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Do Lavallers know who's running?

MATTHEW DALDALIAN
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With less than a month to go before Laval voters head to the polls, many residents admit they know little about the upcoming municipal election — or the candidates vying to run their city.

Laval's municipal election is set for Sunday, Nov. 2, with advance voting options on Oct. 24, 26, 27 and 28. Voters will elect one mayor and 22 councillors, but conversations on the street suggest many may be unaware of even the basics.

Turnout

"No, I don't know anything about it," said Natan Sadi, a younger voter interviewed near the Montmorency metro station.



The 2021 municipal election in Laval saw just 28.3 per cent turnout, one of the lowest in Quebec. This year, candidates are beginning to ramp up their campaigns, but the visibility might not be reaching everyone.

Sadi said he's seen "different photos of people and their posters" around town but wasn't sure what party they represented.

Like many others, he said roads remain the number one issue. "Especially like Chomedey, the roads are not too great. There's always construction, and it seems like there's always construction in the same spot, which is weird," he said.

Infrastructure and roadwork have been major points in the campaign so far. Parti Laval has promised around \$800 million in sewer and stormwater upgrades, while all three main parties — Mouvement lavallois, Parti Laval, and Action Laval — have made road repair part of their messaging.

Roads and safety

For many voters, the issues are clear — even if the candidates aren't. IGA worker Nathalie Thibault said she hasn't followed the campaign closely, and doesn't check social media or municipal websites.

Asked about her priorities, she didn't hesitate. "There aren't enough stop signs here; there are always accidents — always, always, always," she said, pointing to traffic issues on the nearby

street.

Thibault also couldn't recall the current mayor's name, though she remembered he had visited her place of work during a previous campaign. The incumbent, Stéphane Boyer, leads Mouvement lavallois, and is running on a 57-proposal platform that includes "clean and safe neighbourhoods," cultural investment, and improved services.



Knowing the details



Some voters, like Fadi Al-Dib, are more attuned to the race. He immediately named Boyer when asked who's running.

"I think he's the one who's going to win, because his team, up to now... he's done so many good projects," he said.

Still, Al-Dib admitted he hasn't looked at other parties' platforms.

"I saw the ads, but I didn't really see the schedules... what things they're going to do. I didn't get the chance."

His concerns echoed others: road quality in Chomedey, growing congestion, and better oversight of public schools.

"There are always things that don't work well," he said.

Information gap

Simon Bellefeuille, a city employee, said he's familiar with Mayor Boyer but finds overall coverage lacking.

"I think we're not really informed about who's running," Bellefeuille said.

That information gap comes despite an active campaign season, and information readily available online.



Campaign posters have appeared across the city. Still, residents like Bellefeuille say it doesn't feel like enough. "Municipal elections are still important... the water you drink is municipal, the parks outside are municipal," he added.

Boyer's two main challengers are Claude Larochelle, leader of Parti Laval, and Frédéric Mayer of Action Laval. The latter was recently flagged by Élections Québec for offering \$75 memberships — triple the legal \$25 limit — a small scandal that has yet to break through to most voters.

A civic test in November

This year's vote comes against a backdrop of

ongoing debates over taxation, infrastructure, and public safety.

But the bigger question might be whether residents even show up. As of early October, election documents could face delays due to a Canada Post strike, raising another logistical hurdle for voter outreach.

Advance voting begins Oct. 24, and polls will be open from 10 a.m. to 8 p.m. on Nov. 2. For now, the conversations on Laval's streets reflect a mix of civic disengagement, practical concerns, and complaints on the state of the roads.



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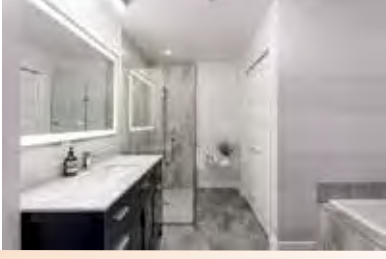
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OPINION & Editorial



Expectations of Laval citizens from their next municipal administration

As Laval prepares for its municipal election on November 2, 2025, the city stands at a crossroads. Citizens across its 22 electoral districts are not just choosing a mayor and council—they are expressing their hopes, frustrations, and aspirations for the future of Quebec's third-largest city. The next administration will inherit a city grappling with urban growth, infrastructure challenges, environmental concerns, and a demand for greater transparency and community engagement.

Urban development with a human touch

Laval has seen rapid development in recent years, with new residential and commercial projects reshaping its landscape. However, many residents are calling for smarter urban planning that prioritizes livability. Citizens want green spaces preserved, traffic congestion addressed, and public transit expanded.

Affordable housing and inclusive communities

Housing affordability remains a pressing issue. With rising property values and rental costs, many Laval residents—especially young families and seniors—are struggling to find suitable housing. Voters expect the next municipal government to implement policies that promote affordable housing.

Climate action and environmental stewardship

Environmental concerns are top of mind for many Laval citizens. From flooding risks in low-lying areas to the need for better waste management and cleaner air, residents are demanding bold climate action.

Transparency, accountability, and civic engagement

Trust in local government is fragile. Citizens want more transparency in decision-making, clearer communication from elected officials, and genuine opportunities to participate in shaping their communities. The next mayor and council must commit to open governance, regular consultations, and accessible platforms for feedback and dialogue.

Public safety and community well-being

Safety is a foundational concern. Laval residents expect continued investment in public safety services, including police, fire, and emergency response. They expect from their police force to be more efficient against crime. They need to feel that sense of security and nothing less.

Infrastructure renewal and mobility

From aging roads to outdated water systems, Laval's infrastructure needs attention. Citizens are calling for strategic investments that improve mobility, reduce commute times, and enhance the quality of public services. The next administration must prioritize long-term infrastructure planning while addressing immediate concerns. Citizens are for bicycles, but they want the rules of the road to be obeyed to the fullest. Riding a bike has as much responsibility as driving a vehicle.

Support for local businesses and economic resilience

The pandemic and economic shifts have

impacted Laval's business community. Residents want their leaders to champion local entrepreneurs, attract sustainable investment, and create jobs that reflect the city's evolving economy. Economic development must be inclusive, resilient, and forward-looking.

Respect for anglophone and allophone communities

Laval's anglophone and allophone communities—many of whom are bilingual and deeply integrated into the city's social fabric—expect recognition, respect, and equitable access to services. Recent provincial policies, such as Bill 96, have raised concerns about the erosion of English-language rights and access to information.

Citizens in these communities want the next municipal administration to ensure that communication, public services, and civic participation remain inclusive and linguistically accessible. This includes supporting cultural organizations, and acknowledging the unique challenges faced by linguistic minorities.

Looking ahead

The next municipal administration will not only manage budgets and bylaws—it will shape the future of a city that is dynamic, diverse, and full of potential.

On November 2, Laval's voters will cast their ballots not just for candidates, but for a vision of what their city can become.

George Guzman
Co-publisher
Laval News



Letter to the Editor

Dear Mr Lafrenière,
The shooting at the Starbucks in Laval on Autoroute 440 has left many Laval citizens shaken and angry.

As a 35 plus year resident of Laval and Chomedey, we have seen a sustained downturn in the quality of our living environment. The persistent and steady rise in crime has degraded the situation for residents.

We all know where the "gangs" operate from

and how they operate. At one time or another, many of us have found ourselves victims to their crimes.

They firebomb businesses, threaten individuals and exchange gunfire in broad daylight where people live and work and children play.

Politicians can come out in the media after a shooting like the one at Starbucks and express outrage, but it must go beyond that.

A strong police presence in the neighbourhoods

is imperative and we need concrete legislation and tougher sentencing laws to convict and keep criminals who pose a threat to society in jail.

Citizens do not want just rhetoric and words from our elected officials to appease us but actions and measures to keep our neighbourhoods safe.

Sincerely yours,

Peggy Babalis
Laval

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Laval takes action to sterilize and adopt stray cats

The City of Laval and the SPCA Lanaudière Basses-Laurentides have announced the implementation of a pilot project aimed at better managing the stray cat population in Laval.

In addition to helping reduce the number of cat births through sterilization, the partnership will promote the adoption of sociable cats and offer a new life to more independent felines.

The project will be rolled out before the end of this fall in areas where the stray cat population is particularly acute, according to complaint data collected by the city over the past five years.

By concentrating efforts in these neighbor-

hoods, says the city, it will be possible to measure the project's impact before considering whether to expand it.

The city says it will allocate \$70,000 for an initial one-year period, and this amount will be renewable for a second year depending on the results. With the investment, the city estimates it will be able to sterilize more than 300 cats per year with the voluntary cooperation of the public.

"We have heard the concerns expressed by many citizens," says Christine Poirier, Duvernay-Pont-Viau's city councilor, who is responsible

for the cat control dossier.

