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West-end Laval councillors explain changes in garbage pick-up to residents

With focus on recycling, trash will be collected every two weeks starting in April

MARTIN C. BARRY

Local Journalism Initiative Reporter
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Of all the issues over which Laval city councillors Yannick Langlois, Nicolas Borne and Ray Khalil took questions last week from a room full of west-end Laval residents, probably none resonated with more emotion than the dilemma the City of Laval is currently facing over changes in its garbage collection.

The city's decision to move garbage removal to just one day every two weeks – instead of once a week as it was for decades – has hit a nerve in many of Laval's densely populated residential neighbourhoods.

Although it may offer little to some in the way of consolation, the fact is that many towns and cities in the Montreal region – and indeed all over the province – are currently dealing with the same problem: a deadline to scale back garbage disposal imposed by the Quebec government.

Recycling prioritized

The province wants municipalities to drastically cut down on the mixed waste gathered during the garbage collection – which goes straight into landfill – while strongly encouraging municipalities to concentrate on the recycling of waste matter.

Langlois, who represents the district of L'Orée-des-Bois, often deals with city council dossiers involving financial and urban planning. Khalil, the longtime city councillor for Sainte-Dorothée, was responsible at one time for public works, although he's been overseeing

the tricky issue of waste management lately. And Borne, who's been the city councillor for Laval-Les-Îles since 2013, deals frequently with issues involving public administration.

Every two weeks as of April

In Laval, household waste collection has generally taken place once or twice a week, depending on the area. However, starting on April 1, this frequency will change to every two weeks to encourage waste reduction. Bins must be placed at the curb after 7:00 p.m. the evening before or before 7:00 a.m. on the day of collection.

While explaining the looming adjustment last week at the Centre communautaire Accès in Laval-Ouest to around 60 residents, Khalil said the city had no real choice but to comply with the provincial government's order, although some alternatives are available.

For instance, the drastic reduction in the amount of waste materials that normally would be going into the garbage stream will be raising the quantities of waste going henceforth into recycling. As a result, the capacity of household recycling bins may not be up to the looming demand.

Extra recycling bins available

However, according to Khalil, residents will be able to request additional recycling bins. "You shouldn't have any problems getting them," he assured them.

He said that if they run into any resistance from city employees, they should tell the employee to contact their respective city councillor. "They're not supposed to say no for a recycling bin," he said.

According to the Sainte-Dorothée councillor, an analysis revealed that up to 82 per cent of waste that had been going into landfill until recently didn't belong there because it could be recycled.

The waste recycling program in Laval and other Quebec cities now includes separate streams for moist kitchen waste and for dry recyclable solid materials.

Savings seen for city

While some Laval residents (especially older ones) may find the new waste management system inconvenient, Langlois maintained that the city will be saving more than \$3 million annually from the reduction of the garbage collection service.

Still, as at least one resident at the meeting with objections pointed out, a few million dollars isn't much in an annual City of Laval budget that now stands at \$1.293 billion annually.

"Rimouski, Chicoutimi – do you want me to rattle off the cities that are in the midst of voting to return to the old system," said the resident, who also pointed out some of the problems – such as the proliferation of mice and rats – that were encountered in some cities where garbage collection was scaled back.

Khalil pointed out that the City of Laval is among the remaining municipalities in Quebec that have yet to comply with the provincial requirement. "We haven't been leading the parade in this dossier – we're among the last," he said.

It may be worth noting that in Montreal, the City of Westmount is among the municipalities



Sainte-Dorothée city councillor Ray Khalil said the city had no real choice but to comply with the provincial government's order to cut back garbage collection to once every two weeks. (Photo: Martin C. Barry, Laval News)

that have been toying with the idea of restoring weekly garbage collection because of a chorus of complaints from some of their residents.

Petition for return of twice-weekly Laval garbage collection goes viral

Action Laval and resident ask mayor to reconsider a public consultation

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Action Laval city councillor for Saint-Bruno David De Cotis has announced that, along with Laval resident Wael Hamdar, he has sent a joint letter to Laval mayor Stéphane Boyer, asking him to reconsider a decision to refuse to hold a public consultation on the switch to bi-weekly garbage collection, scheduled to begin on April 1.

The request comes as a citizen petition demanding the continuation of weekly collection has nearly reached 9,000 signatures.

No public acceptance, says AL

Action Laval maintains that this clearly demonstrates the lack of public acceptance of the new measure imposed without consultation by the mayor and his team. The petition will be officially tabled next week at the March city council meeting.

"When nearly 9,000 people express their dissatisfaction by signing a petition, the least we can do is open a dialogue," De Cotis said in a statement. "Refusing any consultation in

this context sends the message that citizens' opinions don't matter," he added.

