.

"In terms of issues, I am thinking among other things of the rise in the cost of living, the lack of available workers, climate change, the weak state of our health-care system, mental health, the protection of children, our schools, and places in daycare centres," said Setlakwe.

"Several of these issues have been brought to light by the pandemic. More than ever, I feel called upon to pursue my involvement and to participate in the discussions and debates for the benefit of the population as a whole."

Michelle Setlakwe was a TMR town councillor from 2016 to 2021. Although she ran for mayor with a full slate in the local municipal elections last November, she was decisively defeated by current mayor Peter Malouf, although several of her candidates sit on the new council.

Last Monday, the Gazette reported that Setlakwe was already coming out swinging against the CAQ government's Bill 21 regulating state secularism, as well as Bill 96, which is set to update the province's Bill 101 language law – with considerable fallout among minority communities.

"I am bilingual," Setlakwe said during the press conference. "I am not afraid of bilingualism. Yes, there has been a setback [in the use of French]. "We have to protect French. We all recognize it needs to be protected and it is at risk."

However, she added, "In my view, themes with a nationalist flavour or on identity, which divide us, should not occupy such a large space in the public debate."

She denounced the Quebec government's use of the federal constitution's notwithstanding clause to shield both Bill 21 and Bill 96 from potential court challenges. "They are bills which, in my view, go too far, which violate the individual freedoms of certain communities and certain of our fellow citizens," she said.

### Also concerning the candidate

In a separate but related matter of local interest last week, CTV Montreal reported on May 7 that two vehicles parked outside the Chester Ave. home that Setlakwe shares with her husband, former Conservative cabinet minister Michael Fortier, were destroyed in a firebombing incident around 1:30 am on May 4.

A police spokesperson confirmed that a Jaguar and a Land Rover were destroyed in the incident, although the residence wasn't damaged and there were no injuries.

According to CTV, the authors of an anonymous letter posted on the website of a Montreal-based anarchist news group took credit for the act, saying it was directed at Fortier, who is currently vice-chairman of capital markets at RBC.

The letter said the action was taken because of RBC's decision to continue funding the controversial Coastal GasLink pipeline in B.C., and "in solidarity with Wet'suwet'en land defenders and all those who fight the extractive industry," said the statement.

### Résumé

Le Parti libéral du Québec (PLQ) annonçait lundi dernier que l'ex-candidate à la mairie et ex-conseillère municipale de VMR Michelle Setlakwe se présentera comme candidate dans la circonscription de Mont-Royal–Outremont dans les élections provinciales qui auront lieu le premier octobre.

Mme Setlakwe remplacera le député actuel Pierre Arcand, qui annonçait en même temps son intention de ne pas briguer un autre mandat.

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# MILLIONAIRES BEAT BRUINS 4 – 3, WIN EXECUTIVE LEAGUE'S 2022 DAWSON CUP

MARTIN C. BARRY

The Town of Mount Royal Executive League's Millionaires won the coveted Dawson Cup last Sunday afternoon in an electrifying and cliffhanging end-of-season championship match against the Bruins that had many fans guessing the outcome virtually to the end.

As is the case each year when the town's own self-styled "Stanley Cup" final takes place at the municipal arena, the lobby and bleachers were permeated with the aroma of potato salad, dill pickle and smoked meat, as family, friends and supporters gorged themselves on the traditional pre-game banquet.

While the Bruins were consistent leaders in the regular season and playoff standings throughout the TMREL's 2021-2022 season, the Millionaires pulled ahead during the playoffs, and were in fact rated No. 1 pointwise going into last Sunday's final match, while the Bruins were rated No. 2.

"This has been a rock and roll season – we were up and we were down – but, all in all, we were a defensively-built team and we prevailed in the end," Millionaires team captain Stéphane Gravel said in an on-ice interview with the TMR Post immediately after the game.

It was evident in this culminating match that both teams were a close fit and were playing their best hockey of the year. For sheer energy, the pace and speed of the players from the beginning of the first period was frantic.

In a promising sign for the team in the yellow jerseys, the Bruins, about half-way through the first period, were first to make it onto the scoreboard, when Daniel Levasseur was assisted by Tom Wilson and Bruins captain Vincent Bédard to sneak the puck past Millionaires goalie Avi Elmaleh.