"With this pilot project, conducted in partnership with the SPCA Lanaudière Basses-Laurentides, we are choosing an approach that respects animal welfare and is as efficient as possible with Laval residents' money. This will improve both the quality of life of the animals and that of the population in our neighborhoods."

All stray cats captured as part of the project will be sterilized and dewormed.

Unlike approaches limited to sterilizing and then releasing stray cats, the SPCA Lanaudière

Basses-Laurentides program also includes an adoption component. Through this, sociable cats will be taken in by a network of foster families with a view to their permanent adoption.

As well, there will be a farm cat program, intended for semi-sociable or unadoptable cats. This program involves their relocation to farms, barns or stables in the area after a behavioral and medical assessment.



City of Laval and the Rocket team up for Héma-Québec blood drive

The City of Laval's Blood Drive is back for the 52nd time. In collaboration with Héma-Québec and the Laval Rocket, the city invites residents to a major event filled with a sense of belonging on Tuesday November 4 at Place Bell.

According to the city, the goal for this major drive is to reach 550 donations. In a friendly and inspiring atmosphere, donors will have the opportunity to meet Laval Rocket players and municipal officials while performing a vital and life-saving act.

It is strongly recommended you reserve your spot now, online or by phone, although walk-

ins are also possible. It should be noted that most healthy adults can donate blood.

Information on the reservation process and eligibility criteria is available on the event's website. You can also reserve your spot by calling 1-800-343-7264 during the available time slots between 9 a.m. and 7 p.m.

You can confirm your eligibility by visiting hemaquebec.ca/don-sang or calling 1-800-847-2525. The Laval Blood Drive is made possible thanks to the participation of the City of Laval, Héma-Québec and the Laval Rocket.

"Thanks to the alliance between the Laval Rocket and Héma-Québec, we are a winning team that saves lives," says Mayor Stéphane Boyer. "The Laval Blood Drive is much more than an event: it's a gesture of solidarity that unites our community around a vital cause. At Place Bell, every donor will be welcomed in a space designed for their comfort. Give generously."

"The Laval Rocket organization is proud to partner with the City of Laval and Héma-Québec again this year," says Pascal Vincent, head coach of the Laval Rocket.

"Having attended my first Laval blood drive last season, I can say that our supporters, as well as many donors, were there," he added. "Every donation is crucial, because we all know someone who, one day or another, will need this precious gift. Come meet the team and me at Place Bell on November 4."

"Héma-Québec is proud to partner with the City of Laval and the Rocket for the Laval Blood Drive," says Sylvain Lauzé, blood drive consultant at Héma-Québec. "We invite you to reach out on November 4 and contribute to the health of the entire community."

Laval residents blood drive

On november 4, give blood and help save lives.



Book an appointment.



Place Bell (free parking)



Elections Québec takes special measures because of Canada Post strike

Voter reminder cards may not be arriving as usual with postal service out

MARTIN C. BARRY
Local Journalism Initiative Reporter
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Quebec's Chief Electoral Officer Jean-François Blanchet has made a special decision to allow municipalities to deliver election-related documents by means other than direct delivery to voters during the 2025 municipal general election. Blanchet says the decision was necessary given the current disruption to postal services. "Postal services are a key element of the electoral process," Blanchet said in a statement issued by his office.

"In the current context, municipalities, responsible for organizing their elections, will have to make considerable additional efforts to find other solutions," he said. "I urge voters to be understanding and take the time to contact their municipality to obtain all the information they need to exercise their right to vote."

Alternative measures

Blanchet said his decision would not prevent municipalities from delivering their documents by mail if the strike ends quickly and postal services resume as normal. But in the meantime, the chief electoral officer's office is proposing various alternative measures.

If municipalities are able to, they are being encouraged to prioritize a solution that will ensure the delivery of two documents to voters' doors, in accordance with the spirit of the electoral act: the notice of registration on the voters' list and the reminder card.

The municipalities are being told they can use another delivery service or rely on their staff or a group of volunteers, for example. If they are unable to distribute personalized registration notices in the name of each voter, they can distribute a non-personalized notice to each door.

They should then allow voters to verify in person their registration on the voters' lists, but also by telephone or online. They can also disseminate general information through posters, advertisements and their websites. If municipalities with 20,000 or more inhabitants are unable to deliver their reminder cards to voters' doors, they must allow them to verify their polling place by telephone, according to the chief electoral officer.

Mandatory Mailings

Under the legislation respecting elections and referendums in Quebec's municipalities, all towns and cities are required to send a notice of registration by mail to all addresses in their territory. This notice indicates the names of the electors registered on the lists of electors at each address. It may also indicate that no one is registered at that address. It also indicates where and when the board of revisors will sit. This notice should be sent between October 6 and 15, depending on the municipality.

Nearly 92 per cent of Quebec's approximately 6.4 million electors are registered on the list of electors. Nearly 98 per cent of them are registered at the correct address. Between October 11 and 21, each municipality must hold at least two electoral list revision meetings to allow voters to register or change their registration if necessary. The locations, dates and times vary from one municipality to another.

Owners and co-owners

Élections Québec invites voters to use its online service to check their registration on the provincial electoral list. The majority of people registered on this list are also registered at the same address on their municipality's electoral lists. However, this is not the case for people who are eligible to vote as owners or co-owners of a building or as occupants or co-occupants of a business establishment within the municipality.

In addition, anyone who has changed their address and modified their registration on the electoral list since September 5, including through the Quebec Change of Address Service (SQCA), must contact their municipality to make this change of address, even if the information is up to date on the Élections Québec website.

Make sure you are registered

Voters should not assume that they are registered on their municipality's electoral lists, even if they voted in the last federal election, since the electoral lists used in the upcoming election are separate. No one will be able to make changes to the electoral rolls on election day. This is an important difference between federal and municipal elections.

To be eligible to vote in the 2025 municipal elections, you must meet these five conditions on the November 2, election day: Be registered on the electoral lists of your municipality; Be 18 years of age or older; Be a Canadian citizen; Be in one of the following situations: domiciled in the municipality and, for at least 6 months, in Quebec; Be the owner of a building in the municipality or the occupant of a business establishment located within the municipality for at least 45 days. 5. And still have the right to vote (unless it has been revoked because of non-residency or other reason).



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CORRECTION!

**New community centre
on Notre-Dame, not Souvenir**

An article on page seven in the September 24 issue of *The Laval News* incorrectly stated that the newly-opened Centre communautaire Simonne-Monet-Chartrand is located on Souvenir Blvd. In fact, it is on Notre-Dame Blvd. We apologize for the error.



Ottawa faces blowback over request Supreme Court set limits on 'notwithstanding' clause

'It's a direct attack on Bill 21,' says Quebec's Secularism Minister Jean-François Roberge



Federal Justice Minister Sean Fraser faces sharp criticism from several premiers of Canada's provinces after asking the country's Supreme Court to set limits on the in the Charter of Rights and Freedoms's "notwithstanding" clause. (Photo: Courtesy of Sean Fraser, Facebook)

MARTIN C. BARRY
Local Journalism Initiative Reporter
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Provincial leaders from Quebec and other parts of the country reacted poorly last week

after federal Justice Minister Sean Fraser announced that the Liberal government is asking the Supreme Court of Canada to set limits on how the Canadian Charter of Rights and Freedom's "notwithstanding" clause is used to override conflicting provincial laws. "As Attorney General of Canada, I have filed a factum with the Supreme Court of Canada outlining Canada's position on constitutional issues raised by the use of the notwithstanding clause," Fraser said in a statement. "The Canadian Charter of Rights and Freedoms is a pillar of our democracy and a reflection of our shared values," he said. "It guarantees fundamental freedoms, including freedom of thought, belief, expression, religion, and association."

Decision's lasting impact

"It also guarantees equality before the law, and the right to life, liberty and security of the person. The Charter protects these rights for everyone in Canada, and they are at the heart of our democratic society. "This case is about more than the immediate issues before the Court," Fraser added. "The Supreme Court's decision will shape how both federal and provincial governments may use the notwithstanding clause for years to come." The notwithstanding clause has proven to be controversial since its inclusion in the Charter of Rights, which was part of the Constitution of Canada enacted by Prime Minister Pierre Elliott Trudeau's Liberal government in 1982. The clause was included as a political compromise

to obtain the support of the provinces for the constitution and charter.

Deal broke a deadlock

The inclusion of the clause is widely viewed by political scientists and analysts today as a deal struck to break a deadlock between the federal government and the provinces during the constitutional negotiations, allowing legislatures to pass laws that temporarily override certain Charter rights if necessary.

Some, but not all, Charter rights are subject to the notwithstanding clause. The clause authorizes governments to temporarily override the rights and freedoms in sections 2 and 7 through 15 for up to five years, subject to renewal.