Action Laval maintains that the decision to reduce the frequency of garbage collection was announced in June 2025 without prior consultation with citizens.

Proposal rejected by mayor

The following month, Action Laval city councillor David De Cotis submitted a proposal for a public consultation before the change took effect. The proposal was subsequently rejected by the mayor and his councillors who hold the majority of city council seats.

"Continuing to refuse a public consultation gives the impression that the decision has already been set in stone, regardless of the concerns expressed," said Wael Hamdar, the resident who launched the petition. "At this point, the mayor must explain why he is choosing to ignore this citizen voice."

De Cotis and Hamdar are asking the mayor to show openness and to reconsider his position in light of the strong citizen mobilization, in order to allow a genuine public discussion before the change comes into effect.

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OPINION & Editorial



Are we watching the decline of the American Empire?

*If Trump's Iran gamble fails, the illusion
of unchallenged U.S. power collapses*

U.S. President Donald Trump has sent an American armada toward Iran, gambling lives and credibility on a dangerous illusion that the United States still commands a unipolar world that no longer exists.

In 1588, the Great Spanish Armada experienced a significant defeat off the coast of England. While the Spanish Empire did not collapse at that moment, it could no longer claim naval dominance. Historians for centuries have recognized the importance of the defeat of the Spanish galleons in the rise of the British Empire.

Are we watching a similar decline of the American Empire? Why is the Trump administration taking such a significant risk?

No one would dispute the power of the American military. Its air force is second to none, its navy is powerful, and it has an enormous cache of nuclear weapons. But everyone else knows it too.

There are reports that both Russia and China have equipped Iran with air defence systems. In June, tensions between Israel and Iran escalated into a direct exchange of airstrikes and missile attacks. Israel struck targets inside Iran, including military and nuclear-linked sites, and Iran responded with hundreds of ballistic missiles and drones aimed at Israeli territory. Israeli air defences intercepted many of the incoming projectiles, but a significant number penetrated and struck populated areas, causing casualties and infrastructure damage.

The episode underscored a larger shift: the United States no longer acts alone, and its rivals no longer stand alone either.

Yet overwhelming force has not translated into decisive victories. The Americans and their allies have not won a war in decades.

U.S. and allied forces withdrew from

Afghanistan in August 2021 after 20 years of war. The 2003 invasion of Iraq was followed by years of insurgency, counterinsurgency operations and continuing instability that persists today. The number of countries willing to join the Americans in their conflicts is waning, as seen when several NATO members declined to participate in the 2003 invasion of Iraq.

Israeli military forces, which receive unrestrained backing from the Americans, have failed to gain control in Lebanon or even Gaza, even though they are not fighting against regular armies.

Retired U.S. Army officer Col. Douglas Macgregor points out that there is no doubt that U.S. forces can inflict significant damage on Iran. But damage is not the same as control. Just as the Spanish discovered in 1588, war is unpredictable. Once it begins, you do not control the outcome. Macgregor stated rhetorically, "You're in a hell of a position, Mr. President. The military has done everything you asked it to do and can do. What do you do if it doesn't work? And I don't think this will."

Washington can no longer assume it controls how these conflicts end.

Before regaining office in 2025, Trump was outspoken against armed conflicts and regime change operations. Many times he said, "We must abandon the failed policy of nation-building and regime change." If the United States now moves toward another major confrontation, it would mark a sharp break from those promises and deepen the perception that Washington's foreign policy appears driven less by strategy than by impulse.

What of those who voted for Trump expecting a president who would not engage in foreign conflicts? Will they support a government policy that will try to send their young people

to war? What happens if Iranian missiles sink a U.S. aircraft carrier?

This gamble is unfolding at a moment when Trump's authority is already under strain at home. According to a 2025 Pew Research Center survey, 73 per cent of Americans do not approve of most or all of his plans. The U.S. Supreme Court has ruled that Trump can no longer impose tariffs at will.

A similar pattern of resistance is visible beyond the Middle East. The world is reacting to American efforts to cut off the island nation of Cuba from fuel and supplies in an effort to cause the overthrow of its government. The U.S. embargo against Cuba began in the early 1960s under President Dwight D. Eisenhower and President John F. Kennedy, and Washington has strengthened its restrictions in recent years.

As shortages have worsened in Cuba, Mexico has sent shipments of food and fuel, Russia has pledged oil deliveries, and even Canada has debated providing humanitarian supplies. Other countries are no longer lining up behind Washington, and some are openly pushing back.

