

A2 AUTO
PROFESSIONAL AUTO BODY REPAIR & PAINTING
 Insurance Work Accepted • All Work Guaranteed
 Expert Color Matching • Factory Genuine Parts
 Import Car Specialists • Major & Minor Repairs



514 476-4565
 1385, Boul. des Laurentides,
 Local 103, Vimont, Laval

THE LAVAL news

Laval's English Paper, Since 1993

David DE COTIS
 Municipal councillor
 Saint-Bruno district



514 467.1712
 d.decotis@laval.ca
 www.laval.ca

SERVING our citizens!



newsfirst
 MULTIMEDIA

Vol. 32-18

September 25, 2024

450-978-9999

www.lavalnews.ca

editor@newsfirst.ca

120,000 readers

Page 3 Page 6

Two new projects for Laval citizens



Carré Laval



New central public library



Carré Laval finally seeing the light of day

Page 4

Model of Carré Laval presented to Quebec Premier Robert Bourassa in 1975.



18th annual Filia Walk a Thon

Page 9

Laval city councillor Sandra El Helou at the annual FILIA Walk a Thon on Sept. 16.

Denise Vourtzoumis awarded with medal



Pages 10-11

Denise Vourtzoumis, co-founder of Pink in the City, was awarded with the Lieutenant-Governor's Medal. (Photo: Martin C. Barry, Newsfirst Multimedia)

Open house
October 6
 Come and meet us

fire-safety.laval.ca



Laval's firefighters take your lives to heart.




Service de sécurité incendie de Laval



Why settle? Switch to Canada's largest and most reliable 5G network.

Get 5G mobile plans for as low as

\$35/mo.

With Auto-Pay when paired with a home service.

 **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 Desjardins
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

 **PLANÈTE
MOBILE**

Offer available for a limited time where access permits. Subject to change without notice. Taxes extra. 5G Mobile plan 75GB includes \$10/mo. discount and Infinite Essential and Premium plans include \$25/mo. discount as long as you keep Home service. Additional \$5/mo. Auto-Pay Discount applies (must be set up on account). \$70 Setup Service Fee applies to setup device and related services (waived through self-serve on rogers.com). Rogers & Design and related brand names and logos are trademarks of Rogers Communications Inc. or an affiliate used under license. © 2024 Rogers Communications.

Quebec backs city's bid for development of Carré Laval mixed use project

New downtown sector would include up to 3,500 housing units and a regional park



From the left, Mayor Stéphane Boyer, Société de développement Angus vice-president and executive-director Charles Larouche, Carré Laval project leader Élisabeth Muir Lepage and Sainte-Rose MNA Christopher Skeete are seen here in early September during the Carré Laval announcement. (Photo: Martin C. Barry, Laval News)

MARTIN C. BARRY

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

With a little seed money from Quebec Premier François Legault's government, the City of Laval is set to transform another expanse of its vast but still largely underused downtown core into a new and sustainably-planned neighborhood, where residential, commercial and light industry are expected to flourish.

The Carré Laval project will be taking place over a span of 20 years at least on a more than 40-hectare site that is probably familiar to many if not most Laval residents. It's the large mostly vacant square of land at the southwest-side intersection of Autoroute 15 and Saint-Martin Blvd.

Visible but vacant site

There, the most notable landmarks until now have been the Palais de Justice, the abandoned stone quarry behind the courthouse, and in more recent years the temporary staging base for the lightshow entertainment start-up Illumi Laval.

In a press release issued by the city earlier this month, Laval officials refer to Carré Laval as a "flagship project," serving possibly as a prototype for similar developments elsewhere in Laval. The city acknowledges it is an "ambitious vision" for an area that was chosen largely because of its strategic location immediately

next to the A-15, allowing widespread exposure to a steady stream of traffic passing through greater Montreal.

\$10 million from Quebec

Although the Legault government agreed four years ago to provide an initial \$10 million to decontaminate and remediate the lot (some of which served for decades as a snow dump), Sainte-Rose MNA Christopher Skeete, who is the Minister Responsible for Laval, played a prominent role during an official announcement with Mayor Stéphane Boyer, suggesting Quebec may have more to offer before the next election two years from now.

According to a description from the city of the future Carré Laval, it would be designed to minimize its carbon imprint. To that end, access in and around the site when completed would be primarily by "active" transportation (bicycle, light electric vehicles, and on foot), while minimizing the presence of trucks and cars.

A new regional park

During a first phase, a 22-hectare regional park (the equivalent of 30 football fields, according to the city) would be created, with the disused stone quarry dominating the middle. Eventually, 3,500 units of housing would be built in Carré Laval, although the initial plan calls for the creation of 1,000 housing units, 500 of which would be of the affordable kind.

To reach this goal, the city has decided to work closely with the Société de développement Angus (SDA), a property developer that operates on principles of social economy. SDA's main accomplishment to date was the redevelopment of the former Angus railway yards in the east end of Montreal into a mixed-use residential/commercial community.

New housing on site

The City of Laval has signed an agreement in principle with the Société de développement Angus, which sets out three phases for SDA's involvement with Carré Laval: construction of 500 units of affordable housing; development of an additional 500 housing units of an unspecified type; and the realization of a public building revolving around the "One Health" concept, as well as life sciences and commercial research.

The city notes that the the plan calls for life and health sciences companies to locate their research facilities in Carré Laval. "The goal is to create an emblematic environment that reflects the values of sustainable development and inclusivity which have importance in laval," reads a statement from the City of Laval.

The 'One Health' concept

The World Health Organization defines the One Health concept as "an integrated, unifying approach to balance and optimize the health of people, animals and ecosystems. It uses the close, interdependent links among these fields to create new surveillance and disease control methods."

And the U.S.-based Centers for Disease Control calls One Health "a collaborative,

multisectoral, and transdisciplinary approach – working at the local, regional, national, and global levels – with the goal of achieving optimal health outcomes recognizing the interconnection between people, animals, plants and their shared environment."

A 'unique place,' Boyer says

"The vision for the development of Carré Laval prioritizes quality of life, innovation and sustainability," said Mayor Boyer. "On this exceptional site in the heart of downtown, we are going to create a unique place where the community will be able to develop in a healthy and dynamic environment geared towards the future.


"In the end, Carré Laval will become the nerve centre that establishes the identity of Laval residents and that attracts people from everywhere," he continued. "This project of international stature will allow the City of Laval to enter a new era. We want to create a neighborhood where there is real happiness."

Beyond economics, says Skeete "For our government, giving life back to a place like the Carré Laval is more than just an economic project," Skeete suggested. "This is also an opportunity to create areas where our community can get together and prosper. Thanks to the collaboration of numerous local players, we have a unique opportunity to rekindle our centre city as well as our region."

The city will be launching a wide-ranging public consultation on Carré Laval with an initial presentation at 7 pm on the evening of Tuesday Sept. 24 at the Cabaret de l'Avenir at Collège Letendre at 1000 boulevard de l'Avenir in downtown Laval.




Flanked by Sainte-Rose MNA Christopher Skeete (right) and Carré Laval project head Élisabeth Muir Lepage, Laval mayor Stéphane Boyer points at a graphic of the planned Carré Laval project during an official announcement earlier this month. (Photo: Martin C. Barry, Laval News)



Until September 30
NISSAN CLEAROUT
Event

*Model shown: 2024 Kicks SR Premium



WINTER TIRES INCLUDED

Get the 2024 Kicks SV for
\$69* / week for 24 months.
With a down payment of \$995

GREGOIRE NISSAN
CHOMEDEY

833-780-0668 chomedeynissan.com

Offers available from September 4, 2024 to September 30, 2024. Payments cannot be made on a weekly basis, for advertising purposes only. *Representative monthly lease offer based on a new 2024 Kicks SV at 2.99% APR for 24 months equals monthly payments of \$299 with \$995 down payment, and \$0 security deposit. Lease based on a maximum of 16,000 km/year with excess charged at \$0.10/km. Total lease obligation is \$8,171.

Publishers:

George Bakoyannis
George S. Guzman

General Director:

George Bakoyannis

VP Sales & Marketing:

George S. Guzman
sales@newsfirst.ca

Graphic Design:

Lareine Zakhour
Elena Molter
Thomas Bakoyannis

Advertising:

Jean Paul Chamberland

Editorial Staff:

Martin C. Barry
Renata Isopo
Maria Diamantis
Savas Fortis
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 inherently 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

Canada

Member of  Quebec Community
Newspapers Association
& Canadian Community
Newspapers Association

National Representation:

 RÉSEAU SÉLECT
MÉDIAS PUBLICS
info@reseausselect.ca

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 2024

OPINION & Editorial



The Carré Laval is finally seeing the light of day half a century after its conception

It is surprising that an innovative idea can take fifty years to see the light of day. This is the case of the Carré Laval which germinated in the 1970s in the mind of the late Dr. Lucien Paiement, then mayor of Laval (from 1973 to 1981).

Turning a former quarry (a "snow hole," as it was called at the time) into the heart of a downtown, of what was at the time the second largest municipality in Quebec, was a daring step never seen before, not only in the history of Laval but in that of Quebec as a whole.

If the project was never able to raise ground at the time, it is because of a particular context. Indeed, the early 1980s were marked by the second largest economic crisis in America after that of the 1930s.

In 1981, the unemployment rate was over 12%, and if you think the current interest rate is too high, then the 1981 interest rate was... 20%. In addition, a few years earlier, the colossal costs of building Montreal's Olympic Stadium, caused in particular by the shenanigans of certain contractors — denounced by journalist Guy Pinard of the daily La Presse — had ironically led to Claude U. Lefebvre being elected mayor of Laval in 1981.

The citizens of Île Jésus were terrified to see the Carré Laval project suffer the same fate as that of the Olympic Stadium. Half a century later, the project finally saw the light of day and remains one of the most beautiful and promising ensembles in Quebec.

Today I have chills, since I had been hearing about this project since I arrived as a journalist in Laval (CKLM-AM) in 1976.

Now retired, I can only rejoice at the realization of this great dream. Congratulations to the current elected officials of the City of Laval for having initiated the process of implementation.