The notwithstanding clause has been used most often by Quebec to justify legislation deemed necessary to safeguard the French language, as well as by Alberta, which invoked notwithstanding to enshrine a definition of marriage as being exclusively heterosexual.

'Attack on Bill 21,' says CAQ

In Quebec within just a few hours of Fraser's announcement, members of the Coalition Avenir Québec government weren't mincing words when reacting to Ottawa's intervention – especially regarding its potential impact on Bill 21, the province's "religious symbols" secularism law.

Quebec Justice Minister Simon Jolin-Barrette accused the federal government of not only attacking Quebec, but also of attacking the parliamentary sovereignty of the legislative

assemblies of all of Canada. "They want to break the deal that they had," Jolin-Barrette told journalists in Quebec City, alluding to the federal government's original intention for including the notwithstanding clause. Quebec's Secularism Minister Jean-François Roberge, went further, accusing the Carney government of hypocrisy. He said the federal government claims to not be against the secularism law, while opposing the measure put in place to safeguard it. "It's a direct attack on Bill 21," he said. In a statement, Fraser emphasized that his request for limits is not only about Quebec's secularism law,

'Overreach,' says Ontario's Ford

In Ontario, Premier Doug Ford warned that Ottawa's bid to curb the province's use of notwithstanding would be an overreach his government would not tolerate, as he also maintained that provincial governments have the full political backing of voters. "It's way overreach with the courts," Ford told The Toronto Star. "Again, parliament – federal parliament, provincial parliament – they're supreme because the people are supreme, not judges ruling on stuff that shouldn't even be in front of the courts." Jolin-Barrette appeared to agree with Ford. "These people have been elected by people of each province," he said, while maintaining that the federal government was trying to use a back door in its arguments to try and rob the provincial legislatures of their powers.

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Are Canada's national anthem sung at the beginning of major sports events and the "land acknowledgment" recited at the start of many public gatherings to recognize Canada's indigenous peoples at odds with one another?

The question was one that former federal NDP leader and Chomedey Liberal MNA Tom Mulcair answered following a talk he gave on legal issues affecting indigenous rights and the environment in Canada on September 25 as a Jurist-in-Residence program guest at Concordia University.

Indigenous issues advocate

Over the course of his political career – especially at the federal level – Mulcair advocated strongly for respect for court rulings and international obligations towards Canada's indigenous peoples, according to an iPolitics summary of the NDP's positions under Mulcair's leadership published in 2013, two years before the 2015 election.

According to CTV News report a few months before the election in which Mulcair and the NDP would suffer a major setback after finishing in a distant third-place, he advocated for a "nation-to-nation" relationship between the First Nations and the federal government.

Hollow statements

But as one attendee at Mulcair's lecture pointed out, land acknowledgment statements, which typically refer to "unceded" lands or territory originally belonging to First Nations, tend to ring hollow in the context that no further action is being taken to restitute the First Nations.

She also suggested that some of the words in O Canada and in land acknowledgments stand in



Former NDP leader and Chomedey Liberal MNA Tom Mulcair continues to advocate for indigenous Canadians' rights more than seven years after leaving politics. (Photo: Martin C. Barry, Newsfirst Multimedia)

contrast if not outright contradiction to each other.

She recalled recently being at a recent hockey game in western Canada where some fans from First Nations sitting next to her were appalled that a land acknowledgment was recited just before everyone stood up for the country's national anthem.

'It's not settled,' said Mulcair

While Mulcair conceded that land acknowledgments have no binding legal effect, he maintained they still have the ability to keep within people's minds the understanding that "this is not ours as of right – this is something that belonged to people who were there before," he said.

"Land acknowledgments are a way of putting into the general public's mind that we should be thinking about this stuff – that it's not settled and that there's still a lot that has to be done," he continued.

"That's the best way to look at it." While insisting that land acknowledgments are helpful, Mulcair had nothing more to say in terms of taking the statements a step further.

Action Laval violated Élections Québec rules

MATTHEW DALDALIAN

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Action Laval violated Quebec's municipal electoral law by offering three-year party memberships for \$75, according to Élections Québec.

The party's website previously listed four membership options: \$25 for one year, \$50 for two years, \$75 for three years, and \$25 for out-of-town members. Under the Act respecting elections and referendums in municipalities (LERM), a natural person may pay a maximum of \$25 per year to join a political party.

Violations

Élections Québec confirmed last week that the practice violated the law. Any amount collected above the \$25 annual limit is automatically considered a political contribution and must follow the province's strict financing rules.

The electoral body added that parties cannot collect contributions in advance, since there is no guarantee, they will still be active in future years.

Action Laval has since modified its online membership form to remove the multi-year options and limit payments to the legal \$25 maximum.

Other parties' takes

Parti Laval leader Claude Larochelle said there is no doubt about the illegality of the practice.

"The Chief Electoral Officer confirmed that this practice goes against the Act respecting elections and referendums in municipalities," Larochelle told The Laval News. "There's no room for doubt here."

He also criticized Action Laval's leadership for knowingly breaking financing rules.

"Frédéric Mayer has been active in municipal politics for many years," Larochelle said, referring to Action Laval's mayoral candidate and deputy director of the opposition office. "It's well established that he and the other party leaders know the rules. Right now, Action Laval and Mr. Mayer are campaigning with illegally collected funds. They must disclose and immediately repay the money they've received this way."

The governing Mouvement Lavallois, with Mayor Stéphane Boyer at the helm, gave a measured response, stating that it remained focused on its campaign and "delivering concrete improvements to residents' quality of life."

Previous controversy

According to Élections Québec's public filings, Action Laval reported a \$3,790 deficit as of Jan. 1, 2025.

The party has also faced a series of controversies in recent years, including councillor Paolo Galati's taxpayer-funded grocery reimbursements and councillor Aglaia Revelakis's departure earlier this year after denouncing the party's internal nomination process.



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Laval residents seek answers after spike in missing cats

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A series of missing cats in a Laval neighbourhood near the Armand-Frappier woods prompted concern among residents this summer.

Several owners reported their whiskered companions disappearing within weeks of one another, with coyotes suspected to be the culprits.

Amalia Caporicci, a clinical research lead and nearby resident, first noticed lost-cat posters appearing in her neighbourhood in July. Two of her own cats later disappeared and have not returned.

As the Chomedey resident filed reports, put up



Amalia Caporicci, a clinical research lead and nearby resident, pictured in the Armand-Frappier Woods. (Photo: Matthew Daldalian, Laval News)

posters and posted online, she heard from other owners that she wasn't alone—and that coyotes had been seen near the woods.

"Within that time period, two to three other cats basically disappeared," Caporicci said. "I realized I wasn't the only one—people were actively searching for their cats, and it was happening all at once. That's when I started to get really concerned."

Other residents reported similar concerns. Sylvie Lozier, a retired resident of the same neighbourhood, said her eight-year-old cat Mimi had always gone outside and returned home without issue, until recently. She noted the recent disappearances were unusual for the area. "If it was one or two cats, sure, but it's a lot of cats.

It's weird. It's not normal," she said.

In July, a stormy night marked the last time Agnes Por, who operates a home daycare and works as an educator, saw her cat. Her cat, Gabi, was used to going outside and always came home, but this time he didn't.

Por searched the neighbourhood for days, posted notices, and filed reports with the SPCA, but never found him. As time passed, she began noticing more missing-cat posters nearby. "And I see more and more posters of cats missing in this area," she said. "And I'm thinking, must be a coyote. What else could it be?"

City and political responses

Caporicci said she contacted Laval's Gestion Animalière, Protection de la faune Laval-Laurentide, the Ministry of the Environment, and the office of Sandra El-Helou, the councillor for her district, Souvenir-Labelle. She said she did not receive responses.

"To date, I've just been met with silence. I haven't had any of my calls returned," Caporicci said.

Frédéric Mayer, Action Laval leader and mayoral candidate, said he had not heard about the situation through official channels. He believed that when natural habitats change, it's normal for animals to move into new areas.

Mayer said his party would prioritize communication with residents if elected. "This is at the heart of our values," he added.

He also argued that Laval currently lacks a dedicated municipal animal service to deal with situations like coyote sightings, leaving residents to handle problems themselves.

While the city has regulations governing pet ownership and contracts animal control to Berger Blanc, it does not operate its own wildlife management team. The closest option is the provincial Environment Ministry, which intervenes when coyotes become aggressive or lose their fear of humans.

According to Caporicci, a biologist from the Ministry of the Environment would later tell her that coyotes are now common in urban areas due to habitat loss, but no investigation would be conducted near her neighbourhood due to budget constraints.

Laval has also partnered with the SPCA Lanaudière Basses-Laurentides on pilot projects to manage stray cats through catch-sterilize-release programs, but Mayer said Action Laval would go further by bringing a permanent animal

centre to the city.

