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Air Canada strike



Page 8

Laval teen Marc- Anthony Mourad building e-bikes



Page 14



Minister Skeete in Helsinki for the Polar Max icebreaker

On August 20th, St-Rose MNA and Quebec economy minister, Christopher Skeete, took part at the official steel-cutting ceremony for the Polar Max icebreaker in the Helsinki shipyard in Finland.

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Pictured from left to right Christopher Skeete, Line Rivard, Director General of Québec in London, and Stephen Fuhr, Secretary of State for Defence Procurement.



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Boyer highlights Laval's storm preparedness investments a year after Hurricane Debby

Mayor pays homage to former councillors St-Jean and Beldié, who recently passed away

Mayor Stéphane Boyer speaks during the August 12 meeting of Laval city council.

MARTIN C. BARRY
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In his opening remarks at the start of the August 12 meeting of Laval city council, Mayor Stéphane Boyer noted that it was nearly a year to the day since the worst weather-related disaster Laval residents ever experienced – Tropical Storm Debby.

After-storm cleanup

The remnant of Hurricane Debby peaked in the Laval region on August 9 last year, impacting up to 15,000 families whose homes in many cases were flooded, forcing a massive cleanup over the following weeks that left piles of debris stacked along streets in neighbourhoods all

over Laval.

The mayor maintained that progress has been made towards developing a more effective municipal contingency plan for future weather disasters and that several studies and reports have been issued to help make Laval a safer place to live.

New climate reality

"We also have many infrastructure construction and investment projects underway so that the city can become increasingly resilient," said Boyer, while noting that it took Laval six decades to develop its infrastructure to the level it's at now.

"So, it's going to take a certain amount of time before our infrastructure can be adapted to the new climate reality."

He said that one of the city's new projects, along Saint-Martin Blvd., is being designed to absorb rainwater directly from the heavily-trafficked street into the soil, so that the equivalent

of two Olympic-size swimming pools of water will be kept out of the stormwater sewer system whenever it rains.

As well, according to Boyer, the city is building a new rainfall reservoir around the Metro station at the intersection of Cartier and des Laurentides boulevards.

Making Laval more resilient

"These are some of the projects that are underway at this time," he continued. "And we know that worksites can cause momentary inconveniences. But the idea is to make a city that will be more resilient and that can ensure peace and well-being for our residents."

As August 6 was the official date of the merger 60 years ago of more than a dozen previously independent municipalities on Île Jésus into the City of Laval, Mayor Boyer noted that the main issues in the beginning were better fire protection and better water and sewer infrastructure.

"Thankfully, we have made a lot of headway since then," he said. "We are now at the stage

where we have good services for the population and today Laval is an example among municipalities 60 years after merger."

Former councillors eulogized

In passing, Mayor Boyer pointed out the recent deaths of two former Laval city councillors: former Laval-les-Îles councillor Jean-Jacques Beldié and former Saint-François councillor Jacques St-Jean, both of whom served for nearly a quarter-century each.

"Being in politics isn't always easy," added the mayor, without being specific. (Beldié and St-Jean were both longstanding members of the administration under former Mayor Gilles Vaillancourt.)

"We often face criticism, we are often confronted by many problems and issues," he said. "But I think we should always point out the involvement of people who devoted years of their lives to public service. Especially people like Mr. Beldié and Mr. St-Jean who served for around 25 years each."

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OPINION & Editorial



It's parents who drive a child's academic success

Teachers guide, but it's parents who set the tone for how their children learn and grow

With a new school year just around the corner, it's up to parents to lay the foundation for their children's success by choosing the right school and staying engaged with teachers.

Obviously, everyone wants their kids to have a smooth transition back to school. For those who are attending a school for the first time, it's even more important to do some key things.

The first is to ensure that you choose the school that works best for your children. Most parents send their kids to the neighbourhood public school, and this is often a good choice. Other parents choose to enrol their children in an independent school, while some parents prefer to homeschool their children, either on their own or in cooperation with other home-schooling families.

Remember that when it comes to educating your children, you have more than one option available. There's nothing wrong with switching your children from public school to an independent school or vice versa. If your current school isn't working out for your children, never be afraid to explore other options.

Once you've decided where your children will attend, take advantage of every possible line of communication. School administrators are usually in the building at least a week before school starts. Feel free to call the school and ask to meet with the principal or vice-principal. Most administrators will welcome the opportunity to meet with you. It is a definite advantage for school administrators to know you and to recognize that you want to help teachers do

their best job.

If you haven't already done so, make sure you visit the school's website if it has one. This is a great way to learn the names of the teachers, review various school policies, find out about programs of study, and check out upcoming school events. The more information you have about your child's school, the better equipped you will be to handle sensitive issues that may arise during the year.

It's also important to meet with your child's teachers as soon as possible. Many schools host open houses at the beginning of the school year, providing a great opportunity to meet the teacher and visit your child's classroom. If you can't make it to the open house, email the teacher and ask whether you can stop by briefly either before or after school. Most teachers are happy to accommodate your schedule.

Tell the teacher that you are looking forward to having your child in their classroom. Also tell the teacher that you have told your child that your family supports them, and you want the teacher to know that.

One thing to watch out for is when teachers try to push their personal political views on their students. The good news is that most teachers will never do this and will simply want to ensure that the students receive the best education they can provide. Feel free to let the teacher know how important it is for the school personnel to respect your family's values. This is an excellent message for teachers to hear.

Be careful not to overreact if you discover that a teacher's personal or political beliefs differ

from your own. Just because a teacher expresses certain views on social media or volunteers with a political party during election campaigns doesn't necessarily mean they are pushing these views on students during class. Most teachers are aware of how important it is to stay impartial when teaching.

If you do run into problems with a teacher, don't escalate things unnecessarily. Posting your complaints about a teacher on social media might get you a reaction, but it's unlikely to help you resolve the underlying issue. Your child's teacher deserves to be treated with respect. So, go straight to the teacher and express your concerns directly in a confidential discussion. Most of the time you should be able to work out a solution without much fuss.

If speaking with the teacher doesn't resolve the issue, make an appointment with the school principal or vice-principal and express your concerns in a confidential meeting. If you are still unsatisfied, work your way up to the superintendent. Beyond that, you can contact your local trustees or possibly even your provincial MLA. The key thing is to exhaust all lower levels of communication before moving on to higher levels.

Sending your children to school should be a positive experience. By doing research first, communicating regularly with your children's teacher and following the proper channels when you want your concerns addressed, you will go a long way to give your children the best chance for a successful school year.

Michael Zwaagstra

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Fête de la famille 2025: two days of celebrations to mark Laval's 60th birthday

For this year's Fête de la famille celebration which is taking place on Labour Day Weekend at the Centre de la nature, the City of Laval decided to double up on its longstanding promise to deliver fun to families.

One of the city's largest annual outdoor gatherings is taking place over two days instead of one day as is usually the case.

From 10 am to 5 pm on Saturday August 30 and Sunday August 31, the city will be staging a special two-day celebration to mark the fact that 2025 is the 60th anniversary of the City of Laval's creation in 1965.

With an emphasis on sports and games, the celebration will include a multitude of activities, shows and hosted activities for children as well as adults.

"This special staging of the Fête de la famille is an occasion to celebrate once again our 60 years of community life in Laval by bringing together young and old around a schedule of programming that is rich and festive," says Mayor Stéphane Boyer.

"These moments of celebration reinforce the link that holds us together with feelings of belonging, nourishing our pride in being from Laval and it makes me happy to see this growing from year to year."

Over the two days of this year's Fête de la famille, there will be three zones for activities in the Centre de la nature. The first, the Turbulence Zone, is for those who like to move.

It will feature a big overhead Zip Line, a climbing wall, a dance workshop, sports challenges, an expo of heavy equipment, members of the Laval Rocket hockey team, officers from the

Laval Police with their mascot Flair, BMX stunt bike displays and an initiation to pumptrack cycling.

The second zone is dedicated to budding young geniuses. It will feature science workshops, nature talks and exhibits, a mobile library, giant games, digital challenges with the Laval public library's Espace numérique, an exposition of archeological artifacts, and a section about animal protection.

Finally, the third zone is for the very young. It will feature inflatable games, face painting, a mini-Zip Line, a firefighters' challenge led by staff from the Laval Fire Dept., a circus village (Opération Bazar), and opportunities to meet unusual characters strolling around the Centre de la nature.