I hope that when the Carré Laval is inaugurated, we will think of placing a small plaque somewhere on the site in tribute to Dr. Lucien Paiement, who was the first to have this vision of downtown Laval.

Roger Desautels*

*Roger Desautels was the first writer and editor back in 1993, for *Nouvelles Chomedey News* which has evolved to *The Laval News*

Our obsession with convenience is harming us and our planet

"Comfort is the worst addiction." - Marcus Aurelius

The stickiness of the Internet and social media is largely due to our obsession with convenience. (read: instant gratification) The digital world offers an unimaginably massive and convoluted buffet of conveniences. 24/7/365 access to news and information, instant messaging, unlimited entertainment, and online shopping is accessible through your hand-held device, which is not much bigger than a credit card. In all its forms, the Internet capitalizes on the relationship between convenience and increased consumption.

Advertisers and marketers lost no time capitalizing on the golden opportunity the Internet's convenience provides to intensify our wasteful 1st world consumerism. Consequently, our world is increasingly dominated by tech companies and apps, enabling us to order take-out, have anything delivered to our doorsteps, and swipe left, hoping to find our soulmate.

As we become more addicted to the convenience of shopping from the comfort of our homes, we're inadvertently harming ourselves psychologically and environmentally. The Sears Catalogue, founded in 1887, was the Amazon that never grew. 137 years ago, our forefathers could've gotten everything by mail. This would've made sense since cars weren't around to make shopping and transporting purchases easy.

So why wasn't the convenience of shopping from a mail-order catalogue widely adopted?

I don't know. Was it the 6 to 8 weeks it took to receive your order?

Lately, there's a lot of talk about loneliness and isolation. The U.S. Department of Health and Human Services released in April 2023 a report titled *Our Epidemic of Loneliness and Isolation*, which found that even before the COVID-19 pandemic, about half of U.S. adults reported experiencing measurable levels of loneliness.

Would it be a stretch to assume the rise in loneliness is a consequence of our taking advantage of the Internet's many *stay-at-home* conveniences? Not so long ago, malls—marketplaces and shopping districts before them—were community-like hubs, akin to town squares, where you met your friends, ran into neighbours, and even made new acquaintances. You saw people, you connected.

Malls don't only offer a plethora of retail outlets; they also provide social experiences, an experience many people are abandoning, instead opting to shop in the most environmentally damaging way humanly possible: shopping online. Rather than going to the store to try a jacket on to see how it fits and looks, many people now order five jackets online and return four.

Ordering online has a significant negative environmental impact. That 'must-have' avocado slicer you bought online will arrive in a box the size of a doghouse, packed with enough bubble wrap to protect a mini fridge.

Those over 50 can remember when shopping wasn't a daily, let alone a 24/7/365 activity. People used to write something called a *shopping list*. Then, they went to the store or mall and gathered all the items on their list at once. Then, they took their purchases home, put everything in its place, and felt the satisfaction of a job well done. On the other hand, when you order online, robots and humans, who are treated like robots, pack your Tim Hortons Original Coffee blend, Single Serve Keurig K-Cup Pods, in an oversized box and deliver it to your home along with three other giant boxes, each containing one item, which likely could have been purchased locally. Then we appease ourselves—claim we're concerned about the environment—by stuffing all that packaging into blue bins like they're a portal

to plastic heaven. According to the Government of Canada website (www.Canada.ca), only 9% of Canada's plastic waste is recycled; the rest ends up in landfills, waste-to-energy facilities or the environment, such as the ocean.

Shopping online for stuff you likely don't need, knowing its negative impact on the environment, while crying about the environment is sheer hypocrisy. Every time you click buy it now, a tree gets its wings.

No one wants to think about the child labour in Bangladesh who made the Nike hoodie they ordered off Amazon, the ship, air, rail and truck that transported it, or the landfill the hotdog toaster they bought on impulse—prompted by an ad you saw on Facebook—will eventually end up. We just want that t-shirt that says "Mindful."

Online shopping is wreaking havoc on our planet's environment. The kicker is we've sold ourselves the false narrative that online shopping is eco-friendly. Making a list, getting off the couch, and getting it is much better for our environment and has the added benefit of meeting people and maybe even finding your soul mate.

Thanks to the Internet, you can go days or weeks without speaking to anyone. Time spent online is time spent being sedentary and not having real-life interactions. Online shopping reduces our social and community interactions, leading to loneliness. I'm sure you've noticed, as I have, that social skills, especially amongst the Millennials, Generation Z, and the current Generation Alpha, are deteriorating. You can't experience all life has to offer sitting on a couch—I know there are exceptions.

Another reason to avoid shopping online is privacy. Going to a store is buying and leaving without creating a trail of cookies and tracking/analyzing.

Nick Kossovian



BIG PLAN ON CAMPUS.

50GB for \$34/mo.¹

4G Prepaid plan includes calling to Canada & U.S.²

Need internet
at home or
on the go?



Rogers 5G Internet
for only

\$55/mo² Includes 5G Home
Internet device. Available
at select chatr locations.

Plug & Play. Risk free, try for 30 days.

chatrTM
AUTHORIZED DEALER

📍 **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,
Mail Champlain, Place Bourassa, Place Longueuil, Plateau Mont-Royal, YUL airport.

📍 **Head Office**
12053 Laurentien Blvd, Montreal.

☎️ **(438) 992 2002**

Offer is subject to change without notice. Taxes extra. 1 Data included is at 4G speeds up to 150 Mbps. Once you've reached your data allowance, you can continue to use data at a reduced speed until your next anniversary date. 2 Call from anywhere in Canada to another Canadian or US phone number. US Talk is not available when roaming. 3 Service available within Rogers' 5G coverage area (delivered over 4G LTE where no 5G coverage; see rogers.com/coverage to check availability). Not available within Extended Coverage areas. Your 5G Home Internet monthly service fee includes rental of the home internet device. TM Trademarks used under license ©2024

The City of Laval's initiatives to make cycling an essential transportation option have been recognized and rewarded by Vélo Québec's VÉLOSYPATHIQUE movement, which has just awarded it silver certification. This is an additional step up from the previous certification, underlining the City's ongoing commitment to active mobility.

"After obtaining a bronze level certification in 2019, this new silver level certification highlights the efforts made in recent years and marks another step towards an environment conducive to active transportation, including cycling.

The City of Laval aims for efficient, active and sustainable mobility, and cycling plays a key role in this direction," said Laval Mayor Stéphane Boyer.

A varied and constantly evolving offer

In line with the Master Plan for the Bicycle Network, the Laval network is becoming more accessible, user-friendly and better connected between neighbourhoods every year. About 10 to 15 km of new cycle links are deployed annually, bringing the total network to more than 325 km

Laval obtains VÉLOSYPATHIQUE silver level certification

on the entire island.

The fast-growing BIXI bike-sharing network has been a growing success with Laval residents since it went live in 2019. In addition, the Route verte cycling network, which covers more than 37 km on the territory, enhances the offer of bike lanes. Not to mention the wide range of learning and discovery activities to learn and discover cycling, such as the two cycling education parks inaugurated in 2023 and the new Circuits actives de Sainte-Rose, which illustrate Laval's commitment to innovating in active transportation and making it accessible to all.

Better sharing of the streets

The City has also distinguished itself in recent years with the deployment of several actions aimed at better street sharing and an increased sense of safety for all road users. These actions include the implementation of traffic calming measures, increased safety at intersections, the implementation of new actions to promote active mobility and the reduction of speed limits. The earworm "Tout doux dans nos rues", accompanied by citizen mobilization actions associated with this campaign (posters, compost bags, etc.), also helped to raise awareness of these efforts.

Work starts on Laval's public library headquarters in downtown core

Construction expected to finish in early 2027, although no opening date set yet

Officials from the City of Laval and the provincial government gathered last Monday morning at a green space in Laval's downtown Montmorency district for a ground-turning ceremony to mark the beginning of construction of the city's new central public library building.

Aiming for LEED Gold

The architecture of the multi-storey building will be defined primarily by sustainability, according to the city. As such, Laval is aiming to achieve LEED Gold certification.

This will be based primarily on the environmental sustainability of the building's outer envelope, as well as the building's cutting-edge systems for managing rainwater and its successful integration of sustainable energy sources.

The building's interior spaces have been designed to offer maximum comfort, accord-

ing to the plans, allowing in a large amount of natural light from the exterior, while also creating interesting views of the outside from the interior.

A major cultural hub

Located on de l'Avenir Blvd. near the heart of the public transit hub in Laval's downtown core and the Montmorency Metro station, as well as the campuses of several learning institutions, the municipal library headquarters building is projected to become a major gathering place for important cultural events and activities.

Construction work is set to begin in October, with completion scheduled by early 2027, although the official opening date has yet to be determined.

"This new cultural infrastructure marks a turning point in the development of Laval, transforming out centre-city into a true crossroads

for creativity and gatherings for everyone," said Mayor Stéphane Boyer.

'A turning point'

"It is a source of pride to be able to support a project that will not only highlight the creativity of our artists, but that will also help to energize the well-being of our community," he added.

The Quebec Ministry of Culture and Communications is providing \$44 million in funding for the project, while the Ministry of the Environment, Climate Change, Parks and Wildlife is furnishing an additional \$6 million.

"Today, we are unveiling more than a library and an arts centre," said Sainte-Rose CAQ MNA Christopher Skeete, who is the Minister Responsible for Laval in the Legault cabinet. "We are presenting an unmistakable and inspiring meeting place for gatherings for our community.

'Major asset,' says Skeete

"Thanks to the support of our government, the cultural diversity of Laval will be illuminated in an environment that's modern and unifying," said Skeete. "It's sure to be a major asset for the region, which will strengthen our economic and touristic vitality."

"Our government stands firmly committed towards a more sustainable and prosperous future for Quebec," said Environment and Climate Change Minister Benoit Charette. "I salute the architectural proposal presented by the City of Laval, which is a fine example of a project leaning towards energetic efficiency and sustainability."

"By integrating green technologies, we are taking an important step towards attaining our climactic objectives, while also creating greener and more resilient living spaces for future generations," he said.