Clearly, we no longer live in the unipolar world that began with the fall of the Soviet Union in the early 1990s, a period when the United States faced no rival superpower. China is now the world's second-largest economy, and Russia remains a nuclear superpower.

A new multipolar world, one shaped by competing powers such as China, Russia and regional blocs, will continue to evolve, with or without American approval. The question is, how many lives need to be lost before the warmongers in the Trump administration are convinced that American hegemony has ended?

Gerry Chidiac

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City replacing mini-farm with mobile animal-based activities

According to the city, the PACE mobile farm will welcome visitors to the Centre de la nature with about fifteen farm animals, including alpacas, sheep and goats. From 10 a.m. to 4 p.m. every weekend from Saturday June 6 to Sunday September 27, the animals will be grazing in the heart of the park.

The initiative also aims to offer a special opportunity to interact with the animals in small groups within the safe environment of their enclosures. Other educational activities also be part of the Centre de la nature's summer program will be announced in the coming weeks.

The city said the mini-farm will permanently cease operations on Friday March 6 at 4:30 p.m. "Until then, visitors will be able to see the animals during their gradual relocation to permanent living environments better suited to their needs," said the city.

The city says it had to make "this difficult but responsible decision, consistent with its financial capacity and its primary mission of providing essential services to the public while managing public funds responsibly."

First payment on property tax bills due soon

The City of Laval is reminding property owners that the deadline for payment of municipal taxes is almost here and that extra fees can be applied when payments aren't made on time.

The city says it is working to limit tax increases to protect homeowners' budgets, while maintaining essential services such as snow removal, park maintenance and garbage collection. They also say that even if property values increase, adjustments are made to minimize the impact on tax bills.

The municipal tax bill represents the taxes homeowners pay each

year to fund municipal activities and services. The first installment of the 2026 tax bill is payable no later than March 18. The second installment is payable no later than June 16.

In case of late payment, fees are calculated daily at a rate of 8.5 per cent for interest and 5 per cent for penalties. How to pay? Through your financial institution, by check or money order, or in person.

Municipal taxes are the City of Laval's main source of revenue to fund public activities and services such as waste collection, road and water system maintenance and development, libraries and the police and fire departments.

Check your smoke and CO detectors

The city is also reminding homeowners as well as other Laval residents that the only way a smoke or carbon monoxide detector or a fire extinguisher can be of use is if they're working properly. Municipal regulations require that your residence be equipped with a smoke detector.

How do you choose one? In residential buildings constructed before 1985, smoke detectors with a long-life (10-year) non-removable lithium battery are mandatory, replacing 9-volt battery-powered detectors.

Is your house built before 1985 but equipped with electric smoke detectors? In this case, this kind of building is not affected by the regulatory change.

Residential buildings protected by electric smoke detectors connected to a private monitoring station are also not affected by this regulatory change. However, floors without a detector connected to a monitoring station must be equipped with smoke detectors that comply with regulations.

The City of Laval announced last Monday that a new programme of animal-based activities will be starting at the Centre de la nature (Nature Centre) in early June, while also confirming that the mini-farm at the nature centre is closing permanently.

Offered free of charge in conjunction with the Permaculture, Art, Community and Education (PACE) mobile farm organization, the new program, according to the city, will allow Laval residents to have fun, educational and accessible experiences.

"We heard how much Laval families value the animal-based activities at the Nature Centre," said city councillor for Pont-Viau Christine Poirier, who is responsible for local services dossiers on the executive-committee.

"It was important for us to find a way to maintain this special connection, in a renewed format that is accessible to everyone," she added.

"Thanks to this partnership, we can offer an engaging and educational experience while respecting our financial responsibilities. I am delighted that residents can continue to enjoy these precious moments in the heart of our park."

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Laval Unveils

The right things to do to make snow clearance easier



Winter parking



Winter still has a few weeks left, which means we can expect more centimetres of the white stuff. So now is a good time to remember how we motorists can do our part to help with snow clearance—especially when parking.

Parking is the crux of the matter

It's an undeniable fact: one of the main reasons for a slowdown in snow clearance operations is that cars are parked where they shouldn't be. Of course, consecutive accumulations of snow (when it "never stops snowing") can result in 24 to 36 hours of additional snow clearance operations.

Nevertheless, failure to follow instructions can delay road clearance by a full day.

And why does it sometimes take so long?

In addition to vehicles, both garbage cans and bins can delay the four stages of snow clearance operations—namely spreading winter abrasives, piling and blowing snow, and de-icing. Make sure you place them so that they don't obstruct maintenance vehicles on the roads.