For teens and older persons seeking something a little more exciting, there are two new features at this year's Fête de la famille: BMX and pumptrack will be filling the bill.

As well, over the two days a number of young performers alone and in teams will be staging shows on the Fête de la famille's main stage, in the mini-village on the Centre de la nature site, and in front of the main big top tent.

They include Arthur L'Aventurier, the Switch dance group, Zak the challenger, Ariane Deslions, as well as Hiatus, Juju and Marcelle, L'agent Jean, Maddox, Aventurosaure and Les Volk.

Finally, near the Turbulence Zone, there will be an exhibition of equipment used by the Laval Police Dept., whose officers will be on hand to explain what they're for and how they work.

It's worth noting that the Fête de la famille will be taking place rain or shine, regardless of the prevailing weather on Saturday



and Sunday August 30 and 31.

To ensure the safety of everyone during the event, Avenue du Parc which runs along the west side of the Centre de la nature will be closed to motor vehicle traffic on both days.

Special measures for parking will be in place, and shuttle buses provided by the Société de transport de Laval will help facilitate access to the Fête de la famille site.



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Development of the Trait-Carré wooded Site: Privileged access to nature in the heart of Laval

A new chapter in urban greening is unfolding in downtown Laval with the transformation of the Trait-Carré wooded site into a vibrant natural space. The City of Laval has awarded an \$868,000 contract to Monco Construction to carry out the development, which is set to begin in fall 2025 and continue through summer 2026.

This initiative aligns with Laval's broader vision for the Green and Blue Belt, aiming to create sustainable, accessible green spaces that enhance urban life. The Trait-Carré site, nestled in the heart of the city, will become a haven for relaxation, walking, and contemplation, offering residents a peaceful retreat just steps from their homes.

"The Trait-Carré site is a natural jewel that we want to make accessible to all. In the heart of downtown, this new space will allow Laval residents to reconnect with nature, relax and enjoy the peace and quiet just a stone's throw from home. This site will become an essential link in our park network, contributing to Laval's quality of life, collective health and environmental resilience. It is a promising project, designed for today and for future generations."

— Stéphane Boyer, Mayor of Laval

A natural space designed with the community

The development plan emphasizes environmental stewardship and citizen engagement. Key features include:

- Management of invasive species to protect native biodiversity
- Renaturalization through strategic planting
- Accessible trails made of natural materials
- Rest areas with integrated furniture that blend into the landscape
- A new public entrance from Saint-Martin Boulevard

This project is the result of a citizen participation process, ensuring that the final design reflects the community's needs and aspirations. The consultation report from March is available at repensonslaval.ca/trait-carre, showcasing the collaborative spirit behind the initiative.

As Laval continues to grow, the Trait-Carré site stands as a testament to the city's commitment to sustainable urban development, community well-being, and ecological resilience.



Wishing everyone a great and successful school year!

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Laval residents stranded amid Air Canada strike

MATTHEW DALDALIAN
Local Journalism Initiative Reporter
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Air Canada passengers across Canada and abroad were left scrambling last week after more than 10,000 of the airline's flight attendants took to the picket line. The strike, which lasted from Aug. 16 to 19, grounded flights at the peak of the summer travel season and affected nearly half a million people worldwide.

The walkout ended after a tentative deal was reached between Air Canada and the Canadian Union of Public Employees (CUPE), but backlogs continued for days as travellers tried to make their way home.

"I can't even explain the emotional rollercoaster that we went through," said Laval resident Rosy Trimboli, the uncertainty turned her family's first trip to Europe into a drawn-out ordeal. "It's been hell to say the least."

The flight

Trimboli's return flight to Montreal was scheduled for Sunday, Aug. 17. On the Thursday previous, she received an early notice warning of potential disruptions. Before she knew it, Air Canada flights were grounded, and her family's return was suddenly in question.

Attempts to reach Air Canada took hours, with spotty Wi-Fi connections and long waits on hold. When she finally connected with an agent, she was told her original flight was still technically

intact— meaning the airline could not yet rebook her family onto a competitor. The only other option was to reschedule for later in the week.

"It was like a real-life gambling decision on the spot," she said, describing the pressure of deciding whether to rebook or hold onto her original flight.

Faced with uncertainty, Trimboli tested her luck: her eldest would fly alone on Thursday, while the rest of the family would follow Friday through Frankfurt. Hours later, news broke that a tentative agreement had been reached.

Under Canada's Air Passenger Protection Regulations, airlines are required to rebook customers on other carriers if flights are cancelled. But because strikes are considered beyond an airline's control, Air Canada is not obligated to cover additional costs like hotels or meals.

Still, the carrier expanded its policy, pledging to reimburse "reasonable" out-of-pocket expenses such as lodging and transport for travellers affected between Aug. 15 and 23.

For Trimboli's family, the uncertainty stretched over days. As they weighed their options, they also booked a separate set of refundable tickets at a steep cost.

"Hours of searching and thinking and how can we get out of here," Trimboli said. "We were just throwing money to get home."

Ultimately, the family cancelled those tickets, hoping the rebooked Air Canada flights would hold. The decision added to an exhausting stretch of second-guessing and mounting costs, includ-



ing multiple Airbnbs and meals for the extra days.

Air Canada expects most delayed passengers to be rebooked by the end of the week, though it acknowledged that clearing the backlog will take time.

After a cruise

While Trimboli grappled with uncertainty overseas, other Laval residents faced similar challenges closer to home.

Christine, who asked that her full name not be published, had just disembarked from a cruise with her family of five when she discovered their return flight was cancelled the night before departure. With limited phone access on the ship, she scrambled for alternatives.

Flights back to Montreal quickly became unaffordable, so Christine cobbled together a patchwork itinerary through the northeastern United States. Her family eventually flew into Albany, New York, then drove across the border to Laval.

"It was chaotic and stressful," she said, adding that a looming hurricane in Florida only heightened the pressure.

Part of her frustration came from how little information she could get from the airline while trying to make arrangements. She also questioned why action from authorities only came once flights were already grounded. "What's even more disappointing, to be honest, is that the government didn't get involved at all before this," she said.

Despite the disruption, Christine said she had no resentment toward the crews who formed the picket line. "I totally agree that these people should be paid from the moment they get on the plane and not just when they're in the air," she said. "I absolutely sympathize with the flight attendants."

Labour issues

The tentative agreement with CUPE includes annual raises over four years and, for the first time, pay for work done on the ground. Newer attendants would see a 12 per cent increase retroactive to April, while those with more seniority would receive eight per cent. Salaries would continue to rise gradually, with the cap moving from \$80,000 to \$88,000.

Ground pay would also be phased in, starting at half an hourly wage and rising to 70 per cent by the end of the contract. Union members are expected to vote on the deal between Aug. 27 and Sept. 6.

For Zareh Asparian, another Laval resident, the strike meant turning a weekend trip to Edmonton into a cross-country road journey. He had travelled with his wife and daughter for

a skating certification event, only to find return flights to Montreal repeatedly cancelled. After exploring connections through the country and even the U.S., he and his family were left without viable options.

Instead, they extended their car rental and drove the 3,700 kilometres back to Laval over three days.

"There are worse things in life," he said. "But where I have a hard time is... you can't leave people stranded."

Asparian said he supports fair pay for flight attendants but called striking as a tactic "outdated." "I think things could be handled in a much more professional manner," he added.

Back to work

This summer's unrest is not the first time Air Canada passengers have found themselves caught in the middle of a labour dispute. In 2011, flight attendants and ground crews staged separate walkouts over pensions and wages, only to be forced back on the job through federal legislation. The following year, pilots protested imposed contracts with coordinated "sick-outs," disrupting hundreds of flights before Ottawa again stepped in.

Similar tensions have flared before, including a nationwide strike in 1998 and repeated disputes after Air Canada's merger with Canadian Airlines in 2000. Labour unrest has been a recurring challenge for the country's flagship carrier.

The strike was the first since 2011 to defy a federal back-to-work order. Labour Minister Patty Hajdu invoked Section 107 of the Canada Labour Code, which grants the government power to intervene in work stoppages deemed disruptive to industrial peace. Critics say the measure undermines unions' bargaining leverage, while advocates argue it protects the travelling public.

For many passengers, the broader debates about contracts and labour law mattered less than the immediate toll of being stuck far from home.