In a written statement to *The Laval News*, the City of Laval said "neither the City of Laval nor the mandated animal service have received any reports on this subject."

The city added that 30 calls were made to 311 about coyotes in 2025. Several reports were received in August from residents near the Armand-Frappier woods, and tracks were observed by Canopée, the organization responsible for managing and patrolling eight of Laval's municipal woods.

Deterrent patrols were conducted between August 14 and 22, and a hunting camera was installed at the end of the month.

Information posters warning residents about coyotes were also put up at the entrance near Boulevard du Souvenir, near Fire Station No. 2, close to Laval Senior Academy and inside the forest itself.

The signs outline basic safety measures, including keeping pets indoors at night and avoiding leaving food or garbage outside.

Ecological perspective

Grant Brown, a professor of behavioural ecology at Concordia University, said coyotes and other "mid-ranking" predators could possibly be drawn into cities because of food sources and changing habitats.

"Urban environments represent a food resource," Brown said. "Neighborhood pets are a wonderful source of food. Garbage refuse is a wonderful source of food and available freely."

He said habitat fragmentation forces animals to choose between moving farther away or entering urban areas. "You're changing the characteristics of that habitat and you're changing the resources and the availability of usable habitat," he said.

Coyotes, he added, adapt easily to urban conditions.

On their part, the Laval Police Service confirmed that coyote calls near their Chomedey headquarters have been a recurring issue.

The Laval Police said they receive coyote-related



Missing-cat posters were pinned to trees near trails in the Armand-Frappier woods in Laval, Que., in August 2025. (Photo: Matthew Daldalian, Laval News)

calls every year in the area near their Chomedey headquarters. However, spokesperson Erika Landry noted that the number of sightings has declined since the construction of condo towers on St-Elzéar Boulevard, and only a few reports have been made so far this year.

The Montreal SPCA warns that outdoor cats face higher risks of injury from predators, cars, and other animals, and recommends micro-chipping, parasite treatments, and GPS collars.

Residents continue to seek answers

Lozier has since stopped letting her remaining cat outside, Por has advised neighbours to do the same.

Caporicci continued to search for her missing cats and believed the city should have done more to alert residents.

"I think in this particular case, [the city is] responsible for that," Caporicci said. "They should actually, at the very least, take our calls, listen to us."

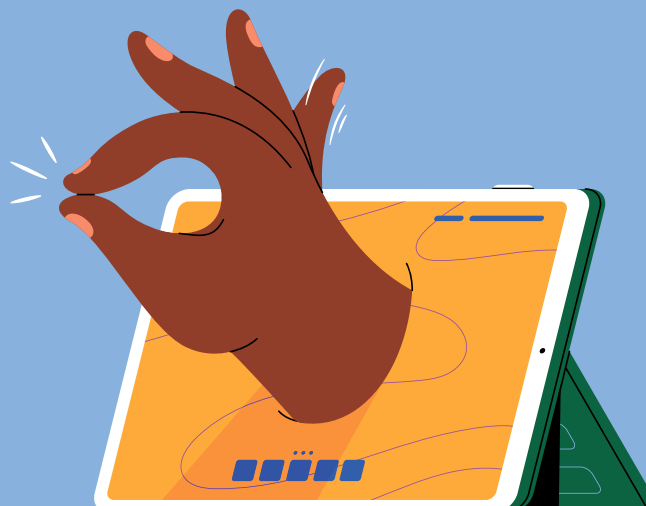


One of Amalia Caporicci's missing cats, Pippin. (Photo: Amalia Caporicci)

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How to help



Volvo Laval joins Pink in the City for Breast Cancer Awareness Month launch

The theme at this year's gala will be 'The Magic of Hope' on October 24



"It's a very worthy and important cause to us," said Victoria Taddeo, vice-president of sales and marketing with Groupe Taddeo. (Photo: Martin C. Barry, Laval News)

MARTIN C. BARRY

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With just a few weeks left before Pink in the City's annual gala for the benefit of breast cancer care at the McGill University Health Centre, dedicated supporters gathered at the Volvo Laval dealership in Duvernay last week for an event marking the official start of Breast Cancer Awareness Month.

'Worthy cause,' says Groupe Taddeo

The cocktail/buffet dinner with live music was a warmup for the gala, while marking the first time Pink in the City partnered with Volvo Laval's new owners, Groupe Taddeo Auto, for an awareness-raising event.

"It's a very worthy and important cause to us as we've had people in our family affected by breast cancer," said Victoria Taddeo, vice-president of sales and marketing with the company, which also operates Honda and Polestar dealerships in Laval and Montreal.

Volvo EX30 to be raffled

Volvo Laval contributed a 2025 Volvo EX30 battery electric subcompact crossover SUV



Pink in the City co-founder Denise Vourtzoumis speaks during their event at Laval Volvo. (Photo: Martin C. Barry, Laval News)

to raffle off for the benefit of Pink in the City, with tickets going for \$150 a pop. The EX30 is among Volvo's smallest SUVs, but a variant is reportedly among the fastest accelerating

Volvos ever.

"I'm so happy to see so many people wearing

► Continued on page 13



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Pink in the City's Bobby and Denise Vourtzoumis, are seen with sax musician Zena Bernoty during the Breast Cancer Awareness Month launch at Laval Volvo. (Photo: Martin C. Barry, Laval News)



Pink in the City's Bobby and Denise Vourtzoumis, are seen during the group's gathering at Laval Volvo last week. (Photo: Martin C. Barry, Laval News)



Dr. Sarkis Meterissian, director of the Breast Center of the McGill University Health Centre, addressed guests at Pink in the City's gathering at Laval Volvo last week for the launch of Breast Cancer Awareness Month. (Photo: Martin C. Barry, Laval News)

◀ Continued from page 12

the color pink, because that is the symbol of us remembering all the courageous women who have fought or are fighting breast cancer or who will be diagnosed with breast cancer," said Pink in the City co-founder Denise Vourtzoumis, adding that "there's no excuse not to raise money for breast cancer."

Relief for breast cancer patients

Dr. Sarkis Meterissian, director of the Breast Center at the MUHC, explained how the

donated money is used to help provide relief to breast cancer patients under treatment.

"As survivors will tell you, chemotherapy, surgery and rehabilitation are a real pain in the you know what," he said.

"The money you're giving, for which we're very grateful, is allowing women to get back to their normal lives. Your money is paying for them to get things like dieticians, exercise, psychotherapy, kinesiology, to try and get back to the women they were before they were diagnosed. And that is not easy after all the treatments we give."

Gala not to be missed

The 2025 Pink in the City Gala is scheduled for Friday, October 24 at the Château Royal in Chomedey/Laval, with cocktails at 6:30 pm and dinner at 7:30.

The event is presented by Pink in the City in collaboration with the MUHC Foundation to support breast cancer patient care, research and education.

The theme will be "The Magic of Hope," celebrating survivors and honoring fighters and angels, with proceeds directly benefiting the MUHC Foundation's Breast Center.

Une pensée pour ceux affectés par cette maladie en ce *Mois de sensibilisation du cancer du sein*

Thinking of those affected by the disease on this
Breast Cancer Awareness Month



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PSYCHOLOGY FOR ALL

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Seasonal Affective Disorder (S.A.D)

S. A. D. (Seasonal Affective Disorder) is a disorder that tends to begin around the month of October. It is what we call a situational depression which should be addressed with your doctor or a qualified professional who understands it. I have been working with such patients for many years in my private practice and have witnessed how devastating this disorder can be firsthand. I am writing this article to enlighten people to the fact that it exists and requires attention.

This is simply a depression brought on by the lack of light that we experience during the winter months. There are exceptions where someone is already depressed, and this season enhances that depression to a state where it is hard to deal with.

There are ways to deal with it with your family doctor or psychologist. There have been improvements in treatment for depression over the past several years. Given this is an illness that affects many Canadians, consulting and understanding it with qualified guidance is essential.

I will state just some of the symptoms people may experience when depression begins to set in around October: there is a lack of sleep leaving the patient with chronic fatigue making it hard to get through the day. There can be a loss of weight and paradoxically weight gain in the process depending on the capabilities of the individual.

The person who stays under a blanket in front of the television all day may experience weight gain and may be suffering a lot more than the active person who gets up and with the weight of the world on their shoulder has

to get the kids to school, go to work, and then get the kids home for the regiment they have enacted for their evenings. This means that they cannot sit on the couch and watch TV all night. There is homework that needs to be done, dinner must be prepared and regardless of the help the individual has, it is still extremely hard for them; however, they must do what needs to be done until bedtime.

This is the time that they are alone with their thoughts and most wonder if they will get a good night's sleep and wake up rested the next morning. The never-ending optimist hopes so and come springtime with longer daylight this will occur. I have noticed this pattern in my office for several years. It is hard in October to tell someone to wait until March or April to feel better.