The time required for snow clearance may vary, simply to protect the health and safety of the workforce. Bill 430 on heavy vehicles ensures a minimum number of hours of rest and a maximum number of working hours. In other words, acceptable working conditions must be ensured for the 500 municipal employees who carry out the snow clearance operations in Laval.

When work is divided among crews during a period of consecutive snowfalls (yes, again, those cases where "it never stops snowing"), it can take up to 36 hours longer to complete a snow clearance cycle.

It's impossible to clear the snow from the entire Laval territory all at once. The 4735 km of streets and sidewalks that need to be cleared after each snowstorm are equivalent to the distance between Laval and Vancouver! We have to work in order of pre-established priorities:

1. Reserved lanes
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3. Collector streets, streets leading to schools, slopes, and curves
4. Residential streets

And then for the sidewalks, we start again from the beginning, in the same order! We must proceed by priority for safety reasons and to ensure that as many people as possible can get around (lanes reserved for public transportation, major boulevards, etc.).



How to do your part

It's easy. Start by checking for signs indicating parking restrictions.

For some time now, you may have noticed new illuminated signs in Pont-Viau, Laval-des-Rapides and Chomedey. These are even easier to follow: If the sign is not lit, parking is allowed for a considerable period of time. The sign lights up and flashes to indicate the snow clearance schedule several hours before an operation.

Elsewhere, the usual alternate parking signs are in effect from October 1 to April 30, with restrictions added as needed. They offer flexibility for on-street parking outside of the city's operations schedule, and to make the most of them, you can rely on the Info-Stationnement app.

Directly on the app, you can receive instant alerts and see live information. You can also choose text message notifications to receive reminders, or regular email alerts to track maintenance operations. So it's a good idea to take a few minutes to learn how to use the app.

Find all parking information on one page:

laval.ca [On-street parking](#)

Construction begins on 31 new social and affordable housing units in Vimont

Habitation Palerme will house individuals, seniors and persons with physical disabilities

MARTIN C. BARRY

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Officials from the federal, provincial and municipal governments as well as from Laval's housing authority recently marked the start of a new social housing project in Laval that will be providing more than 30 social and affordable housing units to individuals, independent senior citizens and people living with physical disabilities.

Located on rue de Palerme in Laval's Vimont district, Habitation Palerme will include a total of 31 new housing units at a cost of just over \$14 million.

An official ground turning took place on February 20, with Alfred-Pellan MP Angelo Iacono, Vimont MNA Valérie Schmalz, Laval city councillors Nicolas Borne and Sandra El-Helou, and interim general manager of the Corporation d'habitation Laval David Bélanger doing the honors.

Three-way financing

For its part, Ottawa is contributing more than \$6.3 million to the project through the third Canada-Quebec Rapid Housing Initiative Agreement. Quebec is contributing more than \$6 million through the Société d'habitation du Québec (SHQ). And the City of Laval is investing more than \$1.7 million in the project.

"Laval is experiencing strong growth in the housing sector and we want everyone to benefit

from it," Mayor Stéphane Boyer (who was not among the guests) said in a statement.

"We are actively working to accelerate projects like Habitation Palerme so that the city's growth will concretely result in accessible and inclusive living environments for those who need it most," Boyer added. "Laval must remain an affordable city for our entire community."

"The Habitation Palerme project, through the revitalization of a high-potential site in Vimont, will make 31 social housing units available to a vulnerable clientele," said City Councillor for Laval-les-Îles Nicholas Borne, who is vice-chair of the board of directors of the Corporation d'habitation Laval.

Social housing with adapted units

"This building will also include adapted units to increase the supply of social housing for people with reduced mobility," he continued. "We are therefore convinced that this project will support the Laval community by helping to develop new non-market housing in the city."

"Through Habitation Palerme, we are building a sustainable and promising partnership with a Laval community organization working with homeless people to mitigate the effects of the housing crisis on the most vulnerable populations," said Borne.

"Our government is tackling the housing crisis by investing in all types of housing in Laval and across Canada," said Liberal MP for Alfred-Pellan Angelo Iacono. "The construction of Habitation Palerme is a big step forward for the Laval



Elected officials from Ottawa, Quebec and the City of Laval, as well as the municipal housing authority, helped start off construction of the Habitation Palerme housing project in Vimont on February 20. (Photo: Martin C. Barry, Laval News)

community, as these units provide quality of life and residential stability to the most vulnerable people in the riding of Alfred-Pellan," he added.

Making a difference

"Today, we are marking the start of work that will make a concrete difference in the lives of the residents of the riding of Vimont," said Valérie Schmalz, the Coalition Avenir Québec MNA for Vimont.