Trimboli said the hardest part was the lack of clarity. "I was just hoping for a bit more transparency as opposed to a little bit every day of like, here, you're cancelled, we don't know," she said.

Air Canada has encouraged passengers to submit claims for reimbursement. However, some travellers may face long waits for resolution as CBC reported that Canada's complaints backlog is already at more than 87,000 cases.

For Trimboli, the experience left a lasting impression. "People told me there are worse places to be stuck. But there's nowhere in the world that you want to be stuck when you just want to get home," she said.

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The collapse of international treaty negotiations in Geneva earlier this month has renewed calls for tougher measures against plastic pollution from Quebec Liberal MNA Virginie Dufour.

Dufour, who represents Mille-Îles and serves as the official opposition critic for the federal environment minister, said the outcome highlights the urgency of stronger national and provincial action.

The MNA recently joined the Interparliamentary Coalition to End Plastic Pollution (ICEPP), a network of about 50 parliamentarians from more than 30 countries working to curb plastic waste worldwide.

In the lead-up to the talks, she sent a letter to federal environment minister Julie Dabrusin urging Canada to take a hard line at the negotiating table. The Geneva meetings ended without an agreement, after Canada and others rejected what Dufour described as a “really, really weak” draft treaty.

Dufour warned that relying solely on recycling will not solve the problem, noting that much plastic still ends up in the environment or is incinerated. She argued the focus must shift toward

reducing production itself if the goal of ending plastic pollution is to be achieved.

“My goal was to make sure that Canada would have strong leadership in those treaty negotiations and not accept, you know, a treaty that does not address the real issues,” Dufour said.

From plastics to microplastics

For the MNA, the issue extends beyond waste management to a mounting public health concern.

“We don’t realize, but we all have microplastics inside, you know, our blood, in our head. And, you know, we know it’s a health issue,” she explained.

With Quebec’s health system consuming more than half of the provincial budget, she argued that a precautionary approach is necessary to limit future costs and protect public health.

Quebec’s role

Dufour said a global reduction target would translate locally into greater responsibility for

producers, pointing to recent changes that make them accountable for handling municipal recycling.

“Everything we put in the blue bin now is handled by the producers of those products. And so hopefully they will start to use less plastic or at least use those that are recyclable,” she said.

Dufour pointed to a Montreal pilot project where restaurants switched to reusable utensils and dishes. Initially resistant, she said many changed their minds after subsidies helped them adopt the system and they quickly saw savings from reduced waste.

Plastic production

Internationally, Dufour is calling for a cap on plastic production. She said output keeps rising every year, and without firm limits or targets, it will be impossible to bring production down.

She warned that well-intentioned local policies can backfire if not part of a broader strategy. As a former Laval city councillor, she recalled debates over banning thin plastic bags: “Everywhere

where they banned those thin plastic bags, the production of plastic increased,” she said.

Next steps

Looking ahead, Dufour said she will continue pressing the issue both internationally and in Quebec.

“I’m gonna try to have more conscience about microplastics and the risks that are linked to them,” she said. “I would like the government to invest more in [microplastic] research. Municipalities are not equipped to filter them.”

Dufour said stronger efforts are needed to develop alternatives to plastic, warning that some replacements—like chemically treated cardboard straws—can be even more harmful than the plastics they replace.

Despite setbacks in Geneva, Dufour remains committed. “I am determined to continue my involvement with the ICEPP to contribute to the fight against plastic pollution, a real poison for human health and the environment,” she said in a statement on August 15.

Action Laval demands ‘transparency’ from city over Carré Laval project

‘There’s no other plan, there’s no budget,’ claims St-Bruno councillor David De Cotis

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Nearly a year after the city announced a wide-ranging strategy for the transformation of a long-vacant expanse of land at Laval’s centre into a mixed-use project, Action Laval is demanding the Boyer administration come clean on its plans for Carré Laval and share whatever information is available with Laval’s taxpayers.

In September last year, with much fanfare, Mayor Stéphane Boyer announced that the Carré Laval project would be taking place over a span

of at least 20 years on a mostly vacant square of land at the southwest intersection of Autoroute 15 and Saint-Martin Blvd.

The most notable landmarks there until now have been the Palais de Justice, as well as the abandoned stone quarry behind the courthouse, and in more recent years the staging base for the lightshow entertainment start-up Illumi Laval, who have vacated the site.

A major project

In a press release issued by the city last year, Laval officials referred to Carré Laval as a “flagship project,” serving possibly as a prototype

for similar developments elsewhere in Laval.

The city acknowledged 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 Laval and greater Montreal.

During an expected 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 affordable.

Working with Angus developer

To reach this goal, the city said last year that it would be working 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.

The City of Laval 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 built around the “One Health” concept, as well as life sciences and commercial research.

The city launched a wide-ranging public consultation on Carré Laval with an initial presentation in September last year. The plan also calls for life and health sciences companies to eventually locate their research facilities in Carré Laval.

‘Just an announcement’

“When the mayor announced this project, along with things like social housing that was supposed to go with it, it was basically just an announcement, right,” said Action Laval councillor for Saint-Bruno David De Cotis.

“But there’s no other plan, there’s no budget associated with this. It’s just a dream, but with nothing around it. Nothing to say any of this is actually going to happen. Which is why we’re asking for transparency.”

During the August Laval city council meeting two weeks ago, Action Laval’s interim-leader Achille Cifelli tabled a motion asking the city’s executive-committee to publicly release all documents relating to the Carré Laval project.

Among other things, the motion asks the executive-committee to hold an independent audit of the expenses associated with the project, as well as the anticipated tax impacts, while asking that public additional consultations be held.

‘Not against development’

“We are not against development, but it has to be transparent, responsible and supported by the population,” Cifelli said in a statement. “Today that is not the case with Carré Laval.” Action Laval’s motion is scheduled to be debated during the September city council meeting.

“The elected officials from the Action Laval team will be present to defend the motion and to protect the interests of the citizens,” added Frédéric Mayer, the party’s candidate for mayor in the November 2 elections.

“All Laval residents are entitled to know how their money is being used and how Carré Laval is being managed,” he added. “My colleague’s proposal seeks clear information and real consultations of the population.”

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Quebec's CEGEP network stretched thin, unions warn

NEWSFIRST MULTIMEDIA
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Quebec's CEGEP network is entering the new academic year with fewer staff, aging buildings, and more students than ever, a mix union leaders say is unsustainable.

From support workers to professional staff, those on the ground say they are being asked to do more with less as a government-imposed hiring freeze and budget reductions collide with steady growth in student enrolment.

Valérie Fontaine, president of the Fédération du personnel de soutien de l'enseignement supérieur (FPSES-CSQ), said more than around 50 positions have already been cut in the 13 colleges her federation represents. "For sure it's gonna bring some work overload for those people still there," she said. "You cannot have people to do more with less resources."

Support roles disappearing

The positions being lost are not just administrative jobs, Fontaine said, but front-line roles that directly serve students. Recreation technicians, social work technicians, laboratory staff, and special education workers have all been affected. "Those are all positions that give direct services to the students," she said. "So, for sure there's gonna be an impact."

The cuts come as CEGEPs are welcoming more students with special needs than in the past. Fontaine noted that while some schools once served just a handful of students requiring accommodations, many now have a large population.

Aging infrastructure

Physical infrastructure is also showing its cracks. Fontaine said many colleges have long delayed necessary repairs, with two-thirds of campuses reporting urgent needs last year. But the freeze has tied their hands even further. "Last year we weren't even able to buy books," she said. "Imagine working in a CEGEP without being able to buy books— it makes no sense for us."

Laboratories and classrooms are also increasingly ill-suited for modern learning. Fontaine warned that without proper funding, equipment and facilities will only fall further behind.

Professional staff under pressure

For professional staff, who provide psychological services, academic guidance, and counselling, the situation is just as dire. "If a CEGEP used to have three guidance counsellors and now we're down to two, of course that will eventually have impacts," said Éric Cyr, resident of the Fédération du personnel professionnel des collèges (FPPC-CSQ). He's witnessed hiring restrictions and cuts affecting nearly every role. "There's a limit to what we can do."

Cyr said the consequences are already clear: waiting lists for counsellors, students being redirected to the private sector, and heavier workloads for those who remain. "The worst consequence that could happen is that students would not have what they need to persevere and get a diploma," he said.

Professionals are already reporting increased

pressure to do more with less, a situation Cyr says may lead to burnout, sick leave, or resignations. The result, he warned, is fewer services precisely as student numbers climb.