Nevertheless, there are treatments that you can consult with your doctor and get such as light therapy; ultraviolet lights that have been known to alleviate the symptoms of this depression. Another highly successful way to deal with S.A.D is exercise. Attending a gym on a regular basis may be one of the best treatments I know. I understand how hard that can be, and I empathize with the suffering but one may weigh the benefits of a gym membership over the couch and comfort food. The answer is obvious.

In conclusion, I have to say that this is a real issue for many people. I would advise anyone suffering with symptoms described above to see your doctor or a qualified professional. There is medication that can be prescribed to alleviate the symptoms and help you get through the winter blues.

Sourp Hagop Armenian School celebrates 50 years of heritage

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Fifty years ago, École arménienne Sourp Hagop opened its doors to just 37 kindergarten and grade one students.

Today, the Montreal-based institution stands as a cornerstone of Montreal's Armenian community, educating hundreds of students each year while preserving language, culture, and identity across generations.

History

Founded in 1974, Sourp Hagop was born out of the Armenian community's determination to rebuild cultural life after displacement. As immigrants arrived in Montreal with few institutions of their own, community leaders set out to create a school that would transmit language and history while offering a high-quality Quebec education.

"It started in the 1970s, or even before, when immigrants came to Montreal. There were no Armenian schools," explained director Lory Abrakian. "As a people who have survived genocide, it is important for us to transmit language, culture, history, so that memory lives on."

Over five decades, the school has expanded from its modest beginnings to offer a full curriculum through Secondary 5.

Classes are taught primarily in French, with English instruction and Armenian heritage courses woven into the program. The school moved into the former Malcolm Campbell High School building on Rue Nadon, where it remains today.

Growth

Abrakian said the anniversary is an opportunity to reflect on how much the institution has grown, both physically and in its role within Quebec society. "Fifty years ago, I don't even think that they envisioned what the school was going to become," she said, noting that Sourp Hagop now counts more than 1,400 alumni, many of whom are active contributors to Quebec's professional and civic life.

To mark the milestone, the school held a series of events over the past year, culminating in a gala. The evening brought together community members, donors, and elected officials, and served as a launch pad for the school's future projects, including a major schoolyard renovation.

MNA celebrates

For Sona Lakhoyan Olivier, MNA for Chomedey, the celebrations captured the spirit of the institution. "It was inspiring to see the community's dedication and very generous contributions toward the school's growth, looking ahead to the next 50 years," she said.

Lakhoyan Olivier described the school as a "cornerstone" of the Armenian community, preparing leaders and fostering a strong cultural identity while contributing to Quebec and Canadian society.



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Laval's economy caught in the middle as Ottawa tightens foreign worker rules

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The Canadian government's tightening of temporary foreign worker (TFW) rules might soon reverberate across Laval's economy. Business leaders and economists warning of closures, lost contracts, and long-term reputational damage.

The Chamber of Commerce

Caroline de Guire, president and CEO of the Chamber of Commerce and Industry of Laval, said the restrictions touch nearly every sector of the city. "Yes, we always hear about tourism, hotel, agriculture, caregiving. These are big ones. But because we're in a large agglomeration in the Greater Montreal region, it really is all sectors," she said. "Everybody is impacted."

A survey released by the Fédération des chambres de commerce (FCCQ) found that 63% of Quebec businesses risk contract losses, production cuts or even shift closures if restrictions persist. De Guire said the risks for Laval companies, adding that another survey showed 18% of small and medium enterprises employing low-wage TFWs could close altogether. "These people have been hired, they've had contracts, their contracts are up for renewal. And they're at a standpoint where it's a no man's land, where they might actually not be able to keep their workforce," she said.

The workforce

Recent examples from other regions in Quebec illustrate the potential impacts of the

new restrictions. Marineau Hotels in Mauricie told *Le Journal de Montréal* last week it risks losing "perhaps 80% of our kitchen staff" under the new rules. The Quebec Hotel Association said 74% of hoteliers expect major impacts within a year if restrictions remain. Meanwhile, federal criteria now cap many employers at 10% of their workforce in TFWs, with wage thresholds cutting off access to lower-paid roles. According to a report by Canadian immigration lawyer, Joshua Slayen, Canada's temporary foreign worker program has expanded rapidly, with the number of workers growing from 356,000 in 2011 to 845,000 in 2021 and employer approvals reaching nearly 240,000 in 2023.

Economist perspective

Economist Moshe Lander of Concordia University said the political debate often frames TFWs as either displacing Canadians or filling roles no one else will take. In either case, he argued, restrictions carry costs. "It's almost irrelevant whether they're substitutes or complements. It does damage local workers," Lander said. "Any attempt to keep foreign workers out will ultimately hurt the local population." Lander explained that policymakers increasingly frame the issue beyond the labour market, emphasizing potential competition between temporary foreign workers and local residents for housing, medical services, and school spaces. He said this shift helps justify restrictions even when foreign workers are economically comple-



mentary to domestic labour. Still, he warned that restricting entry could harm Canada's global image. "Once that message goes out, that's not just short-term damage that's done, that's medium to long-term damage," Lander said. "Canada is now going to be seen for a generation as an unwelcoming place for foreign workers." De Guire rejected the notion that foreign

workers take jobs away from Quebecers. "It's not a tradeoff, it really is a compliment," she said. She added that retail, restaurants, hospitality, logistics, and advanced manufacturing as the sectors most vulnerable to labour shortages in Laval. "Temporary foreign workers are chosen. It's a decision. They're not a fallback. They are a strategic necessity," De Guire said.

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October 8, 2025 • The Laval News • 15



10 ideas for homemade Thanksgiving wreaths

When you welcome friends and relatives into your home this holiday, make sure they're greeted by a beautiful wreath hanging outside. Here are 10 festive options to adorn your front door.



1. A shallow, round woven basket wreath filled with faux fall foliage and small gourds
2. A deep green silk magnolia leaf wreath dotted with silver painted

acorns

3. A grapevine wreath embellished with faux bittersweet vines and cranberries
4. A pine cone wreath adorned with metallic leaves, a burlap bow and copper glitter
5. A foam wreath wrapped in strips of orange, yellow and red tulle
6. An olive branch wreath with dried white orchids and sprigs of lavender
7. A grapevine wreath decorated with fake apples, walnuts and cinnamon sticks
8. A gathered burlap wreath with faux sunflowers and sprigs of pine
9. A multi-color flint corn wreath filled in with dried husks and beige tulle
10. A floral wreath in fall colors with a "thankful" or "welcome" sign cut out of wood

Keep in mind that many of these suggestions can easily be adapted to create matching centerpieces for your dining table.

5 ideas for repurposing your Thanksgiving leftovers

Thanksgiving is a time for indulging in a delicious feast with loved ones. However, the aftermath can leave you with an abundance of leftovers. Rather than letting those delectable dishes go to waste, try these creative ideas for repurposing your Thanksgiving leftovers.



1. **Turkey and cranberry panini.** Take those leftover slices of turkey and spread a generous amount of cranberry sauce on your

favorite bread. Grill it to perfection for a delightful panini that combines savory and sweet flavors.

2. **Stuffing-stuffed mushrooms.** Transform your leftover stuffing into a mouthwatering, bite-sized appetizer. Remove the stems from button mushrooms and fill them with the stuffing mixture. Bake until the mushrooms are tender and the stuffing is golden brown.

3. **Thanksgiving shepherd's pie.** Combine leftover mashed potatoes, turkey, vege-

tables and gravy to create a comforting shepherd's pie. Layer the ingredients in a baking dish, top with mashed potatoes and bake until golden and bubbling.

4. **Cranberry barbecue meatballs.** Revamp your cranberry sauce by transforming it into a tangy glaze for meatballs. Combine cranberry and barbecue sauce, form meatballs using leftover turkey or ham and bake them until juicy and glazed.

5. **Pumpkin pie smoothie.** Give your leftover pumpkin pie a refreshing twist by blending it into a creamy smoothie. Combine a slice of pie with milk, yogurt and a dash of cinnamon. Blend until smooth for a rich pumpkin spice beverage.

Try out these inventive ideas to enjoy the flavors of Thanksgiving long after the main event.





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Happy Thanksgiving!

Thanksgiving centerpieces: ways to make your table-scape pop

Are you hosting Thanksgiving dinner this year and looking for unique ways to dress up your table? If so, here are some centerpiece ideas that are sure to wow your guests.

STALKS OF WHEAT

A Thanksgiving centerpiece made of wispy stalks of wheat can be both charmingly rustic and easy to assemble. Available in bunches from your local craft store, wrap the whole bundle of wheat you have in ribbon and place it in a vase of your choice. Or, forgo the ribbon and instead wrap small



clusters of the stalks with brightly colored yarn or embroidery thread.

