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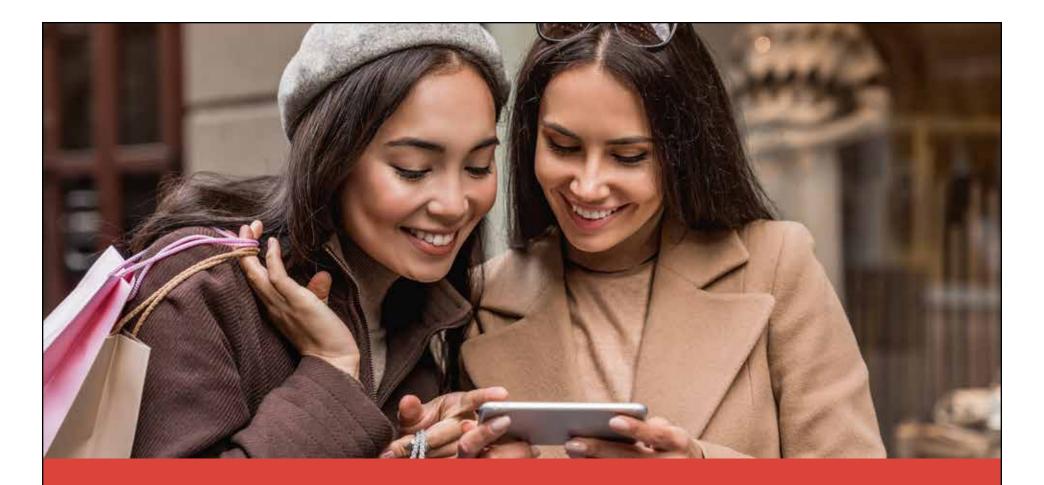


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Another victory for the opposition in Ottawa?

Liberals cancel \$250 cheques to people with incomes up to \$150,000



Managers with the Supermarché PA food store chain are seen here on Nov. 24 with three of Laval's four Liberal MPs during the announcement of the GST tax holiday and the aborted \$250 cheque plan. (Photo: Martin C. Barry, Laval News)

MARTIN C. BARRY

ve Reporter for The Laval News marty@newsfirst.ca

Despite the NDP's refusal to support the Trudeau government's \$250 cheque program, three of the Laval region's Liberal MPs didn't disagree last week with a Trudeau cabinet minister's assertion that it was right for the government not to include senior citizens already benefiting from federal subsidy programs.

Vimy MP Annie Koutrakis, Laval-Les Îles MP Fayçal El-Khoury and Alfred-Pellan MP Angelo Iacono held a press conference at Supermarché PA in Chomedey with Hochelaga Liberal MP Soraya Martinez Ferrada, who is Canada Economic Development Quebec minister in the Trudeau cabinet.

NDP support lost

At that time, before the government was forced to postpone the \$250 one-time payments because of the NDP's refusal to back it up, the Laval MPs expressed support for the \$250 cheques, as well as for the GST exemption.

(Marc-Aurèle-Fortin Liberal MP Yves Robillard, who has maintained a low profile since first being elected in 2015, was notably absent.)

Prime Minister Justin Trudeau had announced the 6.28-billion plan that included 4.68-billion to send most working Canadians \$250 cheques by spring.

\$1.6 billion GST cut

At the same time, Trudeau announced a \$1.6-billion proposal to drop the GST over the Christmas season on a wide range of products, including children's toys and restaurant meals, over a period of two months.

NDP Leader Jagmeet Singh, who initially supported the cheques and the sales tax cut, later took a more critical view, saying that while he supported the GST measure, the plan for the cheques left out retirees, students and people with disabilities.

But up until last week, Laval's MPs seemed unanimous in their support for both.

"As I knock on doors in my riding, my constituents tell me they are worried about the cost of food, gifts and clothes this holiday season," said Koutrakis, maintaining this was the main reason the Trudeau government decided to provide financial assistance at this time

"And though inflation is coming down, they need more help," she added.

Already helped seniors, says Minister

Responding to questions that arose about the Liberal government's failure to include seniors and others in the cheque program, Martinez Ferrada said last week, "We have in the past helped a lot of seniors ... We put in place a dental care program directly at the beginning for seniors.

As well, she added, the government helped a lot of seniors during the pandemic, noting that the Trudeau government increased the pension supplement for retirees more than 75 years old. "So, we have done an admirable job and will continue to do so," the Minister said.

She said that during the upcoming Christmas season, seniors will be among the millions of Canadians who will have access to the GST tax exemption - "and I think it's a measure that touches everybody."

Not buying votes, says Ferrada

Another criticism which was lobbed at the Liberal government - especially by the official opposition Conservatives - was that the \$250 cheque program was an example of the Trudeau government's "buying votes" through subsidies paid out, especially during the Covid pandemic.

'We're not in an election right now," argued Ferrada, maintaining that the next federal election is only officially scheduled to take place in October 2025. "But we will continue with this work," she continued.

"During the pandemic the government was there to support Canadians. And now even though the economy is in a good place, people don't feel it in their pockets. So, we have to make sure we give them that support now during Christmas which is the highest and most costly time of year."

PA says it's ready for GST cut

At Supermarché PA on Samson Blvd. in Chomedey last week, the food store chain's general manager of operations said they were confident they could implement changes to their GST tax calculation system in a timely and efficient manner.

'We have everything in place and we are coordinating everything to have everything ready for December 14," said Patricia Chouinard. The chain currently has five stores in the greater Montreal region, including the one on Samson

Last week, the Bloc Québécois raised the issues to another level of debate by inviting representatives from organizations representing seniors and pensioners to speak out.

Exclusion angers seniors

Two hundred and fifty dollars for someone making a net \$150,000 is a drop in the ocean, but two hundred and fifty dollars for someone making \$22,000 a year is a lot," said Pierre Lynch of the Quebec Association for the Defense of Pensioners' Rights. "It is not normal that the elderly were not taken into account from the beginning, for a measure aimed at giving air to those who need it." he added.

The 5% exemption from Goods and Services Tax (GST) will come into effect on December 15 and will affect a range of consumer products, from food at restaurants to Christmas gifts, books and alcohol.

Restaurant lobby group Restaurants Canada said it was pleased with the federal government's announcement of a two-month GST holiday for restaurant meals. The restaurant industry is doing worse today than at any time in recent history, including the pandemic.