"This project is more than just jobs," she continued. "It's a commitment to our community, an investment in our collective future and proof that when we work together, we can build safer and more accessible living environments for everyone."

"I'm proud to see this major project get under way in our beautiful region of Laval," Christopher Skeete, the CAQ Minister Responsible for the Laval Region, said in a statement.

"It demonstrates our commitment to providing safe and adapted living environments for various client groups," he added. "Our government is taking action to provide Laval residents with environments that are in keeping with their expectations, by prioritizing their well-being

and independence."

Solutions to housing challenges

"Our government is committed to helping communities develop local solutions to housing challenges," Gregor Robertson, Minister of Housing and Infrastructure in the federal cabinet, said in a statement.

"Today's announcement shows what can be done when governments and municipalities work together. It's also another step in our bold and ambitious plan to build a strong Canada," he added.

"This is a wonderful and concrete example of our government's efforts to ensure that Quebecers can enjoy a quality living environment," Caroline Proulx, Quebec Minister Responsible for Housing and Minister Responsible for the Status of Women, also said in a statement furnished by her ministry.

"We continue to support initiatives that strengthen the housing supply and support our communities," said Proulx. "This is proof once again that our investments benefit all regions of Quebec and all those seeking social or affordable housing."

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Shield of Athena opens a transitional home in Laval for vulnerable women and children

MH2 L'Odyssee is expected to meet the need for safe and accessible housing

MARTIN C. BARRY
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Officials from the governments of Quebec and Canada, the City of Laval and Shield of Athena gathered last Monday to officially open 'Shield of Athena Family Services: MH2 L'Odyssee,' a \$6.9 million 17-unit second-stage transitional home with community support for highly vulnerable women and their children in Laval. "In 2010, after our caseworkers told us about the difficulties women face when they leave our shelter, the board of directors decided to provide longer-term support to meet the need for safe and accessible housing," said Chrysanthe Sclavounakis-Nakis, president of Shield of Athena.



From the left, Shield of Athena executive-director Melpa Kamateros and Chrysanthe Sclavounakis-Nakis, Shield of Athena's president. (Photo: Martin C. Barry, Laval News)

Protecting women and children

"Fifteen years in the making, this project is now a resource that helps and protects women and children fleeing violence. We sincerely thank everyone involved," she added.

Shield of Athena is a non-profit, non-denominational community organization whose purpose is to provide professional support, prevention and intervention services that are culturally and linguistically tailored to the needs of women and their children from diverse ethno-cultural communities.

The launch at The Palace on Le Corbusier Blvd. was attended by Laval-des-Rapides CAQ MNA Céline Haytayan, Vimy Liberal MP Annie Koutrakis, Vimont CAQ MNA Valérie Schmaltz, Saint-Laurent Liberal MP Emmanuella Lambropoulos, and Laval city councillor for Souvenir-Labelle Sandra El-Helou.

"In Laval, we're moving quickly and getting things done," Laval mayor Stéphane Boyer said in a statement. (He was represented at the launch by El-Helou, who is responsible for family and social services dossiers on city council.)

Living in safety and dignity

"Since 2020, the city has supported 1,078 social and affordable housing units – including 49 specifically for women and families fleeing violence – through three significant projects," said Boyer. "These are concrete actions toward building a city where everyone can live in safety and dignity."

The government of Quebec contributed over \$1.9 million to the project through the Société d'habitation du Québec (SHQ), which is also securing Shield of Athena's mortgage loan. The government of Canada contributed more than \$995,000 to the project through the Canada-Quebec Rapid Housing Initiative Agreement. The City of Laval contributed more than \$900,000.

Shield of Athena also received over \$307,000 in additional financial assistance through the Société d'habitation du Québec's Rénovation Québec program. Assistance under this program is funded equally by the SHQ and the City of Laval. The location

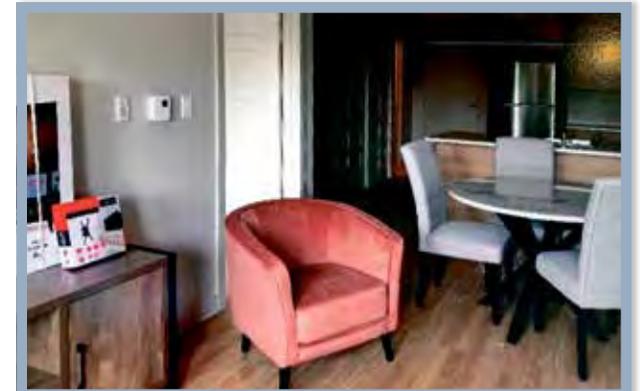
of MH2 L'Odyssee is not being disclosed in order to ensure the privacy and safety of women and children who will be relying on its services.