L'Événement Carrières présente



Jeudi 26 septembre

10 h - 17 h

Centre de Congrès Palace

📍 MONTMORENCY



En savoir plus sur
ECARRIERES.COM



Les postes disponibles :

- Agent administratif
- Aide machiniste
- Analyste au contrôle qualité
- Boucher
- Caissier
- Cariste
- Chargé de projets
- Chef des opérations
- Commis d'entrepôt
- Conducteur d'autobus scolaire
- Conseiller en sécurité financière
- Conseiller RH
- Coordonnateur aux ventes
- Coordonnateur logistique
- Dessinateur
- Éducateur
- Électricien
- Enseignant
- Gestionnaire immobilier
- Infirmier
- Ingénieur
- Mécanicien industriel
- Opérateur de production
- Opticien
- Notaire
- Peintre
- Professionnel de santé
- Programmation web
- Psychologue
- Réceptionniste
- Représentant des ventes

Et bien d'autres encore...

Quebec opens inquiry into Action Laval 'research' expenses

St-Vincent councillor Galati leaves Action Laval caucus, withdraws from SWLSB election race

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

Citing media reports raising questions about his municipal spending practices, Action Laval councillor for Saint-Vincent-de-Paul Paolo Galati says he will not be running for re-election as the Sir Wilfrid Laurier School Board's chairman, so that his role with the city doesn't impact the SWLSB.

"Various media outlets have reported on reimbursement claims made by Paolo Galati in his capacity as a municipal councillor for the City of Laval," the board said in a Sept. 19 statement.

"None of these reports involve the Sir Wilfrid Laurier School Board, of which Mr. Galati is the Chairperson," said the statement which was attributed to Galati.

Seeks expenses review

"I have represented the people of my electoral district in Laval and the Sir Wilfrid Laurier School Board with pride and integrity for over a decade," said Galati.



"To date, I have an unblemished record in the public service. I have asked that my expenses as a municipal councillor be reviewed once again by the City of Laval's financial services. Once they have pronounced on the matter, I will act accordingly.

"However, in the current environment, I do not wish for my role as a municipal councillor to impact the Sir Wilfrid Laurier School Board, to which I have devoted much energy over the past decade and which I love," he continued.

"I have therefore decided not to be a candidate in the upcoming school board elections that will be held on November 3, 2024. Furthermore, to avoid being a distraction to the governance and administration of the Sir Wilfrid Laurier School Board, I will, for the time being, be stepping back from certain public functions associated with my role as Chairperson of the board," added Galati.

Apple Watch, iPad Pro etc.

When the Montreal daily tabloid Journal de Montréal published the results of an access-to-information investigation on Sept. 18, claiming among other things that Galati and the Action Laval opposition party had used a research budget from the city to buy him an

Apple Watch, an iPad Pro tablet, an iMac desktop, a MacBook Pro, as well as a sofa bed and food purchases at Costco, Action Laval issued a statement maintaining that a number of the newspaper's claims were misplaced or inaccurate.

According to the Journal, each of Action Laval's four councillors was entitled to \$46,000 in research budget funding in 2023. As Action Laval interim-leader Achille Cifelli noted in a statement, the term "research" – which is used when referring to the budget from which funds are drawn by the administration for councillors' needs related to their work – can be used for up to 16 different kinds of expense.

Used for various expenses

Research funds are allotted from the mayor's office budget to councillors who are registered members of a political party and who obtain at least 20 per cent of eligible votes. According to Cifelli, they can be used for virtually anything defined as day-to-day research, including the hiring of staff, office equipment, or even the outsourcing of public opinion surveys.

Quoting from a 2017 Quebec Municipal Affairs Ministry document providing guidelines for the reimbursement of research expenses, Cifelli maintained that the funds can even be used for advertising expenses when the purpose of the ads is to make the name of an elected official, along with his or her photo and office address, better known to constituents, and that even Mayor Stéphane Boyer does so.

According to Cifelli, other expenses the research budget funds can be used for include the purchase of special or charitable event tickets, office stationery, cell phones, computer supplies, mass mailings and maintenance of web sites.

City reviews all claims, Cifelli says

He also noted that all such expenses get analyzed and approved by staff at Laval city hall, and that the city's treasurer has the right to reject any reimbursement claim which does not conform to accepted norms.

As well, Cifelli emphasized that each individual councillor is responsible for managing their own research budget, and that "neither the leader, nor the caucus of elected officials nor the party ever intervene in the reimbursement process." In addition, the councillors are expected to return all purchased items and materials to the city at the end of a mandate, or to purchase them at their depreciated cost.

With that said, Cifelli announced in a statement issued shortly before midnight on Sept. 18 that he and Galati were in mutual agreement that Galati would withdraw from the Action Laval caucus, given the fact that the Quebec Municipal Commission had opened a dossier that morning to investigate the Journal de Montréal's allegations.

Inquiry announced on 'X'

Rather than make the principal announcement through a dedicated ministry channel such

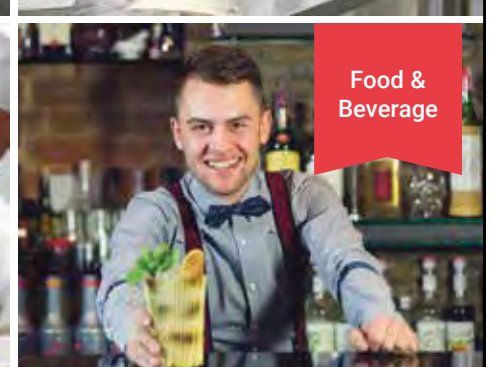
▶ Continued on page 18



Start your life!
Live your dream!



OUR PROGRAMS



REGISTER TODAY 514-381-5440

PIUSCENTRE.COM

9955, Papineau Ave., Montreal, QC H2B 1Z9



FOLLOW US ON



Action Laval dismisses 'Carré Laval' as currently formatted

MARTIN C. BARRY

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

While Quebec and the City of Laval seem to agree that Carré Laval is a win-win proposal, not everyone is happy with the project.

Action Laval, Laval city council's number two opposition party, issued a statement within hours of the city's announcement.

Critical of project

Among other things, they take the adminis-

tration to task for partnering up with Société de Développement Angus, which "has never finished a project outside the City of Montreal," Action Laval city councillors Achille Cifelli (Val-des-Arbres) and David De Cotis (Saint-Bruno) say in the statement.

They also were critical of Mayor Stéphane Boyer for being immediately unable to answer more detailed questions about the timeline or estimated total costs for the city taking on a project of this size.

"The project seems also to gloss over the exponential growth of the city's indebtedness since the coming to power of the mayor," added De Cotis and Cifelli, while also suggesting that Carré Laval has electoral overtones since municipal voters here will be going to the polls in 2025.

Transport failures

Although the city provided a bare outline but few specifics of its overall strategy for Carré Laval, Action Laval was critical of the project's lack of planning for automobile traffic, that

Carré Laval is located several kilometres from the nearest Metro station, and that there are no immediate plans for STL bus access.

And while the city is in fact organizing extensive public consultations, Action Laval maintained that the Boyer administration hadn't yet consulted residents or businesses, that impact studies haven't taken place, and that the project's "financial improvisation leaves us in fear of a future white elephant" as housing needs demand quick action.

Quebec among provinces with lowest healthcare expenditure

PRESZLER INJURY LAWYERS

- Quebec ranks tenth, spending \$8,785 per person on both public and private healthcare annually
- Nunavut takes the top spot, spending an estimated \$23,652 per person
- Ontario spends the least on healthcare, at \$8,245 per person each year

Healthcare spending is a crucial aspect of public policy and quality of life in Canada, and the expenditure per person varies significantly

across provinces.

New research has revealed the Canadian provinces and territories spending the most money on healthcare per person each year, with **Quebec** ranking tenth.

Alberta personal injury lawyers, Preszler Injury Lawyers, analyzed data from the Canadian Institute for Health Information to determine how much each of the provinces and territories spends on healthcare per person in a year, taking into consideration the costs of both public and private healthcare.

Taking the top spot is **Nunavut**, spending an esti-

mated **\$23,652** annually per person on both public and private healthcare. The territory's remote location and harsh climate could contribute to these high costs. There is also a higher prevalence of certain diseases in Nunavut such as heart failure and lung cancer due to its higher number of smokers, requiring more specialized care than other regions of Canada.

In second place is the **Northwest Territories**, with an estimated yearly healthcare spend of **\$21,750** per person. Similarly to Nunavut, the Northwest Territories are more secluded, meaning they don't have the same access to healthcare as Canadians living in urban centers. This can sometimes mean patients have to be transported to more specialized facilities, costing more money.

Next on the list is **Yukon**, spending **\$15,696** per person on healthcare each year. The high cost could reflect the territory's efforts to provide comprehensive medical services across its large, sparsely populated area, which inevitably brings costs up.

Newfoundland and Labrador spends an estimated **\$10,333** per person in a year. The province's aging population and high rates of chronic diseases could contribute to the high healthcare costs. Its geographic location also requires higher spending on medical transport and specialized treatments.

Fifth is **Nova Scotia**, spending roughly **\$9,737** per person in a year. Similarly to Newfoundland and Labrador, Nova Scotia has an older population and a high prevalence of chronic diseases, requiring more healthcare services, and therefore more money spent per person.

Following is **British Columbia**, spending around **\$9,182** on healthcare per person each year. The province has a significant elderly population, which could increase the demand for healthcare services.

With an estimated yearly healthcare spend of **\$9,112** per person, **Saskatchewan** ranks seventh. The need to provide services across both densely populated urban centers and remote rural areas could contribute to this cost.

Next up is **Alberta**, spending an estimated **\$9,041** per person. While it has a large population, which can strain the healthcare system, the province is efficient with preventative care measures and advanced technology.

In ninth place is **Prince Edward Island**, spending **\$9,036** per person on healthcare each year. This lower expenditure could be due to its smaller population, reducing the demand for healthcare services. The province also has a relatively high ratio of primary care providers to residents, emphasizing preventive care and reducing the need for more expensive emergency services.