More than half (53%) of restaurant companies operate at a loss or simply make a loss. Canadians are cutting back on discretionary spending due to the economic crisis. At the same time, restaurants have large debt loads and their operating expenses have increased by at least 20%.

Impact on restaurants

When the GST was introduced in 1991, it led to an immediate reduction in meals eaten in restaurants. The food services sector suffered an 11% decline in actual sales, 7% of which was attributed to GST. The GST tax holiday could lead to a 5% increase in sales for the average restaurant. For a restaurant with \$1.5 million in sales, that would result in an additional \$5,700 in sales per month.



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QPINION &Editorial



Think beef prices are high now?

Prepare for higher beef prices through 2025 and into 2026 due to supply challenges

Orry beef lovers. Beef prices will likely remain high until mid to late 2025, possibly even longer. Droughts in North America have forced many cattle producers to reduce their herds, resulting in tighter supplies.

Higher food costs, elevated interest rates — crucial for the capital-intensive cattle industry — and downsizing herds have collectively pushed prices to record levels. As many producers exit the industry, the reduction in supply exacerbates the situation. For cattle producers, these high prices are welcome, but the story is quite different for consumers.

Beef has been a major driver of food inflation in recent months, outpacing general inflation. According to Statistics Canada, the price of beef stewing cuts has increased by 19 per cent in the last year, while beef rib cuts surged by 26 per cent. Even ground beef, often considered the most affordable beef option, has seen a 15 per cent hike in price over the past year.

These price increases build upon multiple price hikes in recent years. Given current trends, farmgate beef prices could continue climbing until mid-2025, breaking new records and prolonging the upward pressure on retail prices.

Unless you have a direct connection with a

rancher or luck into some exceptional deals, you should prepare to pay significantly more for your beef purchases. Within the broader meat category, beef isn't the only protein facing challenges – pork and chicken prices are also on the rise. The hog market has experienced similar upward pressure, which could lead to more expensive pork chops, ham, and bacon.

The situation is no different in the United States. A pound of ground beef is now at \$5.67, a record high and an increase of 43 per cent since January 2021. Beef, long considered a luxury protein, is now facing price points that could severely dampen demand for an extended period. While meat sales as a category fell three per cent in the latest quarter, according to NielsenIQ, the paradox is that American consumers are still purchasing beef, albeit at a steep cost.

We've seen this before. In 2015, beef prices at retail surged nearly 30 per cent within a few weeks, driven by drought-induced cattle sell-offs.

Consumers retreated from the beef category, and sales never fully recovered. The current situation, however, could be even worse. As of July 1, 2024, Canada's cattle herd was the smallest since 1987, despite the country now

having 15 million more people. The U.S. is experiencing an even more pronounced decline, with the smallest cattle inventory since 1951.

At some point, producers may attempt to rebuild their herds to take advantage of high prices, but this won't happen overnight. Economic uncertainty, including fluctuating interest rates and the U.S. presidential election, may cause the industry to delay any significant expansion.

Consumers should expect to see elevated beef prices through 2025 and into 2026. This trend is likely to hold, whether it's BBQ season or not. The beef industry faces a tough challenge in maintaining consumer interest amidst these high prices. Back in 2015, the price surge led to the closure of many butcher shops as consumers adopted more frugal approaches to buying animal protein.

As history has shown, when prices spook consumers, new habits form. This shift could have long-lasting consequences for sectors like beef, which are key to North America's agricultural economy. Keeping consumers engaged in the face of these price pressures will be a challenge, one that the industry must tackle head-on.

Dr. Sylvain Charlebois

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A business model at the service of the Laval community

As part of Social Economy Month, the City of Laval, in close cooperation with its economic development service, as well as Laval économique and the Pôle régional d'économie sociale de Laval (PRESL), recently announced the adoption by city council of the first official policy for social economy in Laval.

According to a statement issued by the city, Laval hopes to gain recognition for its leadership in collective entrepreneurialism. The policy would allow a contribution of collective entrepreneurialism to economic development on the territory to be maximized, while encouraging citizen commitment.

"I am extremely proud to see that our first policy for social economy in Laval has been launched," said Laval city councillor for Marigot Cecilia Macedo, president of city council, who is also responsible for the social economy dossier.

"This policy dedicated exclusively to collective entrepreneurialism equips us with precise orientations that will allow us to be distinguished across Quebec," she added. "Our investments already are greatly significant, but we hope that the policy and the action plan that will follow will incite greater interest for the creation and the development of collective enterprises, in addition to facilitating the development of productive and distinctive projects to benefit all residents of Laval," said Macedo.

Laval has more than 270 businesses on its territory which operate on the social economy model. Employing more than 5,000 persons, the businesses are estimated to generate \$548 million in revenue.

"At Laval économique, the businesses in Laval are at the heart of the preoccupations of our team of experts," says Lidia Divry, Laval économique's director

"While it remains still largely unknown, collective entrepreneurship as a business model answers to the values and ambitions of many dynamic and innovative entrepreneurs," she adds.

"Our ultimate goal is to motivate new and impactful projects, while allowing Laval to be able to position itself as a leader in the use of this entrepreneurial model."



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Laval observes World Children's Day with renewed commitment

On Wednesday Nov. 20, more than 1,000 persons, many of them grade- and high-school students, took part in an outdoor walk to mark World Children's Day.

The initiative, drawing attention to the City of Laval's status as a child-friendly municipality, brought together students, parents, teachers and members of several community groups, along with members of Laval city council.

Among the schools and organizations participating were the Maison des enfants Le Dauphin de Laval, École primaire les Quatre-Vents and

École secondaire Saint-Maxime.

"Laval places families at the centre of its priorities with a strong commitment in favour of the rights of children," said Laval city councillor for Renaud Seta Topouzian, who is responsible for dossiers involving children.

"It is with great pride that we work closely with the community organizations in Laval who work constantly on offering a healthy and diverse environment to our youths," she said. She noted that 2024 marks the 10th year since Laval obtained its statute as a Municipalité amie des enfants.





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Nearly \$13.5 million to support the redevelopment

of Pie-X Park

(NEWSFIRST) - To promote Laval residents' access to quality infrastructure to increase opportunities for physical activity, the Minister responsible for Sport, Recreation and the Outdoors, Isabelle Charest, announced earlier today investments of nearly \$13.5 million for the redevelopment of Pie-X Park. For the occasion, she was accompanied by Christopher Skeete, Minister for the Economy, Minister responsible for the Fight against Racism, Minister responsible for the Laval region and Member of the National Assembly for Sainte-Rose.