Making a positive impact

"Our government is proud to support this Shield of Athena project, which is part of our ongoing efforts to build strong and affordable communities across the country, even for the most vulnerable populations," said Vimy MP Koutrakis, who is Parliamentary Secretary to the Minister of Jobs and Families.

"This second-stage home will have a big impact on the lives of women and their children in Laval and is another important step in building a more equitable Canada for everyone," added Koutrakis.

"Our government is determined to provide housing solutions for vulnerable women throughout Quebec," said Lambropoulos. "Supporting this Shield of Athena project is a concrete example of our commitment. I'm proud of our participation in this important project which will make a real difference in the lives of women and their children living in extreme vulnerability."



**Wishing a very happy
International Women's Day
to all women**



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International Women's Day



A look at the *modern business woman*

humane leadership style to the table, one based on inclusivity and the empowerment of marginalized voices. This open-minded and collaborative attitude has been shown to improve a corporate team's performance, products and decision-making.

OBSTACLES TO OVERCOME

Women continue to face numerous challenges in the business world. For one, the wage gap persists with full-time female employees making an average of \$0.87 for every dollar earned by men in the same position. This disparity is even wider for women of colour, Indigenous women and recent immigrants.

Additionally, women are less likely than men to apply and be considered for management roles. Often, this is due to implicit or explicit bias among male employers. Another factor is the persistence of traditional gender roles among many couples, which leave women disproportionately responsible for childcare and household tasks. Without a proper support system, it's difficult for women to strike a balance and advance in the workplace.

Yet despite these hurdles, many women are thriving in the business world, and companies, as well as communities, are the better for it.

NETWORKING RESOURCES

Women in business often lack the support and funding that have allowed men to be successful. Here are a few of the business organizations in Canada that offer resources, knowledge and encouragement to women.

- Forum for Women Entrepreneurs (fwe.ca)
- Women's Executive Network (wxnetwork.com)
- Canadian Association of Women Executives & Entrepreneurs (cawee.net)
- Women's Enterprise Organizations of Canada (weoc.ca)
- Canadian Women's Chamber of Commerce (canwcc.ca)

When women contribute to the business world, they often bring a fresh perspective that helps companies to accelerate their growth. Studies have demonstrated that gender diversity in corporate settings increases productivity and innovation.

What's more, women tend to bring a more

Social media: a minefield for women's rights

The rise of misogynistic behaviour online is a growing concern for authorities worldwide. International Women's Day is an opportunity to acknowledge this issue and commit to working together to find solutions. Here's an overview.

WESTERN SOCIETY

Many Western countries are seeing troub-

ling online behaviours. On social media, masculinist influencers perpetuate the idea that women should revert to traditional roles as homemakers. This discourse fuels other anti-feminist trends online, including bullying based on women's appearances, shaming their sexuality and revealing private, personal information with intent to cause harm.

ELSEWHERE IN THE WORLD

In authoritarian countries, governments often control social media and promote rhetoric that undermines women's emancipation. By keeping women out of influential public roles, these regimes aim to weaken opposition movements.

The rise in toxic online behaviour dis-

courages many women from speaking out or asserting their rights because they fear the backlash. As a society, it's important to promote healthier social media use.

If you know a woman or girl who is being harassed online, offer your support and encourage her to report her attacker.

ASSEMBLÉE NATIONALE DU QUÉBEC

My best wishes on the occasion of the *International Women's Day*

Mes meilleurs vœux à l'occasion de la *Journée internationale des femmes*

SONA LAKHOIAN OLIVIER
Députée de / MNA for Chomedey
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ASSEMBLÉE NATIONALE DU QUÉBEC

Happy International Women's Day

On March 8, we celebrate women from all around the world as well as their many accomplishments, past, present, and future.

Joyeuse journée internationale des femmes

Le 8 mars, nous célébrons les femmes de partout dans le monde ainsi que leurs nombreux accomplissements, passés, présents et futurs.

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Laval, QC H7X 1C8

MARCH 8 International Women's Day



Every year, March 8 marks International Women's Day. This event highlights the progress women have made, while also acknowledging the critical need to continue advocating for women's rights. Here's why this struggle remains relevant today.

Why is defending women's rights **still relevant** today?

PERSISTENT INEQUALITIES

Everyone has the fundamental right to live free from violence and discrimination. However, injustices in education, access to healthcare, voting rights and physical autonomy continue to affect women disproportionately around the world.

Unfortunately, the rights of women and girls are still being violated. For example, they're at a higher risk of experiencing sexual harassment and violence, as highlighted by movements like #MeToo. Additionally, studies have shown that women around the world are paid less than their male counterparts for performing the same work.