A growing student body

At the same time, enrolment is climbing. Both Fontaine and Cyr stressed that student numbers are rising steadily, with this fall marking one of the largest increases yet.

"We don't have money, they're gonna have less services, and we have more students," Fontaine said. "We need space because we're lacking space too."

Cyr agreed, pointing out that today's CEGEP students often arrive with a wider range of learning needs than in past generations. "Many students now come to CEGEP who would not have been in the system 30 years ago," he said. "Professional services are really needed in great numbers if we want to keep these students getting diplomas and succeeding."

Even the Centrale des syndicats du Québec's (CSQ) president, Éric Gingras, described in a press release the situation as part of "the slow erosion of a network once considered a Quebec treasure," adding that elected officials appear "completely indifferent."

Extra strain on English CEGEPs

For English-language colleges, an added pressure comes from Law 14, which expanded French language requirements in 2022. Cyr said complying with the law has created "a lot of extra work" for staff, just as resources shrink. "Now there's gonna be less resources for our colleagues in the English CEGEPs to do that work," he said.

Morale and mental health

Both leaders flagged staff morale as a growing problem. Fontaine noted that while support workers are dedicated to their colleges, rising workloads risk pushing many out of the system, with mental health concerns at the forefront.

Cyr said professional staff are in the same position. "We will do everything we can to give great services and help the students," he said. "But eventually something will have to give."

Calls for change

Union leaders say the quickest step would be to lift the hiring freeze so that vacancies from retirements, sick leave, or departures can be filled. Fontaine argued it is unreasonable to expect colleagues to cover the work of three positions. "It's not normal for the colleague to take all the jobs," she said.

Cyr said the priority should be restoring depleted counselling and psychology positions, which he called essential to student success. "Direct services that are now impacted since last May--- those would have to be the priority if we want all these new students to have a good experience with CEGEPs and stay there and get a diploma," he said.

For both Fontaine and Cyr, the message is the same: Quebec's CEGEP network cannot keep doing more with less.

The FPPC-CSQ represents over 2,200 professional staff across 38 CEGEPs in Quebec. It is affiliated with the Centrale des syndicats du Québec.



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What's changing this school year in Quebec

NEWSFIRST MULTIMEDIA
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The 2025 school year marks the beginning of several major changes introduced by Quebec's Minister of Education, Bernard Drainville. From a full cellphone ban to mandatory formal speech and new guidelines for artificial intelligence (AI), here's a quick guide to help you navigate what's new.

Full cellphone ban

Announced with much fanfare in May, the complete ban on cellphones in schools takes effect this fall for both elementary and high school students. Students will be prohibited from using electronic devices both inside school buildings and on school grounds.

While many school administrators and experts

support the move, others argue that it must be paired with engaging alternatives to keep students interested and occupied. Each school will determine how the ban is enforced. Some have opted for escalating sanctions, including confiscation of devices for up to five days.

To ensure communication between students and parents, some school service centers will make the school's main office phone available for use.

Mandatory formal address

Starting January 1, 2026, all students in elementary and secondary schools will be required to address teachers using formal language—specifically “madame” or “monsieur”—and use the respectful “vous” form in French.

Schools have until the start of 2026 to define the consequences for non-compliance, which may

include “restorative actions” rather than traditional punishments. While some educators welcome the change as a step toward reinforcing respect, others question its necessity and the practicality of enforcement.

New AI guidelines

In higher education, the Quebec government is introducing a new guide for best practices in integrating artificial intelligence into academic settings. AI has raised concerns among educators due to the risk of plagiarism, but it also holds potential for enhancing research and creativity when used appropriately.

The government is encouraging institutions to establish clear boundaries and frameworks for AI use to ensure it supports learning rather than undermines it.

Budget concerns

The summer began with a directive from Minister Drainville for schools to implement \$500 million in budget cuts. This sparked one of the most signed petitions in the history of Quebec's National Assembly, with over 150,000 signatures urging the minister to reconsider.

In response, Drainville announced a reinvestment of \$540 million aimed at student services. However, the Federation of School Service Centers estimates that the net budget cuts still amount to \$85 million.

Meanwhile, in the college system (CEGEPs), the union representing government professionals criticized the requirement for institutions to dip into their surpluses to meet \$151 million in budget reductions.

5 tips for a successful return to school

Are you ready to go back to school in the hopes of landing the career or promotion of your dreams? Whether you've spent the past few years in the workforce or caring for your family, this decision brings exciting challenges. Follow these practical tips to ensure you succeed without burning out.

1. Assess your workload. Review your course outlines to understand the requirements. This will help you mentally prepare and evenly distribute your

efforts throughout the semester.

2. Set aside study blocks. Organize your time effectively to balance your studies with work and family responsibilities. Plan regular study sessions and inform your family to minimize distractions during these times.
3. Divide your tasks into stages. Break down your homework or exam prep into smaller tasks. This approach will make it easier to manage your time. Plus, you'll gain a sense of accomplishment every time you complete a task.

4. Take frequent breaks. Allowing yourself time to unwind will help you maintain focus and avoid burnout. Incorporate short breaks into your schedule, like taking a walk or calling a friend, to maximize your efficiency.
5. Ask for support when you need it. If you run into difficulties, don't hesitate to seek help. Use the resources available at your school, such as discussion forums, to connect with fellow students who share your experiences.

Set yourself up for a successful return to school and achieve your career goals with these easy-to-implement strategies.

Have a fantastic school year!



Je souhaite une belle année scolaire à tous les étudiants et employés scolaires !

Wishing a great school year to all students and school workers!

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**Wishing everyone
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GET READY FOR SCHOOL



The power of parental involvement: volunteering in the classroom



Volunteering in the classroom is more than lending a helping hand — it's about fostering a community where parents, teachers and students work together for a better education. Here are five ways to volunteer in the classroom:

1. Assisting with classroom activities. You can help organize and supervise classroom activities like group projects, science experiments or art projects.
2. Joining reading groups. Volunteering to read with students can improve literacy skills and instill a love of reading. You can listen to students read aloud, ask comprehension questions and provide encouragement.
3. Supporting field trips. You can chaper-

one field trips, assist with transportation or help plan educational outings to museums, parks or historic sites.

4. Sharing specialized skills. You can share your expertise in music, art, technology or foreign languages. You can lead workshops, teach special lessons or provide hands-on demonstrations.
5. Assisting with events and fundraisers. You can help organize and run school events like fundraisers, book fairs or holiday parties. You can also donate supplies or food items.

By volunteering, parents play a vital role in supporting teachers and helping students succeed.

Quick guide to labelling school supplies

Before the start of the school year, you should take the time to properly label your children's supplies. Try these tips.

- **Markers.** Label ring binders, pencil cases and clothing with permanent markers to ensure they stand out.

- **Self-adhesive labels.** Stick labels on small items like pencil sharpeners, scissors and glue sticks. Opt for bigger labels on textbooks and larger books to make them easily identifiable.

- **Label maker.** Invest in a small label

printer to create attractive, clearly legible labels for plastic containers and water bottles.

Shop for all the necessary supplies at your local school supply stores and set aside time to label everything with your child.



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Laval teen builds future on two wheels

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Streets in the greater Montreal area are changing. Bike lanes continue to expand, more BIXI e-bikes are finding themselves in street corners, and debates over cycling infrastructure keep dividing residents. While critics say the changes squeeze already-congested roads, supporters argue they mark a step toward cleaner, more sustainable transportation.

For 15-year-old Marc-Anthony Mourad, that future is already here.

Childhood hobby

Over the summer, the Laval Senior Academy student dedicated himself to building e-bikes and showing other kids how to do the same, running workshops that turned regular bicycles into battery-powered rides.

"I was always into those kinds of things, you know, mechanics and electricity," Mourad said. "I would always watch videos on electric bikes. I was like 'man, I wish I had one'."

The idea combined his childhood hobby of tinkering with power tools alongside his grandfather with his fascination for electric vehicles. He designed the bike to run on drill batteries and presented it as a project for the Hydro-Québec Super Expo-Science competition back in April.

His entry tied into five United Nations sustainability goals, from clean energy to sustainable cities, and he documented the process on his YouTube channel Marco E-Rides.

That work caught the eye of Tami Belhadj,

Director of Club Techno at the Centre Lavallois de Ressources Éducatives et Culturelles (LREC).