The project includes the development of infrastructure such as an indoor outdoor skating rink, a service building, a splash pad and a skateboard park, aimed at offering a variety of recreational activities for all ages. It also aims to:

- rebuild the pool, wading pool, basketball and soccer fields and play modules;
- redesign pathways and walkways into the park with universal accessibility.
- carry out related and general development work on the park. These additions and renovations will allow the City to meet the needs of its growing population and improve the quality of life for Laval families.

"The investments we are making in recreational, sports and outdoor infrastructure demonstrate our commitment to improving the physical and mental well-being of Quebecers. They not only help to energize our regions, but also to strengthen the social fabric of our communities. Thanks to the many projects deployed, people of all ages and from all over Quebec will now have more community spaces and dynamic playgrounds at their disposal for the practice of their favourite activities. I am happy that the Laval community will be able to enjoy a new park where various activities can be practiced", said Isabelle Charest, Minister responsible for Sports, Recreation and Outdoors

"I am proud that our government is prioritizing the health and well-being of our people in such a concrete way. Sports, recreational, and outdoor facilities are essential components to this end. Today's announcement by the City of Laval is excellent

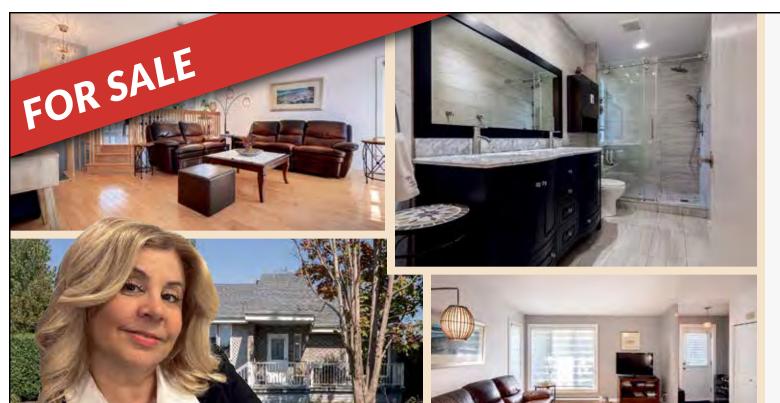


news for residents, who will be able to take advantage of this new infrastructure to stay active while taking a breath of fresh air. »

Christopher Skeete, Minister for the Economy, Minister Responsible for the Fight against Racism, Minister Responsible for the Laval Region and Member of the National Assembly for Sainte-Rose.

"Pie-X Park is an essential investment in the heart of Chomedey, the largest neighbourhood in Laval, but also the one with the most socio-economic challenges. Our young and old will be able to enjoy modern facilities, suitable for all generations. It will feature the city's first refrigerated and covered outdoor skating rink, a revamped pool, water games and pickleball courts that will meet the concrete needs of families. This project reflects Laval's dynamism and embodies our desire to make our territory an exceptional place to live," underlined Stéphane Boyer, Mayor of Laval.

This investment of \$13,482,914 is made possible thanks to the Financial Assistance Program for Recreational, Sports and Outdoor Infrastructure, which makes it possible to carry out a wide range of initiatives and thus meet the varied needs of communities across Quebec in terms of recreational, sports and outdoor infrastructure.



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Laval C of C launches 'buy local' campaign in time for Christmas

MARTIN C. BARRY

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

Working closely with the Legault government, as well as the City of Laval and a lobby of producers and retailers across Quebec, the Laval Chamber of Commerce and Industry (CCIL) has launched a campaign to encourage consumers to "buy local" as they contemplate their purchases for the upcoming Christmas holidays.

A \$1.4 million campaign

Held at Laval branch of the Oberson Sports chain on des Laurentides Blvd., the launch attracted some notable stakeholding officials, including Sainte-Rose MNA Christopher Skeete who is a Delegated Minister for the Economy in the Legault cabinet, Laval mayor Stéphane Boyer and several local MNAs.



"The tendency towards local purchasing continues to grow," said Skeete. (Photo: Martin C. Barry, Laval News)

According to the CCIL, the goal of the \$1.4 million promotion is to provide a boost to the local economy, while drawing attention to local businesses that cast Laval in a positive light.

The campaign will be implemented through various visual channels, including billboards located along Laval's autoroutes, in buses and bus shelters, on social media and through



The CCIL's "buy local" campaign launch drew stakeholders in boosting the Laval economy, including Mayor Stéphane Boyer, Quebec's Delegated Minister for the Economy Christopher Skeete, CCIL officials and several Laval-areas MNAs. (Photo: Martin C. Barry, Laval News)

in-store customer-contact and visual displays.

Made in Quebec

Among other things, store customers are invited to become actively involved by awarding "stars" to their favourite merchants and businesses, lighting up a virtual Christmas tree in the process.

Skeete, who was born and raised in Laval and is the Minister Responsible for the Laval Region, noted that buying local is increasingly a trend.

"The tendency towards local purchasing continues to grow, which is why it's all the more relevant for businesses to obtain a meaningful and reliable certification like that offered by LPDQ," he said, referring to Les Produits du Québec, a lobby group representing manufacturers and retailers who are based in Quebec.

Buy in Laval, Boyer urges

Mayor Boyer suggested it's no coincidence

the campaign is getting underway just as the Christmas season is also about to start. "Our city is filled with entrepreneurs, artisans and business operators who drive the dynamic in Laval, so that our city has become a choice destination for making purchases, be they for small or major occasions," he said.

"By throwing our support behind this campaign, we are inviting each and every Laval resident to make a choice which can end up making a real difference," he added.

Elfi Morin, general manager of the LPDQ, said that certifying products as having been produced in Quebec has advantages for businesses as well as for consumers. "Quebecers want to know where the products they are consuming come from," she said.

Guaranteed by certification

"These certification marks – Product of Quebec, Made in Quebec and Designed in Quebec – guarantee the Quebec origin of non-food items, showcasing the talent and the innovation of our entrepreneurs, while underlining the positive impact that buying local has on our economy and our environment.

"By choosing certified products, we are doing much more than buying: we are investing in the future of our community," added Morin.

Caroline De Guire, president of the CCIL, was more than pleased that the chamber had decided to partner with strategic players on the campaign rather than doing it alone.

"A campaign of this magnitude can't be done alone," she said. "We acknowledge the exemplary mobilization undertaken by our partners, all of whom answered the call with enthusiasm."