Tenth is **Quebec**, with an annual healthcare cost of **\$8,785** per person. There are a few factors that could contribute to the slightly lower cost in this province; it has a well-developed network of community health centers that provide accessible, cost-effective care. Quebec's pharmaceutical policies, such as the regulation of drug prices, also help to keep costs down.

Manitoba has the third lowest healthcare spend, at **\$8,616** annually. The province places a strong emphasis on preventive care and community health programs, which reduce the incidence of chronic diseases and the need for more expensive treatments.

New Brunswick is next, spending an annual **\$8,413** per person on healthcare. Its smaller and more stable population could allow for a more manageable demand for healthcare services, leading to efficient resource distribution and cost control.

The province spending the least on healthcare each year is **Ontario**, at just **\$8,245** per person. There are several factors that could contribute to this, from better preventative measures to advanced technology and telemedicine.

A spokesperson from Preszler Injury Lawyers has commented: "It is fascinating to see which provinces are spending the most on healthcare. Factors such as population size, geographic location, and the prevalence of chronic diseases likely play significant roles in these differences.

"On top of that, differences in health policies between provinces, the efficiency of healthcare systems, and the emphasis on preventive care can also have an impact on overall cost.

"Understanding these differences and the reasons for them can help policymakers tailor more effective healthcare solutions across the country."

This information was provided by Preszler Injury Lawyers, Alberta personal injury lawyers.

COLLEGE SOCRATES-DEMOSTHENE
Depuis 1969
ACADEMIQUE PRIVEE

JOURNÉE PORTES OUVERTES
5 octobre 2024
9 h 00 à 12 h 00
Viens t'inscrire et t'amuser avec nous!

Campus II : 5757, ave Wilderton, Montréal, Qc H3S 2K8
Campus III : 11, 11e rue, Roxboro Qc H9Y 1K6
Campus IV : 5220, Grande Allée, St-Hubert Qc J3Y 1A1
Campus V : 931, rue Emerson, Laval Qc H7W 3Y5
Campus Démosthène : 1565, boul. St-Martin O., Laval Qc H7S 1A1

RSVP :
CAMPUS II : 514-788-2421 POSTE 144
CAMPUS III : 514-695-1833
CAMPUS IV : 450-656-4832
CAMPUS V : 450-681-5142
CAMPUS DÉMOSTHÈNE : 450-972-1800

WWW.SOCDEM.ORG
SOCDEM@HCGM.ORG

FILIA Association for Seniors holds annual Walk a Thon in Chomedey

Group continues focusing on providing services for seniors available here

MARTIN C. BARRY

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

Smart-looking caps and t-shirts bearing the distinctive 'FILIA' logo breathed an air of hope and renewal into this year's FILIA Walk a Thon, an increasingly popular autumn ritual and tradition in Laval's Chomedey neighborhood.

The 18th annual Walk a Thon on Sept. 16 drew a loyal following of FILIA supporters, as well as local elected officials who have provided help to the organization over the years.

After a challenging summer when severe rainstorms left a pall of gloom hanging over many Laval households, it was a good day for a refreshing walk in and around the streets surrounding St. Norbert Park in eastern Chomedey.



FILIA's Johanna Tsoublekas (blue t-shirt) is seen with Souvenir-Labelle city councillor Sandra El Helou and political attaché to Vimy MP Annie Koutrakis, Silvana Sennatore. (Photo: Martin C. Barry, Laval News)

Keeping seniors healthy

The goal of the day was to raise awareness of the needs of senior citizens – which include regular physical exercise – while also raising funds for FILIA to help continue providing a range of crucial services to seniors, including FILIA's meals-on-wheels program.

Although FILIA's mission at one time was to provide assistance to Greek women of the Parc Extension Hellenic community, then later throughout the Montreal region, the organization's mandate now is to serve senior citizens and people from all backgrounds – with a growing emphasis on the population of Chomedey.

Men's support also needed

Led for many years by Johanna Tsoublekas who continues to provide guidance and management, FILIA's services include home housekeeping and supervision, volunteer training and a healthcare clinic for the feet.

Johanna agreed that this year's turnout (consisting primarily of a few dozen women who remain the group's bedrock support) was stronger than ever, although a little more support from men would also be appreciated.

Still, she said the group's male membership has been improving, with 15 men now turning up for meetings every Monday at a locale at 800 Notre Dame Blvd. in Chomedey.

Admirer from the city

Sandra El-Helou, Laval city councillor for the district of Souvenir-Labelle, who is responsible for senior citizens' issues on the city's executive-committee, described the work done by Johanna Tsoublekas and her FILIA supporters and volunteers in admiring terms.

"All this work cannot be done alone," she told the group before they set off on the walk.

"So, Johanna's doing this amazing work, but she would never be able to do it without all the helping hands. So, once again, as the city councillor and as the one responsible for the elderly, I give my support to FILIA. If there is anything I can do beyond what I am already doing, please let me know."

Vimy Liberal MP Annie Koutrakis, also a strong FILIA supporter, was unable to attend in person because of political developments in Ottawa. However, her attaché and chief of operations at the constituency office in Laval, Silvana Sennatore, was on hand to represent Koutrakis.



FILIA members walk along Third St. at the corner of 65th Ave. in Chomedey during the 2024 Walk a Thon on Sept. 16. (Photo: Martin C. Barry, Laval News)

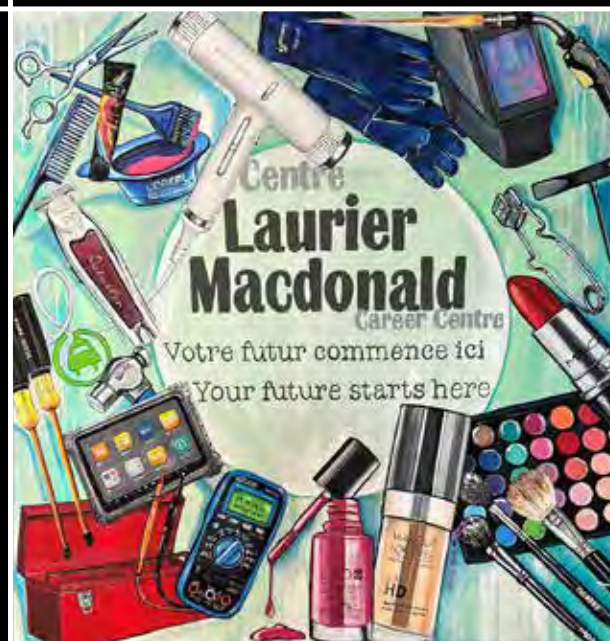
CENTRE DE FORMATION PROFESSIONNELLE
LAURIER MACDONALD
VOCATIONAL TRAINING AND CAREER CENTRE



**INSCRIPTION EN COURS
REGISTER NOW**

LMACCAREERCENTRE.COM
5025 RUE JEAN-TALON E.
(514) 374-4278

- ESTHÉTIQUE / AESTHETICS
- COIFFURE / HAIRDRESSING
- SOINS DE BARBE ET TECHNIQUES DE COUPE / BARBERING
- ÉPILATION / HAIR REMOVAL
- MÉCANIQUE DE VÉHICULES ÉLECTRIQUES / ELECTRIC VEHICLE MECHANICS
- MÉCANIQUE AUTOMOBILE / AUTOMOBILE MECHANICS
- ESTHÉTIQUE DE L'AUTOMOBILE / AUTOMOTIVE DETAILING
- SOUDAGE - MONTAGE / WELDING AND FITTING



From the left, Laval city councillor Sandra El Helou (responsible for senior citizens' issues on the executive-committee), FILIA leader Johanna Tsoublekas and a FILIA volunteer are seen here with caps and t-shirts bearing the organization's logo before the start of the annual FILIA Walk a Thon on Sept. 16. (Photo: Martin C. Barry, Laval News)

AEVS Adult Education & Vocational Services



Commission scolaire English-Montréal
English Montreal School Board

Pink in the City's Denise Vourtzoumis awarded Quebec Lieut.-Gov.'s Medal

Medal is 'a testament to the lives you've touched,' Senator Loffreda tells Vourtzoumis



Senator Tony Loffreda praised Denise Vourtzoumis and Pink in the City for the hard work they've done over the past two decades for breast cancer research. (Photo: Martin C. Barry, Newsfirst Multimedia)

Governor's Medal for Exceptional Merit during a touching ceremony held on Sunday Sept. 15 at the McGill University Health Centre in Montreal.

The extraordinary honour was awarded by the Honorable Manon Jeannotte, the 30th Lieutenant Governor of Quebec, in recognition of the outstanding achievement by an individual or organization. The award was presented at a ceremony coinciding with the launch of Pink in the City's annual schedule of festivities.

Surviving and thriving

The ceremony was held in the Atrium of the Research Institute at the MUHC, hosted by the MUHC Foundation, which has partnered with Denise Vourtzoumis over many years to raise hundreds of thousands of dollars to help women with breast cancer not just survive, but thrive.

Pink in the City was co-founded nearly 20 years ago and is dedicated to raising awareness and supporting those impacted by breast cancer. The organization strives to build volunteer active communities, raise funds for breast cancer and advance student leadership.

Impact on philanthropy

Over the past two decades, Pink in the City has made a considerable impact in local and regional philanthropy through initiatives and programs that have given more women the chance at an early diagnosis, and thus better odds of surviving.