"He actually made an e-bike by himself [...] he was very autonomous, and I was really impressed with his work," Belhadj said. "So, I invited him to come to Club Techno and we discussed: 'can you teach other kids to do what you did?'"

The eager Mourad agreed. Over the summer, he ran workshops where participants—some younger than him, others older—built e-bikes using conversion kits. He prepared theory lessons, step-by-step slides, and even played instructional videos from his YouTube channel as students followed along.

Building bikes

With grant funding, the centre purchased Walmart bicycles and online motor kits. Over several weeks, the workshops produced five functioning e-bikes.

"By turning a traditional bike into an e-bike, they understand the ins and outs of this technology," Belhadj said. "Hopefully it gets them to think about career opportunities in these industries in the future."

The next step, Belhadj added, is to build a solar charging station so the bikes can be borrowed and returned like a "BIXI-type service."

The LREC's Club Techno, organizes technology workshops, environmental projects and summer programs for local youth. Belhadj's past initiatives have ranged from composting and eco-houses to hands-on STEM activities, all aimed at linking education with sustainability.

For Mourad, the project was as much about inspiring others as it was about building

Teen engineer Marc-Anthony Mourad (right) standing beside Tami Belhadj (left), director of Club Techno at the Centre Lavallois de Ressources Éducatives et Culturelles (LREC) in the Club Techno workshop (Photo: Matthew Daldalian, Newsfirst Multimedia).



machines. "When you have an idea, put your mind to it and don't stop until you get there," he said.

E-bikes and infrastructure

Experts say e-bikes like Mourad's are transforming how people move through cities.

"[E-bikes] allow you to cover longer distances with less effort," said Ahmed El-Geneidy, professor at McGill University's School of Urban Planning. A regular cyclist might travel five or six kilometers in a day, he explained, but an e-bike doubles that, opening access to jobs, groceries and other opportunities without relying on a car.

El-Geneidy said Mourad's approach—converting traditional bikes into electric ones—could make the technology accessible to more Montrealers. "If we have someone here who can commercialize it and sell it in Montreal,

that will put us ahead of many places around the world," he said.

But challenges remain. Store-bought e-bikes can cost between \$3,000 and \$5,000, making them a target for theft. Montreal's cycling infrastructure also lags behind demand, according to El-Geneidy, with faster e-bikes and scooters sharing space on narrow bike paths. "We need to expand our bicycle network and make sure that we have enough space for cycling in general," he said.

Still, Mourad is convinced electric vehicles are the path forward, with home-built models replacing gas alternatives. "If we continue on this path, our world will become a lot cleaner and we'll have a more sustainable future," he said.

For now, though, he's focused on finishing secondary school, applying to CEGEP, and slowly but surely working on his next invention.

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Carney announces removal of retaliatory tariffs on CUSMA-compliant U.S. goods

CFIB wants retaliatory tariff revenue channelled back to smaller Canadian businesses

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After warning that nearly one in five small Canadian businesses impacted by tariffs couldn't last more than six months without intervention by the federal government, the Canadian Federation of Independent Business changed its tune late last week, saying it welcomed Ottawa's decision to drop retaliatory tariffs on a wide range of U.S. goods.

Damaging retaliation

"This is a step in the right direction and will take some of the pressure off Canadian small businesses as trade talks continue," said CFIB vice-president of advocacy Corinne Pohlmann.

However, she maintained that many small business owners had told the CFIB before then that Canada's retaliatory measures were almost as damaging as the U.S. tariffs themselves.

"While small firms were in favour of Canadian counter tariffs as the trade war began, their support has been falling since February," Pohlmann added.

While maintaining that the government's announcement provided some relief going forward, she said the CFIB still wants Ottawa to immediately release tariff revenue to small businesses and work quickly to resolve small business requests still tied up in the remissions process.

Free trade is on again

In a statement issued by Prime Minister Marc

Carney's office last week, Carney said that the Canadian government decided to match the United States by removing all of Canada's tariffs on U.S. goods, specifically those covered under the Canada-US-Mexico trade agreement.

The decision takes effect on September 1. "In short, Canada and the U.S. have now re-established free trade for the vast majority of our goods," Carney said.

However, Canada will retain tariffs on steel, aluminum and autos as it works intensively with the U.S. to resolve the issues there. The federal government underscored the fact that Canada is the second-largest foreign investor in the U.S.

Carney said that to address challenges in strategic sectors from agriculture to autos, the government will soon announce a new comprehensive industrial strategy that protects Canadian jobs, boosts Canadian competitiveness, buys Canadian goods, and diversifies Canadian exports.

Small business hit hardest

The CFIB said before the government's announcement that new data it obtained revealed small businesses were being hit hardest by U.S. and Canadian tariffs on steel and aluminum and Canada's own retaliatory tariffs on other U.S. goods. In addition, according to the CFIB, nearly one-third of Canadian SMEs would be negatively affected by the loss of the \$800 U.S. de minimis exemption.

U.S. President Donald Trump had signed an executive order on July 31, raising tariffs on some Canadian goods to 35 per cent. Canada

might have been able to avoid the hike had it managed to strike a new trade deal with the U.S. by an August 1 deadline, although that didn't happen.

The Canadian government had imposed retaliatory tariffs on U.S. goods three times since the trade war began, including counter-tariffs on \$60 billion worth of U.S. consumer goods and additional tariffs on U.S. autos.

Bad deal vs. lasting uncertainty

"Small businesses don't have a lot of runway left," Pohlmann warned last week before the federal government's latest announcement. She said the worst outcome for Canada in the trade war would be "a bad deal," but the second worst outcome would be the regularization of an uncertainty that small business owners had been contending with for the past six months.

"The federal government needs to provide some stability and return tariff revenue to help small businesses," she said. "We've suggested several options, including temporarily reducing the federal small business tax rate to zero or a tariff rebate designed on earlier models, like the carbon tax rebate."

CFIB data indicates that nearly two-thirds (62 per cent) of small businesses face higher expenses, while many are also seeing lower revenues (48 per cent), supply chain disruptions

(41 per cent), and paused investments (36 per cent).

As well, nearly one in five (19 per cent) of small businesses dealing with extra tariff costs reported they would not be able to last more than six months if the tariff status quo remained, while nearly four in 10 (38 per cent) said they would last less than a year.

What happens to collected tariffs?

With Ottawa having collected billions in additional tariff revenue on U.S. imports, a strong majority (82 per cent) told the CFIB the government should ensure that any tariff revenue that is returned includes support for smaller businesses affected both directly and indirectly by trade disruptions.

"The trade war's impact on Canada's small businesses should be top of mind for the government as Canada continues its negotiations with the U.S. Canada can't fix its productivity crisis without empowering its entrepreneurs," according to Pohlmann.

"If the government wants to build one Canadian economy, it needs to ensure small businesses are part of the solution and that includes providing them with tariff support during this very challenging time," she said.



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17 FUN-PACKED ACTIVITIES for the long weekend

Mark your calendars: Labour Day weekend is fast approaching and it's the perfect opportunity to relax and unwind. Need some inspiration? Here are a few things you can do — either alone or with friends and family — this last long weekend of summer.

1. **Visit an orchard.** Pick and savour in-season fruit.
2. **Go to the zoo.** Learn more about the animals that inhabit our planet.
3. **Go for a hike.** Take a stroll through the forest and admire your local wildlife.
4. **Visit an amusement park.** Try new rides, gorge on cotton candy and try your hand at an array of carnival games.
5. **Go shopping.** Scour the end-of-season sales and ramp-up your wardrobe for fall.
6. **Practice your swing.** Take in a friendly game of golf or visit the driving range.
7. **Drop by the ice cream shop.** Enjoy a scoop or two of your favourite flavours.
8. **Spend a day at the spa.** Pamper yourself with a well-deserved massage or beauty treatment.

9. **Go camping.** Spend the weekend in the wilderness connecting to nature.
10. **Wine and dine.** Sip on a cocktail or enjoy a good meal on the patio at your favourite restaurant.
11. **Go for a bike ride.** Explore your town on two wheels or cycle along your favourite off-road trails.
12. **Rent a cottage.** Gather your loved ones and spend the long weekend together enjoying the countryside.
13. **Have a backyard bash.** Set up the barbecue and invite friends and family over for an afternoon or evening.
14. **Go paddling.** Rent a kayak or a canoe and spend the day on the water.
15. **Take in a movie.** Choose a flick that captures your interest and spoil yourself with popcorn and candy.
16. **Visit a museum.** Art, history or science — choose an exhibit that piques your curiosity and spend the day expanding your mind.
17. **Have a picnic.** Pack a lunch and enjoy a day outdoors at your favourite park. Don't forget the Frisbee!