MODERN CORNUCOPIA

Pile a variety of fruits, berries and nuts on a large platter for a play on the traditional Thanksgiving horn of plenty. Add autumnal touches by including a few small gourds and colorful leaves in the arrangement. If you prefer, you can arrange your centerpiece in several smaller bowls along the length of the table. Place them on a table runner for added impact.

LEAF-WRAPPED VOTIVES

If you love the ambience of candlelight, this is the option for you. Gather some leaves from outside and adhere them to glass candle holders or vases using double sided tape. Make as many or as few as you want and arrange them in the middle of your table. To enhance visual interest, use candle holders of different heights and sizes.

These centerpieces are easy to assemble and make use of materials that you likely already have at home. Alternatively, your local florist will be happy to put together a festive fall arrangement for your table.

How to navigate busy airports this Thanksgiving

Thanksgiving is one of the busiest travel times of the year, as millions of Americans take to the sky to visit loved ones. Crowds, however, can make airports a stressful place. Here are some tips on how to remain calm and collected before your flight.

PACK AND DRESS SMART

Do your part to make the security line move quickly by packing your bags as lightly as possible. Make sure electronic devices are easy to access, wear shoes that slip on and off without laces and avoid wearing a belt with a metal buckle.

SHIP YOUR GIFTS

You may want to arrive at your in-laws with presents in hand, but traveling with gifts will make your luggage heavier. The airline may even end up charging you extra fees for overweight bags. Instead, consider shipping your gifts ahead of time.

DON'T ARGUE

With so many passengers and planes in the air, it's not unusual

for things to go wrong. Flights may get canceled, or you could be denied boarding due to an oversold flight.

The best advice is to avoid getting angry at customer service representatives. Airline employees will be more inclined to help you if you can stay calm and show empathy. Also, be aware of your rights as a passenger under federal law. This way you'll know what you're entitled to if you're denied boarding.

Finally, to ensure your flight is as pleasant as possible, be sure to stay hydrated, wear comfortable clothes and use a lumbar pillow to support your lower back.



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annie.koutrakis@parl.gc.ca

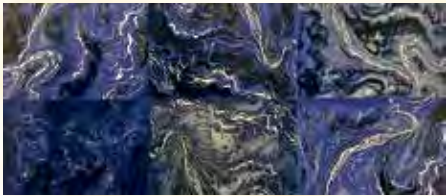


Things to do



UPCOMING

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

LES ROSES DE MONTRÉAL <i>Sports</i>  October 11 12 PM Stade Boréale 955 av. de Bois-de-Boulogne, H7N 4G1 Come and see Montreal's professional women's soccer team, playing in Laval, for their last home game of the season. <i>Visit Ticketmaster for tickets</i>	LAURENT PAQUIN <i>Humour</i>  October 16 7:30 PM Salle André-Mathieu 475 boulevard de l'Avenir, H7N 5H9 "Crocodile Distrain" offers incisive, slobbering, corrosive, sometimes cynical, but always thoughtful humour. <i>Starting at \$44.80</i>	THE HAUNTED HARVEST <i>Markets</i>  October 25 – 26 9 AM – 5 PM Ferme Marineau 4356 boulevard Dagenais O, H7R 1L5 Costumes, harvests, face painting, candy, live music, farmer's markets, and more will be available on site. <i>Family plan: \$52.95</i>	FALL ACTIVITIES <i>Outdoors</i>  Until October 31 9 AM – 7 PM (6 PM on weekends) Ferme Forget 7901 av. Marcel-Villeneuve, H7A 0H9 Giant corn maze, pick-your-own fruit, flower and vegetable fields, and many other activities. <i>Admission: \$10 (activities included)</i>
JOHN LEGEND <i>Show</i>  November 14 8 PM Place Bell 1950 rue Claude-Gagné, H7N 5H9 Exceptional performance by a multi-Grammy Award-winning artist and true icon of the international music scene. <i>Visit Ticketmaster for tickets</i>	MOVEMENT IN THE WATER <i>Science</i>  Until November 30 Mon – Fri: 9 – 5 // Sat – Sun: 12 – 5 Centre d'interprétation de l'eau 12 rue Hotte, H7L 2R3 Temporary exhibition Mouvements dans l'eau, celebrating water in all its forms, hosted by the Centre d'interprétation de l'eau (C.I.EAU). <i>\$5 (free with museum ticket)</i>	CHRISTMAS MARKETS <i>Markets</i>  November 22 – December 14 Wander the various Christmas markets in Laval to get you in the holiday spirit. Ferme Forget Ferme Marineau Serres Cléroux Ferme Jeunes au travail Nature Center Parc de la Rivière-des-Mille-Îles	DISNEY ON ICE <i>Show</i>  December 18 – 21 11 AM – 3 PM – 7 PM showings Place Bell 1950 rue Claude-Gagné, H7N 5H9 Celebrate with hosts Mickey and Minnie as they take the audience on an expedition in Road Trip Adventures, featuring beloved Disney characters. <i>Visit Ticketmaster for tickets</i>



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Gunshots, injuries and a violent death at the A-440 Starbucks

Multiple vehicles from the Laval Police and Urgences-Santé were on the scene at the Starbucks coffee franchise on Autoroute 440 at the corner of 100th Avenue late Wednesday morning last week, responding to gunshots fired and one resulting death.

Media and police officials later confirmed the identity of Charalambos Theologou, age 40, as the person killed in the incident. Charalambos had been on the radar of several police forces, including the Laval Police, since he was 19.

He had a lengthy criminal record, related to organized crime and gang activity, involving drug trafficking as well as the operation of network involved with extortion and arson.

Public safety officials are now speculating that Theologou’s violent death could be the opening salvo of an extended war between factions in organized crime, saying the factions are currently disorganized and largely leaderless and are poised to fight over turf.

With that likelihood perhaps in mind, last week Laval mayor Stéphane Boyer (photo on the right) held a press conference to speak out about the volatility of the situation.

Among other things, security experts are concerned about the danger of a resurgence of the type of gun-related violence that the Laval Police cracked down on over the past few years.

They had largely succeeded in suppressing the problem until last week’s incident.



Recent fires in Laval

September 25, 1:04 am. Building fire on 90th Avenue in Chomedey. Residential structure. Flames apparent in the basement. Code was 10-07, meaning intervention necessary.

Media reports state that the Laval Fire Dept. transferred an initial investigation they undertook into this fire to the Laval Police for arson investigation. The LFD reportedly found enough evidence on the scene to suggest that

a criminal inquiry would be in order.



October 1, 5:26 am. Building fire on Lavoisier St. in the Laval-des-Rapides sector. Residential structure. Flames apparent coming from a rear balcony. Code was 10-07, meaning an intervention was necessary.



LPD warn seniors and others of ‘distraction thefts’



The Laval Police are urging residents to be cautious after receiving dozens of recent reports from victims of “distraction theft.”

According to the LPD, more than 40 people have come forward with similar experiences

involving jewelry thieves targeting mainly the elderly.

The suspects, who appear to be from Eastern Europe, operate in public places, particularly shopping centre parking lots, according to the LPD.

They typically approach their victims under various pretexts, such as asking for directions or recommending a restaurant in the area. Once a conversation is underway, the suspects thank their victims by offering a piece of jewellery as a gift.

They then take advantage to discreetly steal the victim’s more valuable jewellery, including bracelets, watches, necklaces or rings.

Seizure of contraband at Federal Training Centre in Laval

On September 20, contraband and unauthorized items were seized at the Federal Training Centre, a multi-level security federal institution located in Laval’s Saint-François district.

The items seized included hashish, cocaine, marijuana, ecstasy pills, amphetamines, tobacco, lighters and rolling papers.

The total estimated institutional value of the seizure was \$142,534, according to the Correctional Service of Canada.

The CSC says it uses a number of tools to prevent drugs from entering its institutions.

They include ion scanners and drug-detector dogs to search buildings, personal property, inmates and visitors.

The CSC says it is heightening measures to prevent contraband from entering its institu-

tions in order to help ensure a safe and secure environment for everyone.

“CSC also works in partnership with the police to take action against those who attempt to introduce contraband into correctional institutions,” says the agency.

CSC has set up a telephone tip line so that it may receive additional information about activities relating to security at CSC institutions.

These activities may be related to drug use or trafficking that may threaten the safety and security of visitors, inmates, and staff members working at CSC institutions.

According to the CSC, the toll-free number, 18667803784, helps ensure that the information shared is protected and that callers remain anonymous.

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4 wildly interesting plants

Nature is full of surprises. Like animals and weather phenomena, plants can be awe-inspiring. Here are four unique and unusual plants.

1. ARUM TITAN

Amorphophallus titanum is the largest flower on the planet. It's native to the Indonesian island of Sumatra and can grow up to three metres tall. It blooms for only three days and gives off a strong scent of rotting meat to attract pollinating insects.