Quebec Lieutenant-Governor Manon Jeannotte, left, is seen with Denise Vourtzoumis in front of a plaque at the MUHC paying homage to the work and contributions of Pink in the City. (Photo: Martin C. Barry, Newsfirst Multimedia)


In 2023 alone, Pink in the City raised raised \$325,000 during Breast Cancer Awareness Month in support of breast cancer research and care at the MUHC. During their Raise Craze campaign last year, courageous individuals at

schools in Laval and elsewhere in the Montreal region accepted pledges to cut and shave their

▶ Continued on page 11


MARTIN C. BARRY
Local Journalism Initiative Reporter for The Laval News
martyc@newsfirst.ca

Longtime Laval resident Denise Vourtzoumis, who is co-founder and president of Pink in the City which supports breast cancer care and research, received the Quebec Lieutenant-


ASSEMBLÉE NATIONALE DU QUÉBEC

*Je souhaite un joyeux
Rosh Hashanah 5785
à tous les membres de la
communauté juive de Laval*

*I would like to wish a happy
Rosh Hashanah 5785
to all the members of the
Jewish community of Laval*



ALICE ABOU-KHALIL
Députée de Fabre
(450) 689-5516
Alice.Abou-Khalil.FABR@assnat.qc.ca
538, rue Principale
Laval, QC H7X 1C8


ASSEMBLÉE NATIONALE DU QUÉBEC

I would like to wish the Jewish community of Laval a very happy
Rosh Hashanah 5785

May your New Year be filled with joy and prosperity.



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



Pink in the City co-founder Denise Vourtzoumis. (Photo: Martin C. Barry, Newsfirst Multimedia)

◀ Continued from page 10

hair in honour of their loved ones.

'Leader and changemaker'

Marie-Hélène Laramée, president and CEO of the MUHC Foundation, referred to Denise Vourtzoumis as "an exceptional leader and changemaker." She said that Denise, through Pink in the City's work, "has cultivated a powerful community and brought hope to countless women.

"On behalf of the entire MUHC Foundation, Denise, we extend our deepest gratitude for all that you do – especially for leading the way towards that brighter future," Laramée added.

Medal a 'testament,' said Senator

Addressing Vourtzoumis, Senator Tony Loffreda said, "Your medal is a testament to the lives you've touched and the impact you've created with Pink in the City.

"It's an amazing impact on the community," he continued. "And as we age we realize one thing: we realize that life is a privilege. And aging is an even bigger privilege, and it's a privilege not given to all."

He said, "we have to use that privilege, that opportunity that's given to us, that we're lucky to have – to use it responsibly. The responsibility to create, to do something bigger than ourselves, this is what Denise has done with Pink in the City."

For your AWARDS & TROPHIES

Custom awards and plaques are perfect ways to recognize, thank and honour employees, customers, and vendors!

MEDIA-TREK®



See catalogue for full pricing information

at mediatrek.ca/trophees

(450) 978-0070 | info@mediatrek.ca

Our best wishes to the Jewish community of Laval on the occasion of Rosh Hashanah



FAYÇAL EL-KHOURY
MP FOR LAVAL-LES ÎLES
faycal.el-khoury.c1@parl.gc.ca



ANNIE KOUTRAKIS
MP FOR VIMY
annie.koutrakis@parl.gc.ca

Fifteenth annual Fête de quartier de Val-des-Brises

*'Supporting the community is our priority'
says Action Laval's Achille Cifelli*



(NEWSFIRST) - It was as a member of the volunteer committee and founder of the Fête de quartier de Val-des-Brises that Action Laval interim-leader Achille Cifelli, who is also the city councillor for Val-des-Arbres, summed up as a success the 15th annual Fête de quartier Val-des-Brises which took place Sept. 15 in Royal 22nd Regiment Park from 2 to 7 pm.

"Over the past 15 years, more than \$280,000 have been collected to support various causes for children," noted Cifelli. "This year, we will be adding nearly \$45,000 to the non-profit group Les Dragons de Laval to support their sports mission with youths 5 to 14 years of age."

On the menu at the Fête de quartier were

activities for every age, including music made available by DJs, as well culinary delicacies.

"Fifteen years ago, we were but a small team to organize the celebration with 400 participants," he pointed out. "Now there are nearly 10,000 participants and many sponsors who joined us last Sunday. On that note, I would like to thank our sponsors and volunteers who make a celebration like this possible."

He thanked the following sponsors who provided help to the organization committee to provide food and refreshments to participants: L'Inter Marche Palumbo, Tim Horton 440 est, Pâtisserie St-Martin, Restaurant Bellepro's, Boucherie Capitol, Crèmerie Pineault and IGA Famille Sévigny.

Happy
Rosh Hashanah

Aglaia REVELAKIS
Conseillère municipale
Chomedey

Isabelle PICHÉ
Conseillère municipale
Saint-François

Achille CIFELLI
Conseiller municipal
Val-des-Arbres

David DE COTIS
Conseiller municipal
Saint-Bruno

À L'ÉCOUTE de nos citoyens !

FALL BAZAAR

FRIDAY, SEPTEMBER 27
FROM 1 P.M. - 7 P.M.

SATURDAY, SEPTEMBER 28
FROM 9:00A.M. - 2:00 P.M.

HOLY NAME OF JESUS CHURCH
899 CHOMEDEY BLVD. LAVAL
450-688-3887

MANY ITEMS FOR SALE: BOOKS
LINENS
JEWELRY
SHOES
PURSES
ETC.

RAFFLE TICKETS ON SALE FOR MANY PRIZES TO BE WON

1 TICKET \$1.00 OR 6 TICKETS FOR \$5.00

1 billet 1\$ ou 6 billets 5\$

Ex-LJA administrator charged by UPAC was 'Outstanding Principal' six years ago

Alan Simoneau, two others, are accused of 'false billing' Sir Wilfrid Laurier School Board

MARTIN C. BARRY

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

If anyone felt blindsided last week when a specialized unit of Quebec's Unité permanente anticorruption (UPAC) announced it was pressing charges against three people – including a former SWLSB school principal from Laval – it may well have been a national selection committee at Learning Partnership Canada.

Former Laval Junior Academy principal Alan Simoneau was one member of the trio named in a communiqué issued on Sept. 12 by UPAC's Commissaire à la lutte contre la corruption (CLCC).

Alleged billing fraud

In its release, the CLCC named Simoneau, as well as SWLSB employee Rajesh Awasthi, and Barbara Tomasini, identified as the owner of Édu-Vation, a company the CLCC claims was being used as a front to send invoices for services which were never delivered.

The province's online Registraire des entreprises (business registry) confirms Tomasini, a Dollard des Ormeaux resident, as the owner of the company, which also did business under Photographie Moments/Moments Photography. However, Édu-Vation's corporate charter, according to the registry, expired long ago.

A 2018 'Outstanding Principal'

Simoneau was the principal of Lake of Two

Mountains High School in 2018 when the Toronto-based Learning Partnership Canada selected him among others to receive their Canada's Outstanding Principal award, according to *Newsfirst Multimedia* files dating from back then.

Simoneau was one of 40 principals judged as outstanding across Canada – three of whom were in Quebec – for demonstrating innovation and exemplary leadership within their schools. "Mr. Simoneau's profound impact on our students, teachers and community makes him perfect for this distinguished award," Guy Gagnon, who was the commissioner for the SWLSB's Ward 3 on the North Shore, said at the time.

Gagnon said that Simoneau at LTMHS had "surpassed expectations by being an exceptional administrator, a dynamic leader and a visionary pedagogue for our learning community. It's a well-deserved recognition."

Was praised for his skills

The Learning Partnership said Alan Simoneau was recognized for his skills, results-based approach, and student-first perspective to change the culture at LTMHS. They said he sought out grants, community partnerships and foundations to make changes.

In a September 2018 post on the SWLSB's Facebook page, which drew attention to Simoneau's Learning Partnership award, Rajesh Awasthi (who was mentioned in a

December 2018 issue of the North Shore publication *Community Connections* as an administrative technician at LTMHS) wrote, "Congratulations Alan Simoneau. Your hard work and dedication to LTM the past 5 years has not gone unnoticed!"

Simoneau was also honored by the SWSLB in 2015, after LTMHS was awarded two grants of \$10,000 each by the National Bank of Canada for student science projects. He was presented by the SWLSB commissioners with a Certificate of Achievement at the board's February 2015 meeting at SWLSB headquarters in Rosemère.

Alleged breach of trust

In its release, the UPAC unit said that Simoneau faces a charge of breach of trust, one count of fraud of more than \$5,000 and a charge of possession or trafficking of a forged document. Some of the charges were also authorized against Awasthi and Tomasini, the latter being described in the CLCC's statement as involved in a relationship ("en relation") with Awasthi.

"The investigation, led by the CLCC, attempts to demonstrate that from March 8, 2016 to May 16, 2019, Alan Simoneau, with the help of his accomplices, put into place a system of false billing through a front company to the detriment of the SWSLB, his employer at that time," the CLCC stated. "The scheme seemingly consisted of paying sums of money to Édu-Vation."



Seen here in 2015 at SWLSB headquarters in Rosemère is former LTMHS principal Alan Simoneau (Photo: Martin C. Barry, Newsfirst Multimedia)



LAVAL-DES-RAPIDES BUNGALOW

This inviting home features 3+1 cozy bedrooms with abundant natural light each with plenty of space and large windows, 2 full bathrooms, one with walk-in shower. Large dining area adjacent to the living room with cathedral ceilings. The landscaped garden provides a peaceful retreat with a patio area for outdoor dining.

Step into the comfort of this beautiful renovated bungalow, a perfect blend of modern updates and classic charm. Perfect for entertaining or relaxing with family. Located in a desirable neighbourhood, close to everything. Easy to visit! Must see!



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

EXCELLENT SERVICE | EXCEPTIONAL RESULTS



ROYAL LEPAGE
HUMANIA CENTRE

AGENCE IMMOBILIÈRE 450.682.2121

RCMP reminds Canadians about violent online groups targeting youth

(NEWSFIRST) - The RCMP National Security Program is working with the National Child Exploitation Crime Centre to protect youth from the threat of violent online groups.

These online groups have ties to known Ideologically Motivated Violent Extremist (IMVE) entities and are targeting youth online with the intention of getting them to record or live-stream acts of self-harm, suicide, animal torture and/or produce child sexual abuse material. The footage is then circulated among online networks and used to further control and extort the young victims. In many cases, perpetrators are minors themselves. Victims may end up being encouraged or coerced into victimizing others.

Key motivators for members of these groups are to spread their ideology, gain notoriety, collect extreme violent online content, and rise in status within their groups.