Happy Labour Day!

Happy Labour Day!

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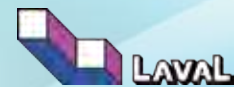
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Happy



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day



Aglaia Revelakis

Municipal councillor - Chomedey
514-242-5761 | a.revelakis@laval.ca

Happy Labour Day!



Top three things to do this Labour Day

Send off summer with one last blast of merrymaking. Whether you're hitting the town or getting out of town, make this Labour Day weekend a good one. After all, this is your last chance to soak up some fun under the sun before autumn ushers us all into cooler, more subdued days.

BACKYARD BARBECUE



Invite some of your favourite folk over and light up the BBQ. Keep it low-key and cook up dogs and burgers, or instead consider something more upscale like goat cheese stuffed tomatoes and balsamic glazed flank steak sandwiches. Accompany with one or more salads and an assortment of fun summer bevies (maybe sangria or mojitos). For a themed event, consider asking guests to dress in white to have fun with the whole don't-wear-white-after-Labour-Day rule.

Gather up the kids and head to the nearest amusement park to ride a roller coaster or take a spin on the Tilt-A-Whirl. Mini-rides are typically available for the little ones, and there's no shortage of tasty — albeit, calorie-packed — eats to choose from. If you're looking for the adrenaline rush without the pandemonium, consider pursuing a zip lining, bungee jumping or hang gliding adventure.

ONE LAST CAMPING TRIP



AMUSEMENT PARK



Pack up the car and round up your family (or some buddies) for a final outing to your favourite lakeside camping spot. Spend the day leisurely lounging, playing on the water and exploring the surrounding wilderness. Come nightfall, light up a bonfire and roast wieners and marshmallows over the open flame.

*Nous souhaitons à tous les Lavallois.es
une bonne fête du Travail !*

*We would like to wish all citizens of Laval
a Happy Labour Day!*



**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










Things to do



UPCOMING

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

| | | | |
|--|---|--|---|
| <div>ENTRE-DEUX ARTISTIQUE</div> <div>Culture</div> <div></div> <div>September 2 - 23 12:15 pm</div> <div>Station culturelle Momo 1950 rue Claude-Gagné, H7N 5H9</div> <div>Lunchtime dance performances designed especially for students and workers in the Montmorency area.</div> <div>Free</div> | <div>OLD STE-ROSE PICNIC</div> <div>Outdoors</div> <div></div> <div>September 6 11 am - 5 pm</div> <div>Association des citoyens et amis du Vieux Sainte-Rose Berge des baigneurs, H7L 6B2</div> <div>Family picnic, just as they did in the early 20th century, on the banks of the Rivière des Mille-Îles.</div> <div>Bring your basket or purchase</div> | <div>5 À 7 DE LA RENTRÉE</div> <div>Party</div> <div></div> <div>September 10 5 - 8 pm</div> <div>Station culturelle Momo 1950 rue Claude-Gagné, H7N 5H9</div> <div>Music, cocktails and a dance floor will be the order of the day, along with local artists and organizations.</div> <div>Price</div> | <div>FLEURS MARINEAU FESTIVAL</div> <div>Agrotourism</div> <div></div> <div>Until September 14 Saturdays and Sundays, 9 am</div> <div>Ferme Marineau 4356 blvd Dagenais Ouest, H7R 1L5</div> <div>Sunflower trails, flower picking, corn mazes, music shows, artisanal creamery, farmer's market, mini farm, and more.</div> <div>Family plan: \$52.95</div> |
| <div>PERFORMANCE VISUELLE ET SONORE</div> <div>Culture</div> <div></div> <div>September 24 7:30 pm</div> <div>Station culturelle Momo 1950 rue Claude-Gagné, H7N 5H9</div> <div>Attend a visual and aural public art performance at the cultural station.</div> <div>Free</div> | <div>LES JEUDIS CO-MOTION</div> <div>Culture</div> <div></div> <div>Until September 25 Starting at 5 pm</div> <div>Station culturelle Momo 1950 rue Claude-Gagné, H7N 5H9</div> <div>Come to Co-Motion Thursdays: energetic evenings of music, humour, and street dance.</div> <div>Free</div> | <div>MOSAÏQUE À MOMO</div> <div>Culture</div> <div></div> <div>Until September 26 7:30 pm</div> <div>Station culturelle Momo 1950 rue Claude-Gagné, H7N 5H9</div> <div>Five vibrant Fridays of musical diversity; festive, multicultural evenings featuring artists with rich, enchanting sound.</div> <div>Free</div> | <div>THE AUSTRALIAN PINK FLOYD</div> <div>Concert</div> <div></div> <div>September 26 8 pm</div> <div>Place Bell 1950 rue Claude-Gagné, H7N 5H9</div> <div>Immerse yourself in the unique experience of The Australian Pink Floyd; a grandiose show that brings Pink Floyd's musical and visual legacy to life.</div> <div>Visit Ticketmaster for tickets</div> |



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Fire causes more than half a million dollars damage to home in Saint-François

A fire that broke out at a home on Pierre Boucher St. in Laval's Saint-François district on August 22 will be costing the owners or their insurers more than a half-million dollars to repair the damage.

The Laval Fire Dept. received a distress call about the blaze via 9-1-1 around 7 pm and were on the scene within four minutes.

According to a post placed on the X feed of the Association des Pompiers de Laval (the firemen's union), flames were visible at the rear of the dwelling upon the firefighters' arrival, then spread to the roof.

However, the occupants were able to get out safely before the firemen arrived.

In all, 34 firemen and nine fire department units were summoned to the scene. They reported the situation as being under control by nearly 9:30 pm.

Human error was a probable factor, fire investigators concluded in an initial report on the source of the blaze, without providing more detailed information.

They estimated damages to the building (worth \$681,000, according to City of Laval property valuation records) at \$450,000, while damages to interior furnishings were estimated at \$100,000.

House in Duvernay evacuated after reported natural gas leak

A home on Curé Cloutier St. in Laval's Duvernay district was evacuated as a precaution on the morning of Friday August 22 after excavation machinery accidentally ruptured a natural gas line nearby.

Laval Fire Dept. personnel confirmed the gas leak, after which they accompanied the house's occupants outside, then summoned Hydro-Québec to neutralize any risk posed by electrical sources.

As a result, there was an electricity blackout on several streets for several hours, although the situation was deemed as being under control before 9:30 am.



Body found on Cité-de-la-Santé Hospital roof in Laval

Laval police are investigating after a body was found on the roof of Cité-de-la-Santé Hospital on the morning of Tuesday August 19.

A call to 9-1-1 was made around 9:35 a.m. after hospital staff discovered a deceased person on the roof of one of the hospital campus's buildings, according to a spokesperson for the Laval Police Dept.

Authorities confirmed that the person was pronounced dead on the scene. The LPD's crimes against persons' squad took charge of the file, in conjunction with the coroner's office.

According to the police, an investigation will attempt to determine the causes and circumstances of the death. The Centre intégré de santé et de services sociaux de Laval declined to issue a statement last week, saying they could not as the incident remained under police investigation.

But in the meantime, they confirmed that there would be no impact on services to Cité de la Santé patients or visitors.

QMI news reported last week that the deceased was a former Cité de la Santé cardiology patient who had been released a few days before, and that the body was found on the roof of the cardiology unit.

Fire heavily damages single-story Fabreville home

A one-story house on Éric Street in Fabreville suffered substantial fire and smoke damage on Monday August 18 after flames that started on an exterior rear balcony spread to the roof of the home.

An initial distress call from the owners was received by 9-1-1 operators around 5:30 am and the occupants were reported to have evacuated about five minutes later.

Although Laval Fire Dept. personnel reported the situation as under control in around 45 minutes, an estimated



\$100,000 in fire and water damage had been done by then.

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August 27, 2025 • The Laval News • 19

KIDS' CORNER

Learn. Play. Be amazed!

"I don't want to go to school!"

Have you ever told your parents you don't want to go to school? Do you sometimes throw a tantrum or pretend to be sick so you can stay home? Don't worry. It happens to lots of other children. However, missing school can negatively impact your grades and many other aspects of your life. Here are a few tips to help you feel better and increase your motivation.