Then, for all of the second period, followed



Millionaires captain Stéphane Gravel, centre, holds aloft the Dawson Cup with teammate Marc-André Pinel following last Sunday's championship match against the Bruins at the TMR arena.

Photo: Martin C. Barry, TMR Post

by around half of the third, the Bruins seemed to go to sleep. At 02:15 of the second period, the Millionaires' centre Marc-André Pinel successfully fired past Bruins netminder Sébastien Lefebvre, with help from Stéphane Gravel and Luc Ouellet, evening the score at 1 – 1.

In a sign of what was to come, the Millionaires claimed a one-goal advantage at 03:56 when Marc-André Pinel again did the honors, with the assistance of Luc Ouellet and Terry Tsarouhas, for a 2 – 1 score.

If anything, the third period was the one the people in the bleachers – including lots of moms, kids and in-laws – had come out in significant numbers (by TMREL standards, at least) to witness.

However, the Millionaires might never have been able to gain and hold onto the upper hand

during this last and crucial period if not for a pair of two-minute penalties awarded to the Bruins at 01:31 and 02:25.

With the Bruins seemingly still slumbering, the Millionaires took full advantage of the manpower loss to continue their scoring streak at 02:41, when Marcel Martin was assisted by his left-wing teammate Gary Schwartz and Stéphane Gravel to heighten the Bruins pain by raising the tally to 3 – 1 Millionaires.

Things got even worse at 07:12, when Marc-André Pinel with assistance from Stephen Murphy began ringing the death knell for the Bruins when they gave the Millionaires a depressing three-goal advantage at 4 – 1.

This finally seemed to wake the opposing team into a desperate attempt to snatch back the championship. At 08:38, the Bruins' Anthony Sciortino, assisted by Christian Beauséjour and

Tom Wilson, made it 4 – 2, followed at 11:41 by another goal, this time by Christian Beauséjour assisted by Michel Delisle for 4 – 3, and a sudden-death tie situation was within reach. But in the end, it was simply not to be.

## Résumé

Les Millionaires de la Ligue exécutive de hockey de Ville Mont-Royal ont défait les Bruins 4 – 3 dimanche après-midi dernier à l'aréna municipal, pour ainsi gagner le championnat 2022 et la Coupe Dawson.

« Ça a été une vraie saison de rock and roll, on montait et on descendait, le capitaine de l'équipe gagnante, Stéphane Gravel, disait en entrevue après le match avec La Poste de VMR. Mais en tout, on était une équipe bien construite défensivement et on a prédominé à la fin ».

# ARTGRAM

## SALON d'Art 2022

### 13 - 15 Mai / May

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# ABOUT UKRAINIAN REFUGEES

Romana Rogoshewska

In March, Ottawa had a backlog of nearly two million immigration applications. That was prior to the war in Ukraine. Now come the refugees. Other applicants have been waiting for more than two years.

The distinction between an "immigrant" and "refugee" is the former has made a choice to come here primarily for economic reasons, the latter didn't. Refugees have no home left. They're on a waiting list to anywhere in the world who'll accept them. Once they get here, comes the question of "what next." Refugee claimants are temporary residents who request refugee protection upon or after arrival in Canada for 3yrs.

Ukrainian nationals are now prioritized but it's up to them to navigate the housing-job process, in a strange city and not speaking French .

Last week, I attended a refugee "welcome" at the Ukrainian Federation hall. A few hundred newly arrived from war-torn Ukraine, 10 days in quarantine, exhausted but eager. Many with children and babies, all looking for hope.

The trauma in their eyes was palpable. All I could do was breathe deep while offering support. "We're here for you, " I assured. They've heard it before. I know firsthand. My parents were Ukrainian refugees after WW2. They were given \$10 at the airport and a hug.

Thankfully, Government aid is now better but the process gets complicated if you don't speak French in Quebec although most are fluent in English. Ukrainians are a proud nation of survivors and a turbulent history of invasion thanks to Russia. They don't want a hand-out but work. Highly educated and multilingual but willing to wash dishes and clean floors to pay rent. We should be able to offer better use of their skills to the benefit of Quebec.

A street passerby commented on the painted mascot car with the sign "Russians kill" and compared it to the Chinese being blamed for COVID.