They operate on publicly available platforms, including gaming platforms, social media sites and mobile applications that are popular with youth (Roblox, Discord, Minecraft, Twitch, Telegram, Steam, etc.). This type of offence usually starts with a direct message through gaming platforms and can move to more private chatrooms on other virtual platforms, typically

one with video enabled features, where the conversation quickly becomes sexualized or violent.

One of the tactics being used by these actors is sextortion, however, they are not using it to extract money or for sexual gratification. Instead they use it to further manipulate and control victims to produce more harmful and violent content as part of their ideological objectives and radicalization pathway.

One IMVE group targeting children is commonly known as the 764 network (or "the com") but goes by various monikers. Some of the largest sub-groups are known as: CVLT, Court, Kaskar, Harm Nation, Leak Society, 7997, 8884, 2992, 6996, 555, Slit Town, 545, 404, NMK, 303, and H3ll.

There are many major crimes being committed by these groups. Most concerning is the sexual exploitation, harm inflicted on children and animals, and aim to get victims to commit suicide on camera.

Warning signs

The following are some key indicators that your child could be the target of an IMVE group creating child sexual abuse and violent content online:

- They are on the mobile application Discord, Telegram or other encrypted communications platforms and for which you have no visibility as a parent.
- They are receiving anonymous gifts, items delivered to your home, currency, gaming currency or other virtual items.
- They are demonstrating an interest or affinity to extreme messaging online, including conspiracy theories, anti-government rhetoric, or sympathy/support toward extreme messaging or online propaganda.
- They are demonstrating a newfound and abrupt interest in questioning or rejecting moral constraints on their behaviour, together with an interest in Nazism, school shootings, serial killers, or occultism.
- Family pets or other animals are being harmed or die suspiciously.
- You notice a family pet is uncharacteristically avoiding or fearful of your child or you.
- Writing in blood or what appears to be blood.
- They have a new online "friend" or network they seem infatuated with and/or scared of.
- They are covering their skin in unusual ways.
- They are going through more bandages, or showing evidence of cuts, carvings on their

skin, stab wounds and more.

- They are more quiet than usual and uncharacteristically withdrawn.
- They are excessively moody and on edge.
- Their grades are dropping.
- They are spending more time on the internet, unsupervised or alone in their room.
- They are spending more money online or asking for money more often than usual.
- They are scrawling names and/or numbers in notebooks, diaries, loose papers.

Note: These indicators alone may not be significant, however when considering them in clusters or with the totality of circumstances, could have more meaning and reason for concern.

Help us take action

Canadian victims have come forward and there are likely more victims across the country.

We ask parents, guardians and adults in positions of authority to keep an eye out for indicators that a child or youth is being targeted or exploited and report the information to Cybertip.ca or your local police. If you believe someone is in immediate danger, please call 9-1-1.

Your report could be the missing piece to preventing more harm.



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

APPLE ORCHARD

Agrotourism



Until September 30

9 AM - 6 PM

Verger Gibouleau

3675 Avenue des Perron, H7J 1A3

The Gobouleau family has been proud to produce quality apples, with 10,000 apple trees waiting to be picked.

Free entry

CANDY HUNT

Markets and fairs



October 12 - October 13

10:30 AM to 4:30 PM

Marché des trouvailles locales

80 rue Meunier Ouest, H7N 1V6

Arrive in costume to take part in a candy hunt among our artisans' booths.

Free

NIGHT OF THE FIREFLIES

Shows and concerts



October 14, at 2 PM

October 26, at 7 PM

Bois de l'Équerre (CANOPÉE)

49 rang de l'Équerre, H7L 6A3

Take part in 2 story-creation workshops and then attend shows featuring the tales you've created!

Visit Canopée's website to reserve

AUTUMN FESTIVAL

Intergenerational activities



Until October 27, 2024

9 AM - 6 PM

Ferme Forget

7901 Av. Marcel-Villeneuve, H7A 0H9

Celebrate autumn every weekend in September and October with lots of activities planned.

\$10

MEDIA-TREK®

NOW OFFERING TOP BRANDS OF APPAREL!

mediatrek.ca | (450) 978-0070 | info@mediatrek.ca

36 shirts for \$14^{ea}

XS to XL
no additional cost

while quantities last



including logo embroidery or silk screen

48 shirts for \$12^{ea}





By Martin C. Barry

Laval Police release video of jewelry theft suspect they are after

The Laval Police are asking members of the public to help track down a suspect wanted following a jewelry-store theft that was committed in Chomedey during the summer.

The incident occurred Aug. 12. A person walked into the store and asked to see a gold chain, according to police. When the clerk

pulled out a display panel of gold chains, the suspect grabbed it and fled on foot.

The display contained 20 gold chains worth \$800 to \$1,000 each.

The suspect is described as a white male, French-speaking, 5 feet 11 inches tall, weighing around 200 pounds.

He had very short hair and is partially balding. At the time of the theft, he was wearing a blue checked, long-sleeved shirt, jeans and black and white running shoes.

Anyone with any information is urged to call the Laval Police info line at 450-662-4636 or 911. The file is LVL 240812-045.



Laval man convicted of conspiring in tax evasion, money laundering

The Canada Revenue Agency (CRA) announced recently that Kamel Ghaddar of Laval was sentenced on Sept. 18 at the Montréal Courthouse to three years in jail and was fined a total of \$28,492.

Ghaddar pleaded guilty on Nov. 10, 2023, to a charge of conspiracy under the Criminal Code relating to tax evasion and laundering proceeds of crime. This was the fourth conviction related

to tax evasion as part of the CRA's Collecteur Project.

An investigation revealed that Ghaddar acted as an intermediary for Mohamad Jaber, convicted in June 2023 as part of the same investigation.

Jaber had set up a system to launder money derived from the illicit activities of various individuals. In the context of this scheme, Mr.

Ghaddar was meeting with Mr. Jaber's clients to collect and remit cash money, checks and false invoices.

Collecteur Project is a joint investigation by the CRA and the Royal Canadian Mounted Police (RCMP) into a money laundering and tax evasion scheme. In addition to Kamel Ghaddar and Mohamed Jaber, two other taxpayers, Nader Gramian-Nik and Frederick Rayman,

were also convicted.

It's worth noting that in addition to court-imposed fines and/or jail sentences, convicted taxpayers have to pay the full amount of tax owing, plus related interest and any penalties assessed by the CRA.

Street racing, const. zone speeding lead to over \$15,000 in fines in two days

Earlier this month, Sûreté du Québec (SQ) officers handed out over \$15,000 worth of fines in a two-day span to motorists, including some in Laval, who were caught speeding or engaging in street racing.

Some were caught speeding in street repair work zones, where fines are doubled. SQ officers stopped a 20-year-old man from St. Eustache heading north on Autoroute 13 in Laval after he was clocked doing 190 km/h in the 100 km/h zone.

He was issued a \$1,676 ticket for excessive speeding as well as a \$1,576 fine for racing. His license was also suspended for a week, his

vehicle was seized, and he could face criminal charges for dangerous driving.

The next morning at around 1:15 a.m., SQ officers in Laval intercepted two Laval drivers, aged 20 and 35, for going more than 186 km/h also on the A-13.

The 20-year-old picked up a \$1,976 fine for speeding, in addition to the \$1,576 street racing ticket, and the 35-year-old received a \$1,676 fine and a street racing ticket.

Street racing tickets come with 12 demerit points, as well as a licence suspension and vehicle seizure.



Professional Auto Body Repair & Painting

Insurance Work Accepted	Factory Genuine Parts
All Work Guaranteed	Import Car Specialists
Expert Color Matching	Major & Minor Repairs

A2 AUTO

514 476-4565

1385, Boul. des Laurentides,
Local 103 Vimont, Laval



SÉCURITÉ SPARTAN SECURITY

25 years at your service!

(514) 289-8585

ALARM SYSTEM INSTALLATION
+ 12 MONTHS MONITORING!

A COMPANY YOU CAN TRUST

- Burglar
- Fire
- Cameras
- Intercoms

24 HOUR MONITORING

What is sleepwalking?

Have your parents ever told you that you sleepwalked during the night? If so, you should know that it happens to lots of other children — and adults. Simply put, sleepwalking means doing things in your sleep without realizing it. When your parents or brother or sister tell you the next day what you said or did during the night, you often don't remember a thing!

The things a sleepwalker can do while half-asleep can range from mundane to surprising or even dangerous. Here are a few examples:

- Walking around the room
- Preparing a snack
- Opening cupboards
- Getting dressed
- Speaking incomprehensibly, like mumbling or saying things that make no sense
- Peeing in an inappropriate place, like a closet
- Riding a bike

As you can see, a sleepwalking child who goes out cycling in the middle of the night is in serious danger! That's why it's important to make sure your home is safe and try to understand what triggers these episodes. There are several possible causes:

- It can be hereditary. You're more likely to sleepwalk if one of your parents did.
- It can be caused by stress, such as moving to a new home or having upcoming exams.
- It can be caused by a situation that prevents you from sleeping, such as being sick.

Did you know that children sleepwalk much more often than adults? Sleepwalking episodes often become less frequent as you get older.

If you sleepwalk several times a week or do things while sleepwalking that put you in danger, you should see a doctor. Your safety is most important.

When someone close to you is sleepwalking, don't try to wake them up, as they may react aggressively. Simply walk them back to bed and speak softly to them.



Do you feel like cooking or baking but don't want to use the oven? Here are four easy recipes you can try.

1. PINK MAPLE LEMONADE

Fill a pitcher with cold water and

juice five lemons. Mix the juice and the water together. Add a splash of grenadine or cranberry juice and add about 3/4 cup of maple syrup for sweetness.

2. PEANUT BUTTER BALLS

Stir together a cup of peanut butter, two tablespoons of corn syrup, a cup of graham cracker crumbs, a handful of chocolate chips and a cup of powdered sugar until a dough forms. Shape the dough into small balls. Place the balls on a cookie sheet and refrigerate for one hour.