Protectionism worries

But at the same time, De Guire noted that the campaign is being launched as new concerns have arisen among business owners in Quebec and elsewhere in Canada over protectionism, including access to materials and products coming from other regions and countries.

"This initiative is our way of responding meaningfully on behalf of our manufacturers and retailers, who are confronted by unprecedented disruptions in their supply chains, amplified by the rise of protectionism and a geopolitical context which is evolving constantly," she said.

Part of the campaign distinguishes itself through the use of a new in-store advertising technology furnished by Laval-based AddAd Média. The company is providing animated light screens set up inside participating stores, featuring key messages and information about the importance of buying local.

Covid economic impact

The CCIL notes that although the effects of the Covid pandemic are for the most part over, the long-term economic after-effects stand to continue being felt for some time to come.

"In a context where the repercussions of the pandemic are still being felt, buying local more than ever is a key economic and social issue," the chamber's leadership said in a statement.

"The crisis revealed the vulnerability of global supply chains, underscoring the essential importance for having a local economy that is resilient. By choosing to consume locally, people from Laval are contributing towards strengthening the resilience of their community, while supporting the creation of jobs and reducing the ecological imprint."



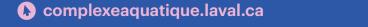
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'Lilac Benefit' brings Shield of Athena closer to \$5 million funding goal

Laval shelter now 85 per cent completed, according to executive-director Melpa Kamateros

MARTIN C. BARRY

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

Nearly 200 supporters of emergency shelters for women and children fleeing abusive households were guests on Saturday Nov. 23 at Shield of Athena's annual "Lilac" Benefit Gala, raising as much as \$150,000 for the cause during the non-profit's gourmet dinner and art auction event at the Embassy Plaza in Chomedey.

For more than 30 years, many women and children who have been facing domestic crises in the greater Montreal region have turned to



Michelle Sweeney and her band put on a good show for guests during Shield of Athena's Lilac event. (Photo: Martin C. Barry, Newsfirst Multimedia)

ICI TV's Sam Norouzi with guests during Shield of Athena's Lilac fundraiser at the Embassy Plaza in Laval on Nov. 23. (Photo: Martin C. Barry, Newsfirst Multimedia)

DRAIN REPAIR

the Shield of Athena for help.

Though it's been around for three decades, Shield of Athena's biggest expansion to date is the Second Step Shelter in Laval. Shield of Athena's goal is to ultimately raise \$5 million over the next few years for its emergency shelters.

Power generator needed

The purpose of the event was to raise money to expand Shield of Athena's first emergency shelter which is in Montreal. At the same time, funds would also go towards the purchase of an emergency power generator for the shelter in Laval, said executive-director Melpa Kamateros.

"If the shelter freezes, what are you going to do: are you going to put vulnerable women and children out?" Kamateros said in an interview with *The Laval News* regarding the latter need. Since the pandemic and the ensuing constraints placed on Shield of Athena's services because of a rise in demand, the organization has been navigating "uncharted financial waters," said Kamateros.

Laval shelter nearly finished

"What we hope is that with events like this, as well as the generosity of people and companies and businesses that keep on giving, we'll be able to keep on providing our services."

According to Kamateros, the Laval shelter is now 85 per cent completed, although its location will always be kept confidential in order to safeguard the women and children who will be sheltered there.

Hosted by CJAD Radio weekend morning show host Joanne Vrakas along with Global TV's Eramalinda Boquer, the evening featured gourmet dining and live music, including performances by musicians from the Montreal Classical Orchestra and Michelle Sweeney with her singers and band.

Raffle and art auction

Guests were also invited to take part in an auction of artworks by some very talented Montreal-area artists, as well as a raffle for luxurious prizes. In addition to helping double the capacity of Shield of Athena's first shelter, funds raised will help finish building the 17-unit Second Step shelter in Laval.

Among the major sponsors for Shield of Athena's work are the Azrieli Foundation, Schwartz's, the Papadimitriou Family, Scotia Bank, the Fairmount Queen Elizabeth, the Montreal Classical Orchestra, Direct Travel, CJAD Radio and Global TV.



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From the left, CJAD Radio host Joanne Vrakas, Global TV host Eramalinda Boquer, Shield of Athena president Chris-Ann Nakis and guests are seen here during the Lilac fundraiser. (Photo: Martin C. Barry, Newsfirst Multimedia)

Marquise VIII offers another opportunity for stylish living to empty nesters

In Chomedey, work begins on 'a gorgeous jewel set in an urban oasis'



Investors, developers and project leaders are seen here with City of Laval councillor for Renaud Seta Topouzian (centre), representing the mayor, during the ground-turning for the final phase of the Marquis project. (Photo: Martin C. Barry, Laval News)

MARTIN C RARRY

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

The climax of an exciting and ambitious chapter in the history of residential development in Laval got underway earlier this month when a ground-breaking ceremony was held to mark the start of construction for the eighth and final tower of the Marquise on Jean-Béraud Ave. in Chomedev.

For Michel Guilbault, executive vice-president of development at Dév Méta which was a key player in the rental condo project, it was the approaching conclusion of a long journey that began in 2012 when he first guided efforts to raise the first towers of the Marquise project.

'A leap forward,' says mayor's rep

Doing the honors on behalf of Mayor Stéphane Boyer during the groundbreaking, Laval city councillor for Renaud Seta Topouzian said Marquis VIII was doing its part to help the City of Laval take "a leap forward into the future," while helping to define the values and direction of the city in the years ahead.

The final phase of an elegant project situated in the heart of Laval, Marquise VIII might also be a last chance for some to reserve one of the 137 high-end units in a tastefully landscaped setting near autoroutes 15 and 440, around the Centropolis, the Carrefour Laval and many fashionable shops and restaurants.

'Jewel in an urban oasis'

Billed by its developers as "a gorgeous jewel set in an urban oasis" within a vast and exclusive complex, Marquise VIII is sure also to attract many of the same type of former local homeowners who chose to invest in the earlier phases of the project.

A large portion of the Marquise's previous clientele included a mix of professionals and retirees looking for luxurious, maintenance-free living in a neighbourhood they know and trust – but

that clearly has undergone a transformation for the better in a new incarnation.

Marquise's lofty towers are surrounded by lush pathways, with spectacular fountains standing out as pièces de résistance on grounds worthy of an elite residence.