2. NEPENTHES LOWII

Nepenthes lowii is a carnivorous plant from Borneo that has developed an ingenious way to feed. Rather than capturing insects

and digesting them, the plant's pitcher-shaped leaves secrete a sweet substance that attracts small rodents. This substance has laxative properties and allows the plant to feed on animal droppings.



3. HYDNORA AFRICANA

Hydnora africana, also known as jakkalskos, is a brownish-beige,

mushroom-like African plant with a large mouth that opens at the top. It grows deep underground and dissolves the roots of other plants to extract nutrients from the soil. It also secretes an unpleasant smell to attract pollinators. It traps these insects inside its mouth until they release their pollen before letting them go.

4. RAINBOW EUCALYPTUS

The rainbow eucalyptus, or *eucalyptus deglupta*, is a tree native to the Philippines with a distinct multi-coloured trunk. It can reach a height of 70 metres and regularly sheds its bark to reveal stunning colours, like pale green, blue, purple, orange and brown.



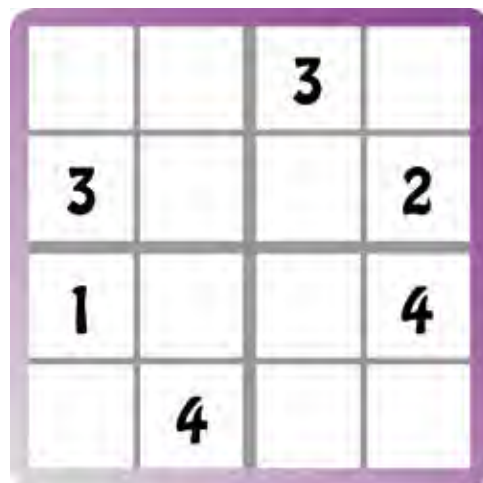
Do you know of any other surprising plants and trees?

KIDZONLINE

Sudoku 4 x 4

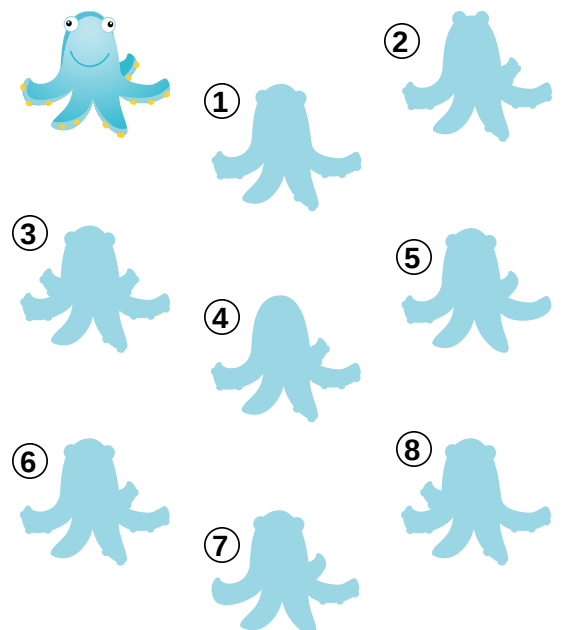
COMPLETE EACH GRID WITH NUMBERS FROM 1 TO 4, KEEPING IN MIND THAT:

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- a number can only appear once per column
- a number can only appear once in each box of 4 squares



Private eye

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FROM WAYNE & TAMARA

LOVE'S BEGGAR

Q I am 20. Five months ago I started dating a coworker, 29. We work in separate departments, so we are not on top of each other every day. When we started dating, I told him I was looking for a relationship. He said he had just gotten out of a two year relationship four months before.

We talk on the phone every day and see each other at least twice a week. I thought we were on our way to making it official as a couple—at least until two days ago. That's when he confessed this new girl at work wants to get back together with him. That was a shocker.

Before we started dating he dated her for a month, but she broke it off because he was moving too fast. Now he says he is stuck in the middle because he has feelings for both of us and doesn't want to hurt either of us. I told him he was too late because he is already hurting me by leaving me to get together with her.

I said I was beginning to fall in love with him, which is true, and if he cared as much as he said he did, he would stay with me. Well, he told me he wanted to be with me and he would tell her his decision. And he did.

Problem solved, right? Wrong! While I was on the phone with him, she shows up at his house, and they have a long talk. He tells me she said he is confused, and now he doesn't want to talk about it anymore because he's stuck in the middle of a situation he doesn't want to be in.

I hurt so much when I realize I could lose him, because I have strong feelings for him. I want to be with him, and I already told him how I feel. What else am I to do?

Shauna

A Shauna, some stories stick with us because they condense a truth in an unforgettable way. For us, one such story was a news item about a pilot guiding a large ship into port. When the ship collided with the pillar of a bridge, gravely damaging both the bridge and the vessel, the first words out of the pilot's mouth were, "Don't tell anybody."

People aren't honest naturally. We are animalistic. Our self-preservation mechanism is still so strong that a lie is the first thing which tries to come to our lips. Only our good character can stop it.

Your boyfriend is weak and a coward. When you jumped up and down, arguing with him, he didn't have the courage to say he doesn't want to be with you. Instead, he threw his hands in the air and said, "I'm confused." But he doesn't love you. He can't explain why he doesn't, he just doesn't.

No man can tell any woman exactly why he loves her. Love is an unmeasured quality, beyond factors and reasons. With a man who cares about you, you don't have to beg. But when you beg, you know for sure you are not loved. Arguing will not change that.

You think you have to make this relationship work because you are hungry for love. That is the first misstep in falling down a long staircase. When you find yourself tripping on the first step, you must grab the rail so you don't fall all the way down the stairs.

What railing are we talking about? The railing of reality. Grab hold of reality and say I've dated him five months, I told him how I feel, he doesn't love me, and I'm not going to beg any man to be with me.

Treat yourself as a person of value. Prize yourself, as the one who loves you will prize you. You need to be some man's first choice, his right choice.

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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AVIS PUBLIC est par la présente donné que :

- Conformément à l'article 278 de la Loi sur l'instruction publique, le **budget** de la Commission scolaire Sir-Wilfrid-Laurier pour l'année scolaire 2025-2026 sera présenté lors de la séance ordinaire du conseil des commissaires le 29 octobre 2025 à 19 h 30.
- Conformément à l'article 286 de la Loi sur l'instruction publique, les **états financiers** et le rapport du vérificateur externe pour l'exercice 2024-2025 de la Commission scolaire Sir-Wilfrid-Laurier seront présentés lors de la séance ordinaire du conseil des commissaires le 10 décembre 2025 à 19 h 30.

Le sommaire des états financiers 2024-2025 sera affiché sur le site Web de la commission scolaire (www.swlauriersb.qc.ca) au plus tard le 2 décembre 2025.

Les réunions du Conseil se tiennent dans la salle 32A du centre administratif situé au 235, montée Lesage, Rosemère (Québec) J7A 4Y6, et seront diffusées en ligne. Les membres du public qui souhaitent assister aux réunions du Conseil à distance peuvent le faire sur le site Web suivant : <http://bit.ly/swlsbcouncil>. Les procédures pour poser des questions lors de ces réunions se trouvent sur le site Web de la Commission scolaire.

Fait à Rosemère (Québec)

2 octobre 2025

M^e Anna Sollazzo, secrétaire générale

PUBLIC NOTICE is hereby given that:

- In accordance with section 278 of the Education Act, the **budget** of Sir Wilfrid Laurier School Board for the 2025-2026 school year will be presented at the regular meeting of the Council of Commissioners on October 29, 2025, at 7:30 p.m.
- In accordance with section 286 of the Education Act, the 2024-2025 **Financial Statements** and external auditor's report of Sir Wilfrid Laurier School Board will be presented at the regular meeting of the Council of Commissioners on December 10, 2025, at 7:30 p.m.

A summary of the 2024-2025 Financial Statements will be available on the Sir Wilfrid Laurier School Board website at www.swlauriersb.qc.ca no later than December 2, 2025.

The regular meetings of the Council are held in room 32A of the administration centre located at 235, montée Lesage, Rosemère (Québec) J7A 4Y6, and broadcast online. Members of the public who wish to attend Council meetings at a distance may do so on the following website: <http://bit.ly/swlsbcouncil>. The procedures for asking questions at these meetings can be found on the school board's website.