"Not the same," I replied. "These are genocidal war crimes." Russian soldiers are killing defenceless Ukrainian civilians execution-style.

Hands tired, shot in the head. Mass graves in evidence.

"Russians kill" at Putin's command. They could refuse and defect. But they don't. Others repeat Putin's propaganda lies out of fear and to protect their own families.

Before fleeing Ukraine, some took advantage of the brief cease-fire around the evacuation of civilians from the steel plant where they were holed up for 2 months in claustrophobic horror.

Heading for Poland, one family took 45 hours to cross the border with a 5 month pregnant mother and 87 yr. grandfather with mobility issues, cooking on a makeshift stove whatever they could catch squirrels, rodents...

Heartbreaking accounts of babies born on the highway, single mothers and widows since men of conscription age 18 to 60 were banned from leaving Ukraine. Not "forced" to fight in respect of religious or personal beliefs but there are rumors of enforced conscription if violence continues.

According to SaveThe Children , more than 63,000 babies have been born in Ukraine during the last two months under conditions that could have lifelong impact on their physical and mental health. Furthermore, Ukraine is one of a few countries that offer surrogacy services to foreigners, one of the largest in the world. Lawyers indicate over 500 women are now pregnant in Ukraine as surrogates. What will happen to those babies...

Yet with every day that Russia's genocidal war grows more barbarous, Ukrainians grow stronger. Unbreakable.

Sunday May 15 will be our National Day of Action for Ukraine. Quebecers have been tremendous in their support , opening their hearts and homes. On that day, we ask all communities to organize demonstrations and turn Canada blue and yellow! More than 40 events will take place across the country and details will be listed shortly.

Join us on May 15!

**Slava Ukraini! (Glory to Ukraine!)**

**Heroyam Slava! (Glory to the heroes!)**

La direction

## POURQUOI LA CHRONIQUE "FAITH" DANS LA POSTE?

PASCAL RICHARD, ÉDITEUR  
REDACTION@STELE-MEDIAS.COM

En cette période d'incertitude, de consternation désolante, et de menace de guerre religieuse en préparation chez nos voisins du Sud, une question que certains m'ont posé deviens pertinente à répondre.

"Pourquoi la chronique 'Faith' dans les Journaux de Stele Médias?"

Parce que ne suis pas naturellement disposé à produire des textes heureux et enlevants qui rendent les gens heureux. Je suis un politologue focalisé sur le national et le mondial, sur les mouvements de société religieux et les problèmes qu'ils causent. Je suis un technocrate qui regarde les systèmes et les infrastructures, autant matérielles que sociétales ou psychologiques, sur lesquelles une nation est fondée pour fonctionner correctement. Je n'ai jamais écrit de livres ou publié d'articles sur le sujet avant de posséder Stele Médias, mais c'est l'angle de la réalité que j'étudie, analyse et commente le plus dans le cadre de ma formation et mon travail.

Donc, j'ai simplement continué l'habitude commencée par Tristan Roy de publier les commentaires du Dr Gazzard, qui les fournit gracieusement, sans transaction entre nous. Ces articles sont religieux, mais respectent les Règles Éditoriales de Stele Médias, donc je n'ai pas de troubles moraux à les placer dans mes pages pour offrir un peu de positif aux lecteurs. Et comme plusieurs personnes m'ont envoyé des messages de remerciement d'avoir partagé ces textes avec le public, je vais continuer.

Maintenant, si jamais un "conseiller religieux" venait à tenter de publier des textes contenant des menaces, des appels à la Croisade, l'Inquisition, ou l'équivalence dans leur culte, je les bannirait en permanence de tous mes médias. De même pour toute proposition que l'esclavage ou des systèmes socio-économiques similaires sont bénis par le divin. Ce qui veut dire, bien sûr, que je vais maintenir une position **Pro-Choix de la Femme, Pro-Contraception, et Pro- Vie Privée** dans toutes mes publications, sans exception envisageable.

Je vous remercie de votre attention, et de votre confiance envers Stele Médias.