Adapted to an evolving market

As Marquise director of sales Geneviève Lussier explained during an interview with The Laval News, the development team succeeded in meeting the needs of condo purchasers, as well as those of rental clients, in spite of changing conditions in the housing market.

"The project had initially been conceived as a co-ownership," she said. "With the evolution of the market, we were able to adapt and to listen to the needs of our clients who expressed a need for rental, and not just co-ownership."

However, added Lussier, the majority of Marquise's clients remain local downsizers, who want to transition to a new way of living after retiring and selling the home - while maintaining the same quality of life.

According to Guilbault, it's part of a growing trend being seen increasingly by Quebec condo and housing developers.

A new home at Marguise

"We're seeing more and more empty nesters who are leaving their homes and they're looking for something with an equal amount of comfort and sufficient space," he said. "That's what we are delivering with Marquise, since our units are larger than average."

"Everything you leave behind at home you will find at Marquise all over again," said Lusssier. "And more," Guilbault added.

Among the Marquise VIII's amenities are an outdoor pool complemented by a grassy terrace, as well as common spaces for gym workouts, for cooking, gatherings and other types of activity - all of which are designed to encourage a sense of community and belonging.







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Promotions, qualifications and demonstrations at the semi-annual review of the 600 Thousand Islands Squadron

(NEWSFIRST) - On November 23, the Royal Canadian Air Force's 660 Thousand Islands Squadron held their semi-annual review under the honorary presidency of Alice Abou-Khalil, Member of the National Assembly for Fabre.

As part of the review, the municipal councillor of L'Orée-des-Bois, Mr. Yannick Langlois,

presented the emergency first aid certification to several cadets who have completed this training.

The Squadron Commander awarded the Marksman qualification to cadets who earned the marksmanship qualification through the marksmanship program.

Several promotions and appointments were



The semi-annual review of 660 Squadron was held on November 23, 2024 at the Centre Accès in Laval under the honorary presidency of the MNA for Fabre, Ms. Alice Abou-Khalil. (Photo: cadet Edouard Carpentier)





3860 blvd. Notre-Dame, Suite 204, Chomedey, Laval H7V 1S1 3131 blvd. de la Concorde, Suite 203, Duvernay, Laval H7E 4W4 450.934.1122 • agapeassociationinc.com



The cadets of 660 Squadron participate in a parade as part of their semi-annual review held on November 23, 2024 at the Centre Accès in Laval. (Photo: Flight Corporal Gabriel Nault)

presented, including the appointment of Flight Corporal Damian Cipileaga to the position of Drum Major and the position of Piper Major to Warrant Officer Second Class Michael Dean Bellemare

Every year, the Air Cadet League of Quebec and the Ottawa Valley presents the prestigious President's Trophy. This year, Warrant Officer Second Class Michael Dean Bellemare was the recipient of this trophy, which was presented to him by representatives of the Air Cadet League.

Cadets participate in several ceremonies and events that mark their progression through the program. During the semi-annual review, more than twenty new cadets participated in the cadet's promise. This ceremony is an important milestone that underscores their desire to take advantage of every opportunity to improve themselves and become good citizens. This promise remains marked in the memory of each of the cadets.

Once they reach the age of 19, cadets must leave the program. During the review, the Squadron highlighted the departure of Warrant Officer Second Class Gabriel Mercier who is leaving the uniform but remains with the Squadron as he joins the personnel team.

This year, the Squadron is breaking new ground by offering a training program for bagpipes, drums and highland dancing. The instructors and cadets participating in this new activity presented a demonstration that was much appreciated by the family and friends gathered for the review. "This program, unique in the

region, allows cadets from several squadrons and cadet corps to develop their musical and highland dancing skills," says the president of the squadron's sponsoring committee, Mr. Jean-François Bellemare.

Our guest of honour, Ms. Abou-Khalil, took advantage of the review to present a financial contribution of five thousand dollars to support the program and the development of young people within the Squadron. A few weeks ago, Ms. Abou-Khalil, a cybersecurity specialist, presented a conference on the importance of cyber awareness and cybersecurity issues specific to young people in the digital world in which we live.

Squadron Commanding Officer, Captain Eric Messier, noted, "The youth development work through the Cadet Program allows youth to evolve in a safe and challenging environment. This work is possible thanks to the support of our partners and as such, we thank Ms. Abou-Khalil for her contribution and the support she offers to the program."

If you are interested in the cadet program and would like to join 660 Squadron, come meet us every Saturday morning starting at 9:00 a.m. at the Access Centre located at 6500 Arthur Sauvé Blyd. in Laval.

The Cadet Program provides youth aged 12 to 18 with dynamic activities in a safe and rewarding environment. It is a free youth organization, which aims to develop civic and leadership qualities in young people, while promoting good physical fitness and teamwork.



Warrant Officer Second Class Michael Dean Bellemare receives the Pipe Major badge during the 660 Squadron Semi-Annual Review held on November 23, 2024 at the Centre Accès in Laval. (Photo: Flight Corporal Gabriel Nault)

Cyber Day at 660 Mille-Îles Squadron in Laval



The Member of Parliament for Fabre and parliamentary secretary for the Minister of Cybersecurity and Digital Affairs, Ms. Alice Abou-Khalil, gave a conference. (Photo credit: cadet Edouard Carpentier)

(NEWSFIRST) - Recently, the Royal Canadian Air Cadet 660 Thousand Islands Squadron cadets participated in a Cyber Day as part of Cyber Security Awareness Month in Canada.

A visit from a cybersecurity specialist

That day, Alice Abou-Khalil, Member of the National Assembly for Fabre and Parliamentary Assistant to the Minister of Cybersecurity and Digital Affairs, gave a conference on the subject.

She presented the importance of digital security and the challenges that await young people in a society where digital life has taken a large place. The cadets had the opportunity to ask many questions demonstrating their interest in this important subject.

Cyber threat awareness and protection

Throughout the day, cadets and squadron officers participated in a series of workshops on the importance of cyber security and developed their cyber security skills. The day began with a fair with rigged draws where the cadets discovered how easy it is to share personal information that can lead to identity theft. Once the fair was over, the cadets who had given too much personal information lost their identity and had to go to the house police to have their identity restored.

"Throughout the day, we were made aware of the importance of protecting our personal



Sergeant Kim Cayouette collects dates of birth through a contest during the cyber activity held at 660 Thousand Islands Squadron. (Photo credit: cadet Edouard Carpentier)

information and staying vigilant," said Warrant Officer Second Class Catherine Bissonnette, who helped organize the day.