Moreover, there's still a long way to go to ensure all women have access to safe and equitable sexual and reproductive rights. In many parts of the world, women are

forced by others into decisions around marriage, pregnancy, sterilization and abortion, often at the expense of their freedom and sometimes even their lives.

A NECESSITY FOR ALL

Protecting women's fundamental rights requires that these injustices be addressed and eliminated. Society can thrive only when their rights are protected.

Women and girls make up half of the global population, and their potential is equal to that of men. According to the United Nations, when women are respected and empowered, they directly contribute to sustainable development, economic growth, peace and security.

Do you want to get involved in defending women's rights? Contact your local municipality to find out about activities you can participate in.

Employers, be allies for women's health!

Women generally use healthcare services more than men, primarily due to maternity, contraception and menopause. As a result, they often spend more money on these services while earning less than their male counterparts. This raises the question of whether business owners have a role in addressing this imbalance. The answer is a resounding "Yes!"

Besides closing the wage gap, employers can support women by improving group benefits. Here are some effective improvements to consider:

effective improvements to consider:

- Providing access to hormone replacement therapy to alleviate menopausal symptoms
- Covering infertility drugs
- Offering reimbursement for post-partum psychological follow-up
- Increasing paid leave related to these issues

These adjustments can help reduce financial stress and

anxiety for women in the workplace, allowing them to remain engaged and productive.

Are you an employer dedicated to improving the health of the women in your workforce? Talk to a local group insurance broker to find the best plans for your valued female employees.



Nos vœux les plus chaleureux à l'occasion de la journée internationale des femmes !

Our best wishes on the occasion of International Women's Day!



FAYÇAL EL-KHOURY
MP FOR LAVAL-LES ÎLES
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International
Women's Day



ANNIE KOUTRAKIS
MP FOR VIMY
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A noon-hour dinner-conference featured a panel on the "Challenges of the Manufacturing Sector." (Photo: Martin C. Barry, Laval News)

MARTIN C. BARRY
Local Journalism Initiative Reporter
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"The world is evolving rapidly, global commerce is disrupted, and supply chains are being subjected to enormous pressures."

It was with those opening words that Marc-Aurèle-Fortin Liberal MP Carlos Leitão addressed entrepreneurs and business people attending Laval Innov's IN Forum 2026. It focused this year on the themes of Artificial Intelligence (AI), automation and digital transformation.

Leitão, who is parliamentary secretary to Industry Minister Mélanie Joly, is also a former Quebec Liberal finance minister, as well as the former chief economist at Laurentian Bank Securities.

Opportunity despite uncertainty

"There is a lot of uncertainty," Leitão continued, saying one thing is certain: Canadians are not only reacting to change, but are benefiting from it.

Canadian businesses – and especially in Quebec – have always succeeded by innovating, Leitão insisted, while noting the assistance provided in the form of strategic investments by the current Liberal government.

In a moment of candour, Leitão admitted that he'd found himself lately having to defend the enormous deficits run up by the current and previous Liberal governments.

"We are carrying out strategic investments to reinforce the economic sovereignty of Canada," he said, while adding that one of the government's current goals is to focus on the potential advancements that stand to be gained through investments in AI technology

Leitão pitches Canada's economic sovereignty at Laval Innov's 2026 IN Forum

'We are carrying out strategic investments,' says local MP, promoting Defense Industrial Strategy

developed in Canada.

Productivity and employment

"Of course, positivity is the key to success and innovation is the key for productivity," he continued. According to Leitão, the federal government hopes its strategy will help create 125,000 jobs over the next decade. Currently, he said, there are 80,000 people employed in sectors of the Canadian economy supplying goods and services for defense purposes.

Leitão pitched the Carney government's latest economy-building endeavour – the new Defense Industrial Strategy. Through this program, federal officials are inviting the country's small and medium-size enterprises (SMEs) to consider bidding for the half-a-trillion dollars in investment Ottawa plans to make in the next ten years to build up the country's self-defense abilities, while relying less on outside manufacturing sources and providers.

Rapidly changing situation

"The world is changing rapidly," the federal government said in a statement issued last month when the initiative to boost the country's security while building the economy was announced in Montreal by Prime Minister Carney.

The Defense Industrial Strategy is expected to position Canadian industry to take advantage of \$180 billion in defense procurement opportunities and \$290 billion in defense-related capital investment opportunities in Canada, with an anticipated \$125 billion downstream economic benefit by 2035.