3. APPLE AND CARROT SALAD

In a large bowl, mix broccoli florets,

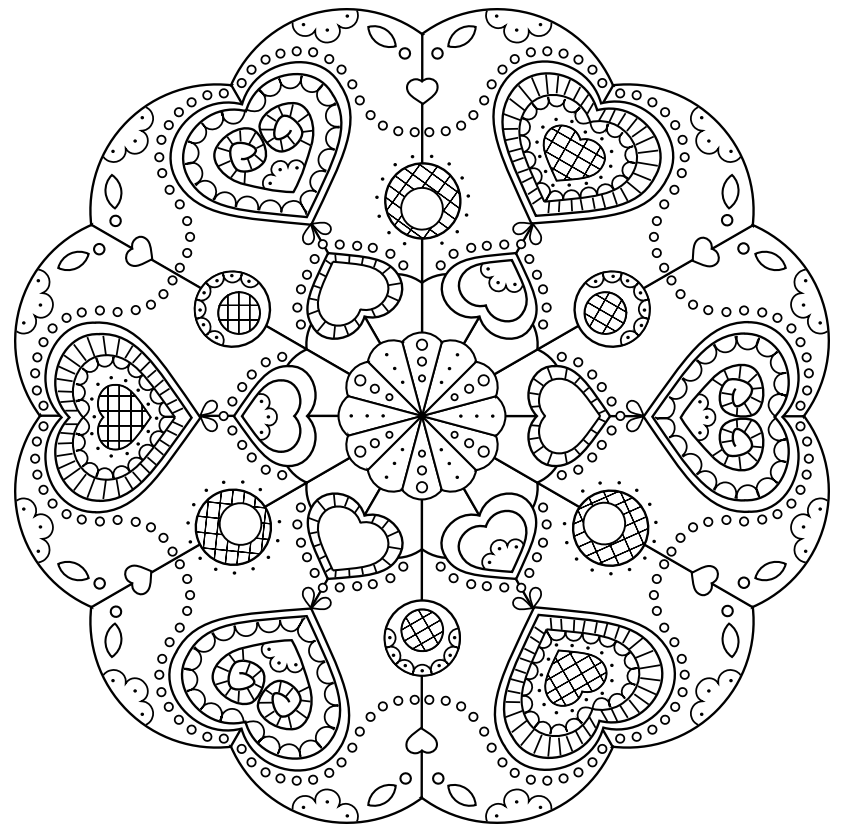
cut carrots, sliced apples and sultana raisins. In a separate cup, whisk together a few spoonfuls of mayonnaise or plain yogurt, lemon juice, maple syrup or honey and salt and pepper. Pour the creamy dressing over the salad ingredients.

4. MINI CHEESE STICKS

Thread half a cherry tomato, a cube of cheese and a grape on a toothpick. If you prefer, you could use cucumber slices or peppers.

To make these recipes even more delicious, get creative by including different ingredients you find in your kitchen.

Make a mandala



4 easy no-bake recipes

Serving the community for over 25 years...
 Our priority is your **healthy smile...**

Centre Dentaire
Notre-Dame
 Dental Center

4375, Notre-Dame, suite 7, Laval
 (corner Elizabeth)

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



DIRECT ANSWERS

FROM WAYNE & TAMARA

MAN'S BEST FRIEND

Q My mother-in-law has lived with us four years. She baby-sits our son, 4, and takes him back and forth to school three days a week.

She also helps getting our 8-year-old ready in the morning. We pay her for her services. She pays no rent or bills and buys no groceries.

My problem is she has no motivation, no goals, and doesn't want anything in life. She has nothing of her own, nor does she want anything. I suggested a part-time job so she could have extra money and do something with her life. She doesn't want to. She is happy having nothing and doing nothing.

It bothers me to come home from a long day at work and see her watching television day and night. If she weren't in my house it wouldn't matter, but I don't understand how she could be happy making \$100 a week. My wife acts like she can't live without her mother and doesn't mind that we take care of her.

All I want her to do is get out in the world, better herself, and maybe after she gets on her feet, help us out a little. All she does is watch the kids, and by that I mean they do anything they want except hurt themselves. When we get home from work, she has plenty of time to go to bingo or visit her friends. If she has time to do all that, why doesn't she have time to help herself?

Stan

A Stan, your arguments contradict one another. In the opening of your letter you are concerned your mother-in-law is a recluse and possibly depressed. Then you are angry at supporting her. Finally you hope she can get out in the world and help you out. You go on to mention she has no life, but complain she has time for bingo and friends.

What's the essence of what's going on? Having your mother-in-law live with you is like owning a dog. She plays with the kids, she's a drain on your income, and your wife is really attached to her. But you don't especially like dogs. If she was a working breed, it would be another matter.

Do you think you can teach this old dog new tricks? Not likely. You can't change a lapdog into a working breed, and you can't turn your mother-in-law, at her age, into what you wish her to be. She could get a job and help you out. But she won't. Stop thinking that way. She's not her son-in-law's best friend.

This issue could drive a wedge between you and your wife, but is it worth it? The only real power you have is the power to frame what you see.

You won't get positive attention from your wife by focusing on her mother. But if you focus on your wife and children, can you see the benefits you will reap? Your mother-in-law is taking your focus from where it should be. If you can't stop focusing on her, you will be the one in the doghouse.

Wayne & Tamara

FROM THE HEART

Q In the name of love please do one thing for me, and I promise never to bother you again. If you publish the following letter in the newspaper, I would be most grateful.

Dear Karen, This day, now and forever, I would tell you how I feel. I love you beyond all limits. I love you more than I can express. Never will I leave you. Never will there be anyone besides you. Always,

Joseph

A Joseph, only one thing endures: love. In a famous poem Leigh Hunt wrote, "Jenny kissed me when we met, Jumping from the chair she sat in.... Say I'm weary, say I'm sad, Say that health and wealth have missed me, Say I'm growing old, but add, Jenny kissed me."

Tamara

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

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

or email: GetInTouch@WayneAndTamara.com

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

PARC-EXTENSION

THE LAVAL news

Call 450 978.9999

Payment:



COMMISSION SCOLAIRE SIR-WILFRID-LAURIER
SIR WILFRID LAURIER SCHOOL BOARD

PUBLIC NOTICE OF ELECTION
November 3, 2024, School Election

PUBLIC NOTICE is hereby given to the electors of the Sir Wilfrid Laurier School Board by Lorraine Sperano Gauthier, returning officer, that:

- The following positions are open for nominations:
 - Chairperson of the school board
 - Commissioner – Electoral division 1
 - Commissioner – Electoral division 2
 - Commissioner – Electoral division 3
 - Commissioner – Electoral division 4
 - Commissioner – Electoral division 5
 - Commissioner – Electoral division 6
 - Commissioner – Electoral division 7
 - Commissioner – Electoral division 8
 - Commissioner – Electoral division 9
- Nomination papers for this position must be filed at the office of the returning officer on the following days and times, by appointment:
 - September 24, from 1 p.m. to 5 p.m.
 - September 25, from 9 a.m. to 5 p.m.
 - September 26, from 2 p.m. to 8 p.m.
 - September 29, from 1 p.m. to 5 p.m.
- If two or more candidates are nominated for the same position,
 - a poll will be held on November 3, 2024, from 10 a.m. to 8 p.m., and
 - an advance poll will be held on October 27, 2024, from noon to 8 p.m.
- Dennis Gosselin was appointed to act as the Election Clerk.
- An elector who does not have a child admitted to the educational services of the English school board or the French school service centre serving their domicile may choose to exercise or revoke their right to vote within their English school board. This choice is made by sending a notice in writing to the returning officer of the English school board from September 20 to October 15, at 10 p.m.
- You can reach me or my assistants at the following coordinates:

Returning officer

Lorraine Sperano Gauthier
235, montée Lesage
Rosemère (Québec) J7A 4Y6
450 621-5600, extension 3420
lsperano@swlauriersb.qc.ca

Election Clerk

Dennis Gosselin
235, montée Lesage
Rosemère (Québec) J7A 4Y6
450 621-5600, extension 3420
elections@swlauriersb.qc.ca

Assistant authorized to receive nomination papers

Lise Bonenfant
235, montée Lesage
Rosemère (Québec) J7A 4Y6
450 621-5600, extension 3420
elections@swlauriersb.qc.ca

Given at Rosemère on September 20, 2024.

Returning Officer
Lorraine Sperano Gauthier

Your message
travels farther with us.

ADVERTISE WITH US.

THE LAVAL
news

450-978-9999



WE BUY GOLD AND DIAMONDS

- For over 38 years -

450-681-1363



Before selling
elsewhere,
come see us!

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

achatorlaval.ca

Same address since 1989

1799, boul. Curé-Labelle,
Chomedey (North of St-Martin)



PANIER DU FERMIER

BASKET OF
Fruits and Vegetables

16 to 20 VARIETIES

2 EASY STEPS:

- 1 Book your basket online or by phone from Monday to Thursday
- 2 Pickup Thursday, Friday or Saturday. Delivery available

(514) 244-9885
panierdufermier@gmail.com

A value of \$70+ at the supermarket
You pay only \$39

VISIT OUR FACEBOOK AND INSTAGRAM PAGE!
@PANIERDUFERMIER
PANIERDUFERMIER.CA

Our weekly customers
save up to \$1,700 per year

Quebec opens inquiry into Action Laval 'research' expenses

◀ Continued from page 7



Mouvement Lavallois's Warnet also investigated

Although the Journal's investigation focused almost entirely on Action Laval, with very little mention of research budget expenses incurred by councillors sitting with the mayor's party, the Mouvement lavallois, TVA (the Journal de Montréal's TV counterpart at Quebecor Media) later reported that the CMQ is now also investigating Alexandre Warnet, the Mouvement lavallois councillor for Laval-des-Rapides.

According to the network, the city reimbursed Warnet \$5,800 that he spent on a life-coach training course, and he recently began practicing professionally, charging fees of \$100-\$150 per hour. A spokesperson for the Mouvement lavallois later told TVA that Warnet agreed to reimburse the city and would be doing so in a few days time.

EDITOR'S NOTE

The Laval News, would like to point out that it does not take any pleasure in publishing this type of article, but is obliged to do so in order to inform the population and respect its mission of information and impartiality.

as a press release, Municipal Affairs Minister Andrée Laforest chose to trumpet the CMQ's investigation on the social media platform X, with the added twist that all four members of the Action Laval city council caucus would be investigated.