During a workshop, the cadets learned about the best methods to protect themselves. Passwords, caution with social media posts, phishing techniques were discussed to educate cadets on the importance of proper protection of personal information.

"Today, we learned that our personal data can be stolen much more easily than we think and we learned how to protect ourselves," says Sergeant Kim Cayouette.

Cyber games

A cyber game, specially developed for the occasion, allowed the cadets to discover the different types of cyber attacks and defenses. Each team was responsible for a government of a fictitious country and had to protect the computers of its ministries while trying to weaken the defenses of other countries. Each country had a limited budget. This simulation required a good deal of thought and strategy. The cadets discovered how difficult it is to predict where attacks are coming from and how difficult it is to protect themselves.





Fundraising from November 15 to December 31, 2024

Exceptionally this year, there will be no food collection or door-to-door solicitation!

The Société St-Vincent de Paul Conférence Ste Dorothée has been operating for about twenty years in Sainte-Dorothée.

The Guignolée is our main source of income.

This summer, **like many citizens**, we were affected by **water infiltration** causing damage to our premises, and food had to be thrown away. Work is underway to bring our premises up to standard. For this reason, **we cannot receive food this year!** In the absence of storage, we are limited in receiving food. We are therefore prioritizing a monetary contribution.

 $Currently, we are distributing an {\color{red} increased grocery voucher} to about forty low-income families to {\color{red} \underline{compensate for the bags of food they usually receive}}.$

We are counting on your great generosity to help the people of our neighbourhood have a happier Christmas and help us meet the demands of citizens in need in the coming months.

Together, we can make a difference!

For a donation of \$20 or more, a receipt will be issued

You want to give a cheque

Make it to: SSVP Conférence Ste-Dorothée

Indicate: your name, address, phone number / email

Post to: SSVP-Conférence Ste Dorothée

996 Mtée Gravel Lvl H7X 2B8

You want to make a bank transfer

Our email: dons.ssvp.stedorothee@gmail.com

Write in your transfer note: name, address and phone number / email

Question: événement

Answer in capital letters without accents: GUIGNOLEE



Benoit Collette, Director General of the City of Laval; Stéphane Boyer, Mayor of Laval; Claude Pinard, President and Executive Director of Centraide of Greater Montreal; Tania Fonrose, Director of the Citizen Experience Department and Cecilia Macedo, Marigot City Councillor. (Photo: Martin Alarie)

Laval donates \$418,408 to Centraide

A record amount thanks to the generosity of the City's teams

(NEWSFIRST) - While the economic constraints of inflation are weighing heavily on many Laval families, the City of Laval's active and retired employees have once again joined forces to offer remarkable support to Centraide of Greater Montreal. Thanks to their mobilization, the 26th annual campaign raised a record \$418,408 to support 26 local organizations working to fight poverty and social exclusion.

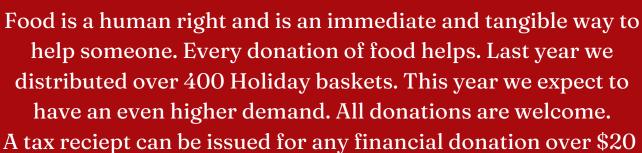
"In a context where the needs are glaring, the solidarity of the members of the City's teams makes a real difference. Their exceptional commitment is a testament to their generosity in supporting those who need it most. I am deeply grateful to them," said Cecilia Macedo, Councillor for Marigot.

Under the honourary co-chairmanship of Cecilia Macedo, municipal councillor for Marigot, and Tania Fonrose, director of the Citizen Experience Department, this campaign stood out for its original and mobilizing activities that encouraged unprecedented participation. The involvement of the City's ambassadors played a key role in this success, illustrating the extent to which mutual aid and solidarity are at the heart





CHRISTMAS FOOD DRIVE



You can Help

Soups and stews Grain breakfast Canned or dried beans Canned fish,
meat
Peanut butter /
other nut butters

Pasta sauce canned tomatoes Shelf-stable milk Canned vegetables

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MONDAY TO FRIDAY
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DECEMBER 2-10

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

SANTA CLAUS IN LAVAL

Christmas activities



November 15 - December 24

Multiple locations

Visit tourismelaval.com to find out more

HO HO! As the holiday season approaches, Santa Claus is making his rounds in Laval!

ISABELLE BOULAY

Christmas concert



Sunday, December 8 3:00 PM

Salle André-Mathieu 475 boul. de l'Avenir, H7N 5H9

Get a taste of the festive mood with Christmas hits such as White Christmas and Petit papa Noël, by Isabelle Boulay.

Starting at \$57

À LA BOÎTE À FLEURS

Artisanal market



Thursday, December 12 5:00 PM - 7:00 PM

À la Boîte à Fleurs 3266 Boulevard Ste-Rose, H7P 4K8

Several artisans and representatives will tell you about their products and new arrivals. Discounts, raffles, and tastings.

Limited places - Reserve now

MORY HATEM

Concert



Sunday, December 15 7:00 PM

Théâtre Marcellin-Champagnat 1275 Av. du Collège, H7C 1W8

After his memorable appearance on "La Voix" in 2019, Mory Hatem reunites with his fans on his tour.

Starting at \$57

NICOLAS NOËL

Christmas show



Friday, December 20 6:30 PM

Salle André-Mathieu

475 boul. de l'Avenir, H7N 5H9

Listen to the authentic Santa Claus tell and sing his wonderful stories in a magical atmosphere!

Starting at \$25.50

NOËL, UNE TRADITION EN CHANSON

Christmas concert



Monday, December 23 8:00 PM

Salle André-Mathieu

475 boul. de l'Avenir, H7N 5H9

Cast: Barnev, Joe Bocan, Marie Michèle Desrosiers, Gabrielle Destroismaisons, Luce Dufault, Joël Legendre, and Lunou Zucchini.

Starting at \$62

CHRISTMAS EVE AT THE PIAZZA

Christmas activity



Thursday, December 24

Sheraton Laval

2440 Laurentian Autoroute, H7T 1X5

Come and celebrate Christmas Eve in good company, in a festive, musical atmosphere provided by a duo of musicians. An impressive buffet will be available to satisfy your taste buds!