It's important to talk about your feelings!

If an adult, like your mom, dad or teacher, asks you why you don't want to go to school, you must tell them the truth. No one can help you solve your problems if you lie.

By talking about what you're going through and feeling, others can help you come up with ideas to make you feel better and want to return to school. For example, you could sign up for an activity to make new friends or meet with a specialist, such as a resource teacher, to help you learn.

Good luck!

WHAT'S GOING ON?

First, you must figure out what you don't like about school. Ask yourself the following questions:

- Are you being bullied?
- Are you always alone at lunch or recess?
- Do you find class boring or too difficult?
- Are you afraid of failing your exams?
- Are you fighting with someone in your class?

5 tips for camping in your backyard

Do you love camping but can't wait for your family to go on vacation? It's easy to recreate the experience at home with a little help from your parents. Here are five tips for making it happen.



1. Pack your luggage as if you were leaving. Pack your sleeping bag, pillow, sketchbook, headphones and whatever else you need for a camping trip. Think about what you'll need to eat too, and fill a cooler with sandwiches, juices and snacks for the whole family.
2. Pitch a tent or build one out of blankets and tarps. If the weather isn't cooperating, move your campsite indoors.
3. Install lanterns or hang strings lights. This will help create a magical, starry-night atmosphere.

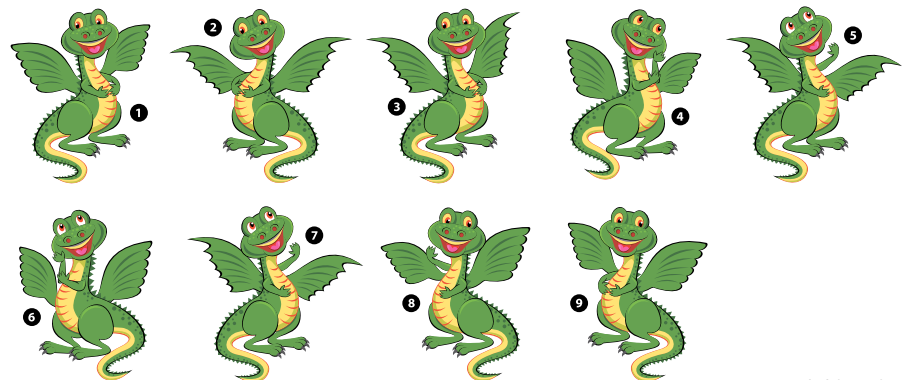
4. Set up folding chairs to watch the sunset. If you can't hear woodland noises in your backyard, search for nature sounds online to give you the feeling of

5. Entertain yourself. You can play games by the light of the lantern or gather around a fire to tell stories.

Happy camping!

KIDZONLINE

Which two are exactly alike?



ANSWER: 5 and 7

Sudoku 6 x 6

| | | | | | |
|---|---|---|---|---|---|
| | | 2 | | 1 | |
| | 1 | | | 2 | 4 |
| 5 | | 4 | | | 2 |
| 2 | | | 4 | | 6 |
| | | | 3 | | |
| | | 5 | | 6 | |

COMPLETE EACH GRID WITH NUMBERS FROM 1 TO 6, KEEPING IN MIND THAT:

- a number can only appear once per row
- a number can only appear once per column
- a number can only appear once in each box of 6 squares

| | | | | | |
|---|---|---|---|---|---|
| 1 | 6 | 2 | 5 | 4 | 3 |
| 5 | 1 | 2 | 6 | 3 | 4 |
| 2 | 3 | 1 | 4 | 5 | 6 |
| 5 | 6 | 4 | 1 | 3 | 2 |
| 6 | 1 | 3 | 5 | 2 | 4 |
| 4 | 5 | 2 | 6 | 1 | 3 |

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DIRECT ANSWERS

FROM WAYNE & TAMARA

No Mr. DARCY

Q

I will try to make this brief as I can. My husband and I separated over a lot of issues, the main one being I thought he was cheating.

Well, I think he may have been, because we were not even apart a month when I found out he is seeing his mother's chore worker. I was devastated. I loved him and wanted this marriage to work.

I called near divorce time to tell him where to send the papers. We had nothing but angry words to one another before that call. He was sweet. I told him I was so sorry our marriage ended, but thought of him often and still loved him. I just wanted to cleanse old wounds. One hour later he called back asking to come to my home to clear the air.

We both cried and talked about where we went wrong in the marriage. He asked me to give him time. He said this other woman did not want him; he barely ever saw her. But then he revealed her daughter and her daughter's husband are living with him. Just give him time to clean up this mess, he said.

When he told the other woman I called, she came running back into his life. He still leads me on and tells me he wants to try. I am getting played the fool, but I am having the worst time letting him go. I try but I can't. He is the love of my life.

He sees me wanting out, then he spews out words to hook me again. I feel like a fish getting thrown in and tossed back time and again. I know she is not living with him, but she sees him two or three times a week. Then he gets cool and distant toward me. But if she stays away, he leads me down this cruel path.

I have prayed, remained faithful to him, and now I am at my wits' end. How could anyone do this to another for a second time? Help me let him go, please. I have always been a

strong woman, but this time I find no strength to be that woman.

Beatrice

A

Beatrice, how could he do this to you for the second time? The same way he could do it to you for the first time. This mess is a mess made by him. It was his mess to make, and it was his mess to clean up. But he has made another choice.

He is not willing to do without a body in his bed. If she's not there warming his bed, he wants you to be there warming his bed, with not a care about how either of you is affected by this.

There is enough of the charmer, or the serpent, about this man that he can receive the benefit of having two of what he should only have one of, at a time. Someone you can spend your life with, share your bed with, share your deepest thoughts with—someone like that is someone not like this man.

In Jane Austen's novel "Pride and Prejudice" there is a clergyman named Mr. Collins. Mr. Collins is a bootlicker and dense as a board. But in the novel he says one wise thing. After Lizzy Bennet rejects his offer of marriage, Mr. Collins says, "I have often observed that resignation is never so perfect as when the blessing denied begins to lose somewhat of its value in our estimation."

This man is not the love of your life, though you want him to be. You wanted one wedding and one lifetime marriage. You cannot have that with him. You can never rest with an easy head or an easy heart. He won't stand by you. To free yourself, he has to lose some of his value in your estimation.

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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PUBLIC NOTICE

INVITATION TO COMMENT ON THE REHABILITATION OF THE SAINT-JOSEPH ISLAND BRIDGE IN LAVAL

Transport Canada's Navigation Protection Program administers the *Canadian Navigable Waters Act (CNWA)*.

In accordance with requirements of the Canadian Navigable Waters Act, Ville de Laval hereby gives notice that an application has been submitted to the Minister of Transport for the following works.

| Common Project Registry Number | Navigation Protection Program File Number | Project Description | Worksite location |
|--------------------------------|---|---|--|
| 12635 | 1984-300009-002 | <p>As part of the works for the rehabilitation of the Ile Saint-Joseph bridge, situated on the street de la plage des Iles, in Laval, certain temporary works are required. The following works will be installed in the navigable waters in the south arm of the Mille-Iles river:</p> <ul style="list-style-type: none"> - Cofferdam - Jetty - Dock (Pier) - Silt curtain | Thousand island River at about 45° 40' 49.8 N, 73° 42' 2.9 W in front of lots 1 492 153 and 1 493 140 Quebec land registry in Laval. |

How to send comments:

Comments about the potential effect of this work must be received within 30 days of this posting.

We invite you to submit comments online through the Common Project Search site at: Common Project Search - Canada.ca. To do so, enter the registry number indicated above in the search box, and follow the instructions. Alternatively, comments can be mailed or emailed to:

Navigation Protection Program – Transport Canada
1550 avenue d'Estimauville
Quebec (QC) G1J 0C8
PPNQUE-NPPQUE@tc.gc.ca

Please include the NPP file 1984-300009-002 in any mailed or emailed correspondence.

Note:

Comments will only be considered if they are in writing (electronic or mail) and received by the deadline. Transport Canada's Navigation Protection Program may communicate with you to obtain additional information on your comments.

Transport Canada does not publish comments submitted through the Common Project Search site or mailed to the Navigation Protection Program (see Common Project Search - Navigation Protection Program Registry). However, comments submitted online or by mail are considered public record. As such, they are subject to the Privacy Act and the Access to Information Act and are accessible through access to information and privacy (ATIP) requests. This means the information you provide should not contain confidential or sensitive information since it could be disclosed (see Make an access to information or personal information request).