Given in Rosemère (Québec)

October 2, 2025

M^e Anna Sollazzo, Secretary General

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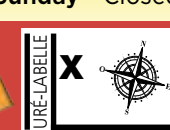
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Action Laval councillors help raise funds for community in Vimont-Auteuil

Last Saturday, \$1 from every breakfast at Au Blanc d'Oeuf went to SBEVA



From the left, Action Laval candidate in Vimont Stefano Piscitelli, Au Blanc d'Oeuf employees Michael, Marlaïne, Emma and Marianne, and Action Laval city councillors David De Cotis and Isabelle Piché. (Photo: Martin C. Barry, Laval News)

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

On a crisp and sunny autumn Saturday morning when many Laval residents have nothing more complicated on their agendas than taking things easy, there's probably nothing that could fill the bill better than a morning meal with family and friends at a cozy breakfast hideaway.

That was just the scenario on Saturday morning last weekend when Action Laval city councillor for Saint-Bruno and Stefano Piscitelli, the party's candidate for Vimont in the November 2 elections, sponsored a fundraiser at Au Blanc d'Oeuf, a breakfast restaurant on René-Laennec Blvd. in Vimont.

For the benefit of the SBEVA

A dollar from the proceeds from every meal served was going to the Service Bénévole d'Entraide de Vimont-Auteuil (SBEVA), which is an important community player in Vimont-Auteuil

for providing assistance to needy families and individuals from the area.

In addition to the satisfaction customers could feel from donating to a good cause, there were also some amazing raffle prizes to be had, including Montreal Canadiens tickets, gift certificates to restaurants like Buon Gusto, and gift baskets, some containing bottles of premium liquor.

'Giving back to the community'

"This all about giving back to the community," De Cotis said. "SBEVA is an organization that provides vital services like Meals-on-Wheels that are critical in our community," added Piscitelli, who's been an active volunteer and coach with sporting organizations in Vimont for several decades.

Andy Ruscitto, Au Blanc d'Oeuf's owner, said he was more than pleased to provide the place for a worthy fundraiser, given that it was for such a good cause. "This is something we thought would be good for the community since some people are a little less fortunate than others," he said.



Breakfast time last Saturday at Au Blanc d'Oeuf. From the left, David De Cotis, Isabelle Piché, Giada Piscitelli and Stefano Piscitelli. (Photo: Martin C. Barry, Laval News)

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 H7P 1T8

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 (Action Sport Physio)
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 Suite 201, H7C 1M9

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

St-François / Duvernay-Est
 (Marché Misti Perou)
 8076 Boul Lévesque E
 H7A 3K9

HOROSCOPE

Week of **October 12 to 18, 2025**

The luckiest signs this week:
VIRGO, LIBRA AND SCORPIO



ARIES

This week, you'll realize how important you are to your employer. This will translate into a well-deserved raise and exciting new opportunities. In your love life, you'll take meaningful steps to plan experiences that reflect the depth of your feelings.



TAURUS

You'll make your days at work better by sharing happy moments and using your energy to have engaging conversations. Don't hesitate to share your ideas; they'll energize your discussions and strengthen your connections.



GEMINI

If you're facing financial challenges, negotiating the terms of a loan could result in a solution that improves your quality of life. Additionally, by paying more attention to your partner, you will strengthen your relationship and create a sense of peace between you.



CANCER

In your love life, focus on fairness by considering your partner's needs when you're making decisions. At work, pay close attention to details; the smallest things can make all the difference.



LEO

Prioritize sleep this week. Sufficient rest is crucial to maintaining focus and staying healthy. When your body has the rest it needs, it will boost your creativity, making you better able to achieve impressive results.



VIRGO

Many friends will reach out to you this week. You may find yourself distracted by social media. A family commitment will help you refocus. You'll also discover a new art form that will captivate your interest and awaken your senses.



LIBRA

Work emergencies could pile up this week. However, your family will step up to help lighten your load at home. You'll create a warm, inviting atmosphere and spread joy with your infectious smile.



SCORPIO

Before diving into a new project, gather all the necessary information to set yourself up for success. Although you haven't planned a romantic weekend getaway, a tempting and unexpected adventure could arise.



SAGITTARIUS

You must show courage to succeed in your career. Commit to ongoing training and adapt to your changing work environment. These adjustments will ensure stability and drive your professional growth.



CAPRICORN

Small details matter. Your appearance and how you present yourself will directly impact your career advancement. You'll treat yourself to a few personal indulgences this week. Your friends will encourage you to spoil yourself with these well-deserved treats.



AQUARIUS

You'll receive very positive news about your health this week. A new treatment or medication will improve your well-being. You'll be given various urgent tasks at work. Fortunately, you'll handle them with grace.



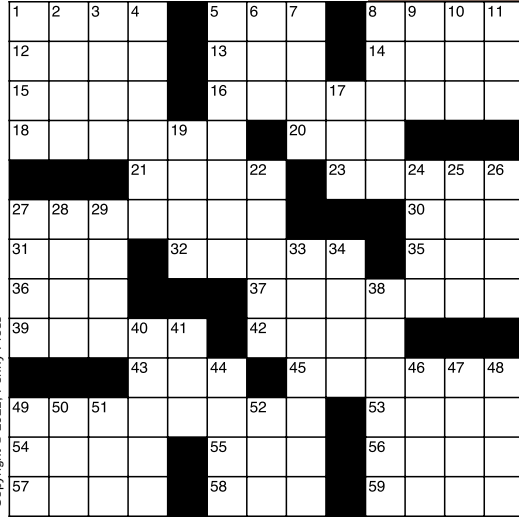
PISCES

You'll attract fascinating individuals with your undeniable charm, increasing your romantic prospects. At the same time, you'll successfully expand your client base, which will delight your boss. Thanks to your charisma, the company's sales revenue will double.

Coffee Break

CROSSWORDS

PUZZLE NO. 289



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ACROSS

1. Broadway bust
5. Drill attachment
8. Become tattered
12. Deputy
13. Important timespan
14. Role model
15. Harness-racing gait
16. Jumped the track
18. More uncanny
20. Orchestra
21. Trampled
23. Bind again
27. Monarch
30. Find a sum
31. Set of two
32. Clever
35. Fire fuel
36. BPOE member
37. Wonder
39. Wanting
42. Old
43. Furniture wood
45. and flowers

DOWN

1. Destiny
2. Italian money, once
3. Perfume
4. Short and slender
5. Boudoir
6. Rage
7. Waterproofed canvas cover
8. Snowy
9. Long fish
10. Is, pluralized
11. Closet bar

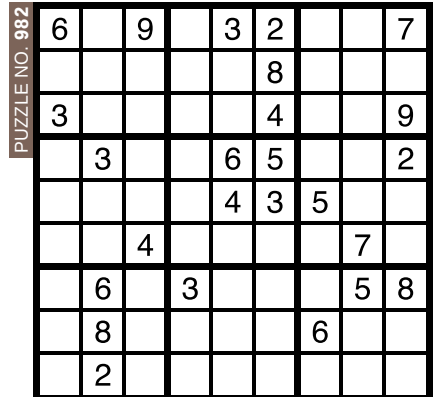
17. Publicize
19. Does wrong
22. Playwright's offering
24. Soft mineral
25. Fan's favorite
26. "Jagged"
27. Ancient garden
28. Stubborn animal
29. fun at
33. Justly
34. Cedar, e.g.
38. Adjusts
40. Gift receiver
41. Shaggy ox
44. Beer containers
46. Ramble
47. Ballet skirt
48. Fawn's father
49. Sailor's domain
50. "How the West Won"
51. Bat wood
52. Maple-sugar base

Sudoku

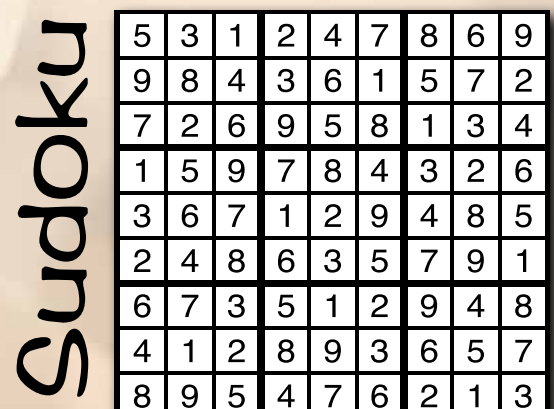
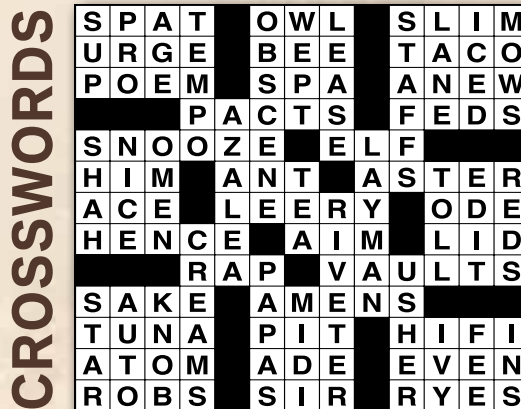
HOW TO PLAY:

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.**



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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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Valleyfield
450 373-0519

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