NEW YEAR'S EVE GOURMET DINNER

New Year's Eve activity



Thursday, December 31

Sheraton Laval

2440 Laurentian Autoroute, H7T 1X5

On December 31, put on your glitter and come celebrate the New Year at the Sheraton Laval's Piazza. Wine, sparkling wine and gourmet buffet are on the menu!





Overnight crash leaves Mercedes SUV sprawled on Notre Dame Blvd.

Accident investigators with the Laval Police on Saturday morning were trying to piece together the circumstances of a serious car accident overnight when the driver of a Mercedes SUV lost control while apparently travelling at high speed along Notre Dame Blvd. near 101st Ave. in Chomedey.

The accident, which left the Mercedes in the middle of Notre Dame toppled on its side, also left behind a field of debris, possibly the result

of striking several parked cars at high speed.
According to a resident who was on the scene

several hours later, part of Notre Dame was closed during part of the day Saturday as investigators analyzed the situation before filing an accident report.

"One car was hit so badly that it was moved from its parking spot on the street and was shoved into the parking driveway of a private house," said the resident.





House fire leaves four homeless in St-Vincent-de-Paul

A fire on the morning of November 27 at a residence on Alfred-Laliberté St. in Saint-Vincent-de-Paul left four persons temporarily homeless while causing an estimated \$250,000 in damage.

Overheated electric wiring within the walls is believed to have been the cause of the blaze

which started just before 8 am.

Firefighters were on scene at the home near Laval's Centre de la nature. Upon arrival, they were greeted by the sight of thick smoke pouring from a sloping mansard roof.

Following a damage inspection later, they concluded that a smoke detector was in place,

although it didn't go off after the blaze started.

In all, the firefighters had to sound a second alarm to call for reinforcements. They had the outbreak under control by around 10:40 that morning.

Damages were estimated at \$200,000 for the building, along with \$50,000 for its contents.

Laval Police investigating

Ste-Dorothée car torching

The Laval Fire Dept. has turned over a file of information regarding a suspected case of arson involving a residence and four vehicles in Sainte-Dorothée to the Laval Police for criminal investigation.

The incident around 3:30 am on Nov. 21 at the home on Bord-de-l'Eau Rd. near Fabert and Larivière streets caused extensive damage to the four vehicles, as well more limited damage to the dwelling.

While just one vehicle was initially on fire, it soon spread to the three others and eventually also to the dwelling. Damage was initially estimated at \$50,000 for the house and \$1,500 for



its contents

As investigators with the Laval Fire Dept. found evidence of arson on the scene, they transferred responsibility for a criminal investigation to the Laval Police Dept.

Vimont children's daycare workers face charges of assault

The Laval Police say they have arrested two workers at a daycare centre on des Laurentides Blvd. in Vimont, who face allegations that they assaulted children less than five years old.

The two accused, ages 54 and 60 respectively, were until recently employees at the Garderie

Paradis des Laurentides.

A summary of the accusations filed by the LPD maintains the assaults happened this past September and October. The LPD said an arrest warrant was also issued for a third suspect to face similar charges.



Try your hand at ice fishing this winter

Is your family looking for ideas for an outdoor activity? Try ice fishing! You don't have to be good at fishing to enjoy this popular activity. You'll have fun and create memories you'll cherish for the rest of your life.

SEVERAL POSSIBILITIES

Ice fishing is accessible to both children and adults. Depending on where your family chooses to go ice fishing, you can rent everything you need, including fishing rods, bait and more.

Don't want to freeze to death SPECIES TO CATCH

while ice fishing? Rent a small, comfortable and heated ice shack! Some ice shacks are large enough to accommodate more than one family. It's the perfect opportunity to spend some time with your cousins or friends!

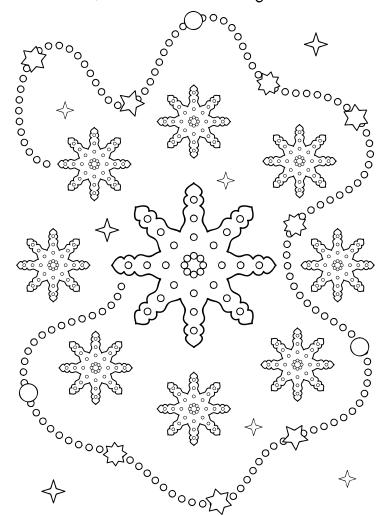
What's more, if you want to have some outdoor fun, some ice fishing locations offer activities for children, such as a skating rink, slide or inflatable games. It's sure to be an unforgettable day! Want to bring your dog? Pets are allowed on some sites — just ask!



Many types of fish can be caught in winter across North America. Among the most popular are perch, walleye, pike and trout. After spending the day fishing, you can take your catch home to

Happy fishing!

For the up-and-coming artist 6



6 things you need to know about the North and South Poles

The North and South Poles are 2. The South Pole is in the middle of places you may not know much about. After all, they're a long way from where you live! However, these areas of the world are quite interesting. Here are six things you should know about them.

- the Arctic Ocean
- the continent of Antarctica
- 3. The two poles aren't owned by any country
- 4. The South Pole is colder than the North Pole
- 1. The North Pole is in the middle of 5. The North Pole has six months of daylight and six months of

darkness

6. There are lots of marine animals at the South Pole, but no mammals

Do you want to find out more? Borrow books on geography from your local library or find some at a bookstore near you.



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(corner Elizabeth)

STANDING ALONE

My mother-in-law of 17 years is a nasty, difficult European woman who has been in America for 45 years. I don't know if we're having a culture clash, a personality clash, or both. For starters, in the beginning when my husband and I lived together she called me a whore, then the day after the wedding she asked me to call her mom. I refused.

We've been having loud arguments ever since. This upsets my children, so three years ago I stopped talking to her. It took her two and a half years to figure out that's what I was doing. She causes major marital problems as my husband refuses to protect me from her. He says she's always been that way, so tune her out. That's what he's done since high school.

Well, I can't tune people out. She criticizes my cooking, states I shouldn't have married her son, then denies it all when I confront her. I am considering a divorce over this as I can't live with someone who doesn't support me. Yet I don't want to break up the family.



Marianne, G.K. Chesterton wrote, "There are no words to express the abyss between isola-

tion and having one ally. It may be conceded to the mathematician that four is twice two. But two is not twice one; two is two thousand times one."

Sometimes a man doesn't realize a woman values him for his ability to protect her from harm. If the man won't stand up for her, she will lose respect for him. When your husband was growing up, he treated his mother like annoying music on the radio. He couldn't turn her off, so he learned to tune her out.