POSTED AT LAVAL
This August 27th, 2025

Me Marie-Christine Lefebvre, greffière ou
Me Mélanie Gauthier, greffière adjointe ou
Me Christopher Griffin, chef de division secrétariat général greffe et greffier adjoint substitut

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9th annual Fête de Quartier St-Bruno draws hundreds of moms, dads and kids

**All proceeds going to Service bénévole
d'entraide Vimont-Auteuil (SBEVA)**

MARTIN C. BARRY
Local Journalism Initiative Reporter
marty@newsfirst.ca

Although some were worried about a sudden and unexpected downpour raining out the party, nearly all concerns were set aside when hundreds of residents of Laval's Saint-Bruno district gathered near Lausanne Park last Sunday afternoon for local city councillor David De Cotis's ninth annual Fête de Quartier.

The area's biggest community celebration of the year drew more than a dozen local organizations and merchants.

They were eager to touch base with people from the area. Elected representatives from various levels of government were also on hand

to introduce themselves.

All for a good cause

The event was organized by De Cotis in conjunction with the Service bénévole d'entraide Vimont-Auteuil (SBEVA), a local non-profit that provides meals-on-wheels to hundreds of individuals impacted by loss of personal autonomy.

All proceeds from the Fête de Quartier de Saint-Bruno will be going to SBEVA.

"This a community event to create a sense of belonging for everyone – but especially the children," De Cotis said in an interview with The Laval News. "But at the same time, all the money raised today is going straight to the SBEVA."



Action Laval councillor for Saint-Bruno David De Cotis was joined by party colleagues at the Fête de Quartier. From the left, Val-des-Arbres councillor Achille Cifelli, Action Laval mayoralty candidate Frédéric Mayer, Saint-François councillor Isabelle Piché, David De Cotis and Action Laval candidate in Sainte-Dorothée James Bissi. (Photo: Martin C. Barry, Laval News)



Right, oyster caterer Christopher Recine served up a plate of delectable crustaceans to Luca Asselin during the Fête de Quartier de Saint-Bruno last Sunday afternoon near Lausanne Park. (Photo: Martin C. Barry, Laval News)



Two smiling representatives of the Dolce Sapore food store on René-Laennec Blvd. in Vimont were on hand to offer samples of their gourmet treats. (Photo: Martin C. Barry, Laval News)

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HOROSCOPE

Week of August 31 to September 6

The luckiest signs this week:
PISCES, ARIES AND TAURUS



ARIES

You'll take on new responsibilities at work that will push you beyond your current skill level. This experience will help you grow and may pave the way for a promotion. You'll also get the go-ahead on an innovative project.



TAURUS

You'll feel inspired to go back to school and work toward a degree, setting yourself up for a brighter future. A romantic getaway will revitalize your relationship and deepen your connection with your partner.



GEMINI

Work has become monotonous, and you need a change. You can steer your career toward exciting new opportunities with a solid plan and some preparation. Boldness will be the key to your success in long-term projects.



CANCER

It's often easier to get along with people with whom you have no emotional connection. You might face challenges regarding discipline with one of your children. Use your diplomacy skills to resolve any conflicts.



LEO

Every detail counts. You'll plan a large work event that will bring many people together. Communication may be difficult, so your patience and calmness will be essential to overcoming these obstacles.



VIRGO

Your leadership will shine, whether at work or in your personal life. You'll first have to overcome doubts or a lack of self-confidence. However, others will recognize your abilities once you do, and you'll earn praise for your achievements.



LIBRA

A loved one could slow you down as you rush to make all your appointments on time. It might be time to consider a change, such as moving out of the family home. The space has become too big since your children left.



SCORPIO

Expect a lot of travel for work or family commitments. Numerous details will be vying for your attention. A surprising secret could come to light. You could forge new friendships with people who live close to you.



SAGITTARIUS

You'll receive the green light for financing a project, like purchasing a property. The idea of starting a business with a family member could appeal to you. Let inspiration and intuition guide you.



CAPRICORN

Everything is changing quickly, but things may not be happening fast enough for your liking. You'll suggest interesting ideas to your partner, who will be impressed. You could win a sports competition.



AQUARIUS

Health issues could slow you down, but this break will allow you to take a step back and gain a fresh perspective on your professional and personal life. Lean into spirituality; you'll find it to be a source of peace and well-being.



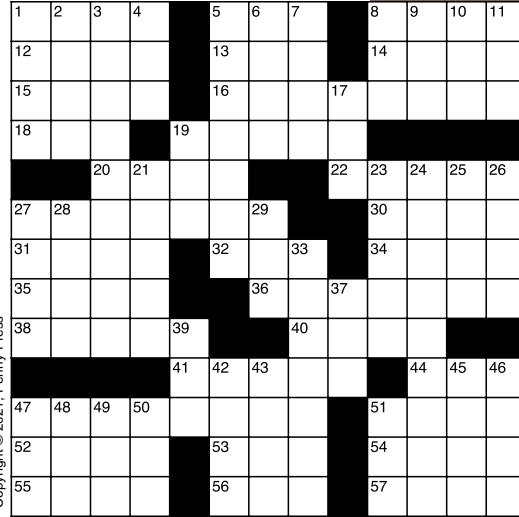
PISCES

You'll feel stressed this week, but it may also give you more energy and boost your efficiency. You can accomplish great things when you're in a time crunch. You could be struck by love at first sight. However, if you're in a relationship, it may lead to some confusion.

Coffee Break

CROSSWORDS

PUZZLE NO. 286



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ACROSS

1. Photos
5. ____ in the bag!
8. Owl sound
12. Scope
13. Touch-me- ____
14. Immobile
15. Child's steed
16. Cattle rush
18. Picnic-crashing insect
19. Blockade
20. Operates
22. Quizzes
27. Menaces
30. Boat
31. Downpour
32. Small taste
34. Few
35. Mexican cheers
36. Pointed
38. Gave medicine to
40. Etiquette maven
- Emily ____

DOWN

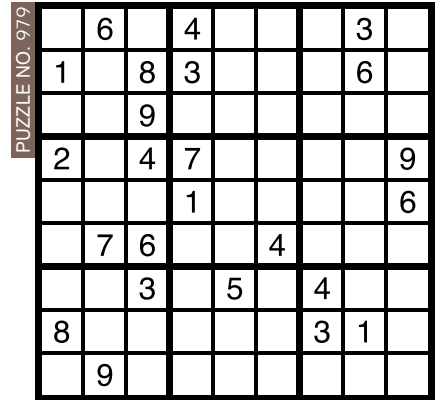
41. Annoyed
44. "Mary ____ a little lamb"
47. More crunchy
51. Infant
52. Word of pain
53. "____ How She Runs"
54. Needs aspirin
55. Conform
56. Finish
57. Difficult journey
11. Golf mound
17. New York ballplayer
19. Briny blue
21. Reason
23. Winding curves
24. Cat type
25. 8:01, e.g.
26. Accelerated
27. Trampled
28. Angel's hat
29. Rest
33. Covered decoratively
37. Pea's abode
39. Chip's companion
42. Stand up
43. Enthusiastic
45. Qualified
46. Schoolroom item
47. Dove's comment
48. Chafe
49. Polar sight
50. Timid
51. Baseball club

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.

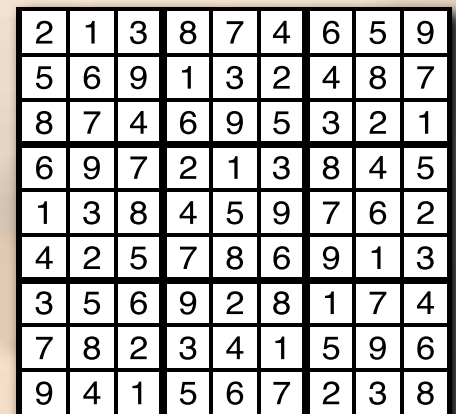


Last Issue's Answers

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Sudoku



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680, Jarry St East
Jarry Metro
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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

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Châteauguay Regional Centre
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Châteauguay
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Terrebonne
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LANAUDIERE

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Joliette
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OUTAOUAIS

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Offer subject to change without notice. A Setup Service Fee of \$80 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. ©2025 Fido