"We favorably welcome the inquiry sought by the minister, as it will allow us to shed all the necessary light on this affair," Cifelli said regarding the minister's announcement. "If it were to come to light that some expenses were judged as being non-conforming, it would be clear for us at Action Laval that Mr. Galati will have to act in accordance," he said regarding Cifelli in a separate statement, without elaborating.

More Action Laval purchases

While the Journal singled out Galati in its exposé, they also noted that a \$900 Apple Air Pods headset was purchased for Cifelli from research funds (after he lost a \$329 pair a few months before). As well, Action Laval city councillor for Chomedey Aglaia Revelakis claimed several thousand dollars in expenses from last year's research budget after she purchased an Apple iPad Pro for \$1,900 with a keyboard for \$500.

Enforcement Notification – Tax evasion

Collecteur Project: Laval intermediary convicted of conspiring to commit tax evasion and money laundering

(NEWSFIRST) - The Canada Revenue Agency (CRA) announced today that Kamel Ghaddar, of Laval, Quebec, was sentenced on September 18, 2024, at the Montréal Courthouse, to 3 years in jail and was fined a total of \$28,492. Mr. Ghaddar pleaded guilty on November 10, 2023, to a charge of conspiracy under the Criminal Code relating to tax evasion and laundering proceeds of crime. This is a fourth conviction related to tax evasion as part of the Collecteur Project.

An investigation revealed that Mr. Ghaddar acted as an intermediary for Mohamad Jaber, convicted in June 2023 as part of the same investigation. Mr. Jaber had set up a system to launder money derived from the illicit activities of various individuals. In the context of this scheme, Mr. Ghaddar was meeting with Mr. Jaber's clients to collect and remit cash money, checks and false invoices.

All case-specific information above was obtained from the court records.

Collecteur Project is a joint investigation by the CRA and the Royal Canadian Mounted Police (RCMP) into a money laundering and tax evasion scheme. In addition to Kamel Ghaddar and Mohamed Jaber, two other taxpayers, Nader Gramian-Nik and Frederick Rayman, were also convicted.

The CRA helps to prevent, detect and disrupt

money laundering by investigating suspected cases of tax evasion, tax fraud and other serious violations of Canada's tax laws. The CRA has reinforced partnerships whereby investigators work closely with various law enforcement agencies, such as the RCMP, on Joint Forces Operations (JFO). Working with partners, the CRA shares knowledge, expertise, and best practices and identifies tax schemes and their participants.

In addition to the court imposed fines and/or jail sentences, convicted taxpayers have to pay the full amount of tax owing, plus related interest and any penalties assessed by the CRA.

The CRA is dedicated to maintaining the integrity of Canada's tax system, thereby contributing to the social and economic well-being of Canadians. The CRA continues to aggressively pursue tax evasion, and false claims with all the tools available to it. The CRA works to make sure that individuals and businesses report all income earned and only claim benefits to which they are entitled, so that important benefit programs can be administered to those who need them. Any individual or business who underreports income, or claims losses or benefits to which they are not entitled may have to repay the benefit amounts and may be subject to other possible action.

HOROSCOPE

Week of SEPTEMBER 29
TO OCTOBER 5, 2024

The luckiest signs this week:
SCORPIO, SAGITTARIUS AND CAPRICORN

ARIES
This week, you'll work hard to reach an agreement or conclude a transaction at work. Despite moments of anxiety and insomnia, your hard work will pay off. Success is on the horizon!

TAURUS
You may be given a management position at work. However, you must carefully consider if it's the right fit for you. You must learn to regulate your emotions and communicate effectively to maintain a healthy balance.

GEMINI
Adopting a new diet and exercising regularly will achieve satisfying results. This will lead to personal satisfaction and well-deserved pride. You'll be happy you took on the challenge.

CANCER
You have a gift for saying out loud what others are thinking. However, make sure your comments don't come across as overly critical to avoid hurting or shocking others. It's crucial to maintain a balanced communication approach.

LEO
If you're struggling financially, carefully review your bills for any errors that could save you money and alleviate your worries.

VIRGO
You'll throw yourself into a competitive activity and strive to win first place. You'll earn well-deserved recognition and warm applause as a testimony to your success.

LIBRA
If you're feeling tired, consider changing your lifestyle. Trying a new diet and getting out more could give you a much-needed energy boost and help restore balance.

SCORPIO
When managed effectively, stress can serve as a motivating factor to accomplish remarkable feats. Balancing various aspects of your life to channel your energy and reach your maximum potential is essential.

SAGITTARIUS
The stars will align to help you launch your own business or be promoted at work. Take the opportunity to explore new talents and open yourself to promising opportunities.

CAPRICORN
If you have plans for a holiday, it's wise to start preparing early, such as getting your passport and vaccinations, even if the trip is a few months away. You don't want to forget any vital details!

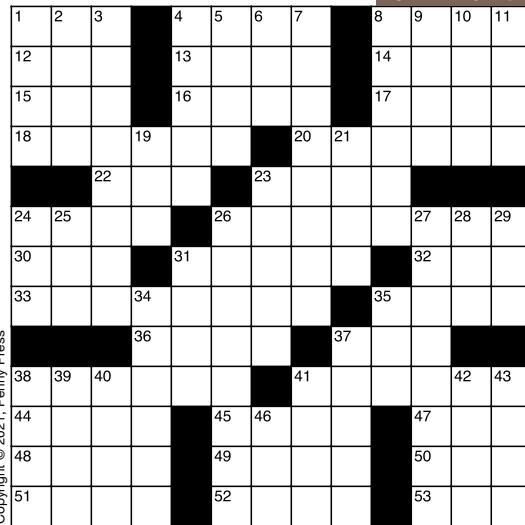
AQUARIUS
If you discover an injustice, your protective instincts will kick in. You'll play an essential role in re-establishing harmony and suggesting the necessary changes to make things right.

PISCES
When faced with injustice, try to be less judgmental and approach the situation more delicately. A more nuanced approach can help you better manage the situation.

Coffee Break

CROSSWORDS

PUZZLE NO. 181



Copyright © 2021, Penny Press

ACROSS

1. "___ a Living"
4. Soft light
8. ___ the fat (chat)
12. Cougar, e.g.
13. Calendar period
14. Traveled by train
15. Significant period
16. Long-nosed fish
17. Exude
18. Emphasize
20. Bed linen
22. Sunbeam
23. Eight-sided sign
24. Roasting bar
26. Bouncing back
30. Valuable mineral
31. Embroidered
32. Connecting link
33. Library patron
35. Mourned
36. Not nearby
37. Twain's Sawyer
38. Roe

DOWN

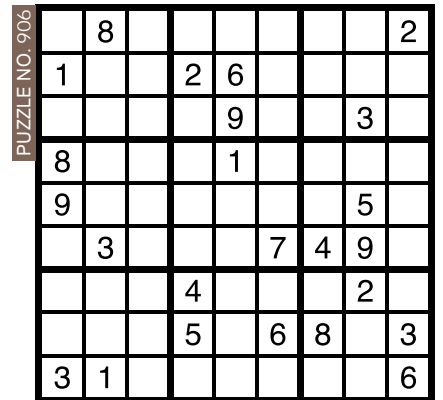
10. Ready for print
11. Dampens
19. Have a taco
21. Clasp
23. Woodcutter
24. Weep
25. Master
26. Gave a bonus to
27. Listed
28. Sip
29. Comprehend
31. Love seat
34. Brought up
35. Romance
37. Ringlet
38. Taxis
39. Soothing plant
40. Wind direction indicator
41. Small lump
42. Find pleasing
43. Pour forth
46. Historic period

Sudoku

HOW TO PLAY:

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

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

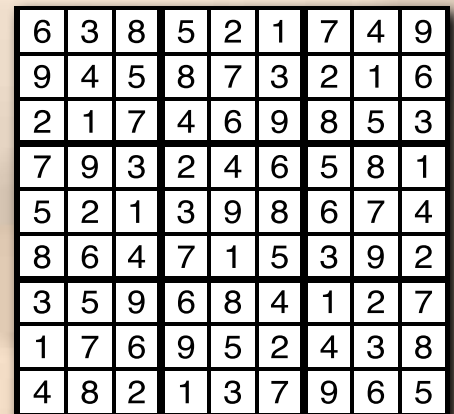


Last Issue's Answers

CROSSWORDS



Sudoku



SAVE MONEY

Print your cheques with us with confidence

We print all kinds of cheques:
Business, Canada or USA
Fast delivery!

Amazing prices!
200 for \$84
400 for \$134
600 for \$164

MEDIA-TREK

Communications - Promotions - Marketing

info@mediatrek.ca | mediatrek.ca

Call us for more information **450-978-0070**

Full Banking Security Features



DON'T SETTLE FOR LESS

upgrade to epic

\$
DOWN



0



SAMSUNG Galaxy S24

on approved credit and 0% interest with
Fido Payment Program,¹ on select plans

DON'T MISS OUT

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'Anjou Blvd.,
Châteauguay
450 692-7769

NORTH SHORE

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

LANAUDIERE

Galleries Joliette
1075 Firestone Blvd.
Joliette
450 760-3000

OUTAOUAIS

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



Offer subject to change without notice. A Setup Service Fee of \$70 applies to set up your device and related services. Taxes extra. 1.0% Annual Percentage Rate (APR) on approved credit with a Fido Payment Program Agreement (FPPA) and an eligible Fido mobile plan. A larger down payment may be required based on our evaluation of your credit. FPPA based on full price less any down payment plus taxes (excluding promo credits, if applicable, which are applied monthly on your bill for as long as your FPPA and an eligible mobile plan are in place). Any down payment plus taxes is due in full upon purchase. If your FPPA is terminated or your mobile plan is cancelled, the outstanding Fido Payment Program balance becomes due, subject to any applicable adjustments to reduce your balance, and the promo credit (if applicable) will end. TMFido related names & logos are trademarks used under licence. ©2024 Fido