It's not that he disagrees with you. He knows she's a problem. The dispute is how to react to her bad behavior. A book we recommend is Susan Forward's "Emotional Blackmail." It is a primer on how to handle annoying people like your mother-in-law.

In countries where women are free to initiate divorce, divorces are usually initiated by women. When a woman gets to the end of her rope, it no longer matters if her husband is finally ready to act. It is as if a switch has been thrown, and there is no turning back.

If your husband doesn't deal with this problem, then he's left the choice up to you. He needs to realize this. The Susan Forward book can help you both, but if he won't confront his mother, then in six months we may get another letter from you. That letter will begin, "I met this man...."

Wayne & Tamara

Giovanna, her decision about

THORNY Consequences

What do you think about a woman who has children, remarries, and still keeps her ex-husband's name while married to a new man? Is it for the sake of the children? I don't see that is the case with my fiancé's ex because she has no problem abusing him or me or both of us in front of the children. She's even driven down the road in a fit of rage screaming profanity about us with the children in the car. How do we know that? Because we heard it over the cell phone.

her name is neither here nor there. It is a decision totally within her control and totally beyond yours. If she wants to call herself Elvis Presley, Mother Goose, or Punxsutawney Phil, she can. Since this is something you can do nothing about, let it go.

You are faced with more serious problems. Your life is about to be linked with a woman whose behavior is out of control. How are you going to deal with her? How are you going to protect the children from her rage? These are the questions you need to answer. Once again, we recommend Susan Forward's book "Emotional Blackmail."

Wayne & Tamara

WAYNE & TAMARA MITCHELL are the authors of Your Other Half (www.yourotherhalf.com) Send letters to: Direct Answers, PO 964 Springfield, MO 65801-0964 or email: GetInTouch@WayneAndTamara.com

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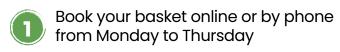
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H7P 1T8

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

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

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HOROSCOPE

Week of DECEMBER 8 TO 14, 2024

The luckiest signs this week: **GEMINI, CANCER AND LEO**



You may find yourself deeply contemplating the need to develop your spirituality in line with your beliefs. You might consider taking a pilgrimage to nourish this inner exploration.



TAURUS

You must be vigilant about washing your hands when seeing family and friends to protect your fragile immune system. It's crucial to take some well-deserved rest to rebuild your strength. You must balance your social commitments with your personal well-being.



GEMINI

You must manage your time wisely. You must make sensible choices to strike the right balance between duty and pleasure. This will give you a sense of harmony in all aspects of your life.



CANCER

You'll contemplate going on a relaxing getaway. You may have already made reservations. Planning some me-time will infuse a welcome sense of anticipation into your daily



LEO

Challenges and unexpected events may come your way, requiring you to address neglected tasks. Once you overcome these challenges, new opportunities will arise. This will bring a sense of renewal and give you cause for celebration.



VIRGO

You'll finalize a professional agreement that will lead to significant transformations. Your determination and competitive spirit will propel you to new heights, whether in your personal or professional life.



LIBRA

You have a busy week ahead with lots of details to take care of. Practice letting go and take on a new philosophy that aligns with your values to alleviate stress and give you a more serene outlook on life.



SCORPIO

All eyes will focus on you this week. You'll be the recipient of extra recognition. Your ability to accomplish important tasks will open doors to professional advancement.



SAGITTARIUS

You'll be encouraged to shake up your daily routine by accepting several invitations to go out. These moments of escape will help brighten up your week, whether on a personal level or in the company of a loved one.



CAPRICORN

If you have real estate aspirations, this is the week to act. You may decide to redecorate your home before Christmas to create a cozy atmosphere that will impress your family.



You'll be asked to express yourself candidly. However, make sure you have the right information to avoid confusion. You may need to translate a text to clarify things.

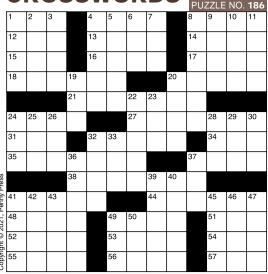


PISCES

You may be tempted to make expensive purchases. However, you must manage your budget, whether for Christmas gifts or luxurious splurges. You'll need to find an outlet for your overburdened mind.

ee Break

CROSSWORDS



ACROSS

- 1. Fairy
- 4. Dull pain
- 8. Pace 12.Be ill
- 13. Tool housing
- 14.Barrier
- 15.Kind of neckline
- 16.Torso parts 17.Plus
- 18.Tooth coating
- 20 Bothered 21. Unvarying 24.Route
- 27. Dried grapes
- 31.Wiggly fish 32.Yaks
- 34.Lamp fuel
- 35.Revive 37.Exclusively
- 38.Revolved around
- 41.Poison 44.Completion

- 48. Milky stone 49.Imp
 - - 51.Bambi's mom 52. River crossing
 - 53.Scream and shout
 - 54. Authorize
 - 55.Hill builders
 - 56.Imitator
 - 57.Raised railways

DOWN

- 1. Roof overhang
- 2. Debtor's burden
- 3. Small bug 4. Pale
- 5. Hot-dog topping
- 6. With it
- 7. Asner and McMahon
- 8. Throngs
- 9. Speak 10.Differently
- 11. Walk heavily 19.Damp dirt

- 20.Showy flower
- 22.Former French coin
- 23.Dobbin's morsel
- 24.KO counter
- 25. Above, in poems
- 26. "Cakes and
- 28.Charged atom
- 29.None
- 30.Tricky
- 32.Fashionable
- 33.That girl 36.Burns with water
- 37.Kooky
- 39.Depart
- 40.Log
- 41.Couch
- 42.Aware of: 2 wds.
- 43 Food store
- 45.At leisure 46.Mr. Coward
- 47.Acquires
- 49.Half of a bikini
- 50.Thump

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.

_									
NO. 911				5				1	9
= NO			1	4					3
)77F	5							8	
PO	7	9	2						
		3							
		1				3		6	
				7	4		6		
					2		9		
	9	7		6		1			5

Last Issue's Answers -

A S P F L U SHOE AWLS P E A L M E A L LU MENU A N T E A I R OPERA CARTE TRAITS I T E M D I R E CONCEALS O D O R I I T S D I R E Y E T I S A U C E P A N STEREO GRIPE TWEED N A N A H A V E R I D T R I M E V E N I L L HELP TEE TEST

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

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