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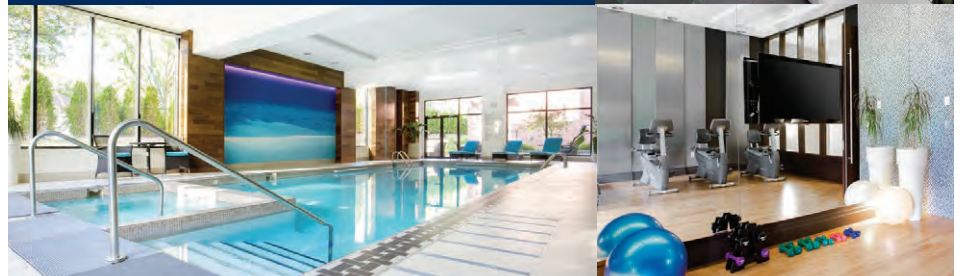
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For more information on all services offered by Public Security, please see TMR's website section "Public Security Services".



Bonjour à tous nos citoyens, visiteurs et lecteurs occasionnels; ci-bas est la liste courante des points de dépôts publics où vous pouvez trouver La Poste de VMR.

Hello to all our citizens, visitors and occasional readers; here beneath is the current list of public deposit points where you can find The TMR Poste.

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# THE DANGER OF COMFORT ZONES

Earl Nightingale stated: "Most people tiptoe their way through life, hoping they make it safely to death."

Many of us live safely within our comfort zones and follow the age-old adage: "Better safe than sorry!" And we envy those other people who take risks and build significant achievements.

A veteran of the Vietnam war told how for four years he was a prisoner of war held in a Viet Cong tiger cage. Because the Communist guerrillas in South Vietnam were constantly on the move through the jungles, they kept their POWs, not in fixed prison camps, but in small portable prisons that could be quickly picked up and moved. That's how the tiger cage was invented. Made from bamboo sticks, the little jails often averaged about five feet in length and approximately four feet wide, too small for a tall American to stretch out.

Year after year - up to six years in at least one case - American prisoners of war remained cramped, crowded, and confined in these portable prisons. The veteran said, "One night I succeeded in working one bamboo stuck loose. That was all I needed to step out and I was free".

That's a compelling image for many of us. Imprisoned within every person's mind are vast possibilities that have never had the chance to be realized. No power on earth is greater than our ability to dream, visualize, and imagine. No human suffering is more tragic than to see human beings live - and die - without ever having released their imprisoned powers of a creative imagination. From childhood, through adolescence, into adulthood, we allow a tiger cage to be built around our minds that constricts creative urges. The longer we live, the more we tend to 'lock in' our creative imagination.

My prayer is this:

"God, spare me from the hell of seeing the great opportunities I missed"

because I lacked the faith to believe and begin!

When he visited Elmendorf Air Force Base in Anchorage, Alaska, a consultant was very

impressed with the efficiency of the Alaskan Command. After visiting with the commander, General Raymond Reeves, he asked the officers at the Top of the World base, "What is the secret of General Reeves' success?" The answers were summed up in a sentence: "The General is always telling us to 'stop thinking up reasons why something won't work and start thinking of ways in which we can make it work."

Too many people are the opposite: they have a problem for every solution! One writer puts it this way: "Impossibility thinkers are people who make swift, sweeping passes over a proposed idea, scanning it with a sharp negative eye, looking only for the distasteful aspects. They look for reasons why something won't work instead of visualizing ways in which it could work."

Impossibility thinkers are people who immediately, impulsively, instinctively, and impetuously react to any positive suggestion with a sweeping, unstudied, irresponsible assortment of reasons why it can't be done, or why it is a bad idea, or how someone else tried it and failed, or (and this is usually their clinching argument) how much will it cost? They are people who suffer from a perilous mental malignancy I call the impossibility complex.

One motivator stated, "I'd like to create a national award to be given away, each year - an award entitled THE MOST GLORIOUS FAILURE OF THE YEAR AWARD. It would be given to that man or woman, boy or girl, who tried courageously against overwhelming obstacles, and lost! The truth, of course, is that such people are not failures at all! For failure is not failure to reach your goal. Real failure is failure to reach as high as you possibly can. No person will ever truly know that they have succeeded until they experience an apparent failure. The pole vaulter cannot be certain that he has jumped as high as he possibly can until he knocks the bar down! Keep raising your goals until you have a failure! Then and only then will you know that you have reached your peak. You have truly succeeded when you have seemingly failed."

**Dr. Brian M. Gazzard, resident of TMR,  
personal development consultant.**

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