Canada's defense sector is considered an important contributor to the economy with close to 600 firms directly accounting for 36,000 jobs in 2022, supporting a total of 61,200 jobs across the defense chain. The Defense Industrial Strategy is expected to increase defense exports by 50 per cent, raise the share of defense acquisitions awarded to Canadian firms to 70 per cent, and grow Canadian defense industry revenues by 240 per cent.

Acceleration and transformation

Billed as an innovation and technology event for Laval's small and medium-size businesses, the annual IN Forum is considered the leading event in Laval for organizations looking to accelerate their digital transformation and discover concrete solutions for innovation.

This year's forum highlighted key themes for businesses of all sizes, including: Digital transformation: from idea to action plan; Artificial intelligence: concrete use cases for SMEs; Automation and robotics; Customer and employee experience; Data analytics: making faster and better decisions; Culture of innovation and change management; and collaborations and innovation ecosystems.

Aerospace engineer's perspective

The opening conference at the 2026 forum, by aerospace engineer Farah Alibay, was "An Explorer's Perseverance: Innovating to Push the Boundaries." In it, she reflected on her career and the innovations that have made some of the greatest space exploration missions possible.

She shared the challenges, lessons learned and the importance of perseverance and teamwork for innovating in complex environments. A Q&A session with the audience concluded her presentation. A noon-hour dinner-conference featured a panel on the "Challenges of the Manufacturing Sector."

An expert business panel

The panel speakers were Julie White, CEO of Quebec Manufacturers and Exporters; Maud Cohen, the first woman to lead Polytechnique Montréal; Ludovic Soucisse, CEO of the CCTT Network; and Rose-Marie DiRosa, Manufacturing entrepreneur and CEO of Prox Industriel.

The panel brought together experts from the manufacturing and innovation sectors to discuss the current challenges and opportunities for businesses in Quebec. Participants shared their experiences and advice on stimulating growth, technological adaptation and strategic development.



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An election before year's end 'not what we want,' says federal Liberal Carlos Leitão

Marc-Aurèle-Fortin MP optimistic about minority Carney government surviving

MARTIN C. BARRY

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Despite the possibility of a federal election being triggered before the end of this year as the Carney Liberals hang on by a thread as a minority government, Marc-Aurèle-Fortin Liberal MP Carlos Leitão says he considers a federal election in 2026 to be unlikely.

'Not what we want'

"It's certainly not what we want," the former Quebec Liberal finance minister and ex-Bank of Canada board member said in an interview with The Laval News.

"We were elected to govern and we are governing," he said, while acknowledging at the same time that 2026 will also be the year of a Quebec provincial election.

"The times are complicated. It is time for us all to stick together. We finally voted a budget. We manage to get the consensus in the House of Commons and so the budget is going through and that's good. So, we want to govern."

A difficult election call

Still, Leitão conceded that given the current global instability and its impact within Canada, it would be difficult for him to say whether the minority Liberals would be able to hold on to the end of 2026 without having to call an election.

Despite this, he was optimistic about the Carney government surviving. "We never know," Leitão said. "Being in a minority, we are always susceptible to a motion of non-confidence. But honestly, I don't see it [an election] in 2026."

By next April 28, it will have been exactly a year since the last federal election when the Liberals won a fourth term under its new leader, Mark Carney, while again falling short of a majority by a few House of Commons seats. And while some opposition MPs have crossed the floor to the Liberals, the government's position remains precarious.

Liberals favored in poll results

According to the results of an Angus Reid Institute poll released late last month, two-thirds (64 per cent) overall of those surveyed across Canada said Mark Carney had done a good or great job handling the Canada-U.S. relationship so far – nearly identical to the proportion (63 per cent) who approved of his overall performance as prime minister.

"That approval appears to be translating into improved electoral prospects for the Liberals," the non-profit public opinion research foundation said. Forty-five per cent of those polled said they would vote for the Liberals in a future federal election, compared to 32 per cent who preferred the Conservative Party. The resulting 13-point lead marked a 10-point

increase in the Liberals' advantage compared to the previous month's tracking.

According to Angus Reid, Canadians' assessments of their prime minister continue to trend in a positive direction as Carney nears the one-year anniversary of his takeover of the office from predecessor Justin Trudeau.

Riding's social housing needs

Of all the issues currently affecting constituents in Marc-Aurèle-Fortin, Leitão said the most pressing is affordable and social housing. "There have been a few projects that are now on the way to getting started – especially in social housing," he said.

As for privately-developed, for-profit housing projects, he said "that's fine – there's a lot of investment there" in that particular sector of the local economy, but the federal government "is also getting involved directly in the construction of social housing," Leitão added.

Regarding the issue of homelessness, he noted that Marc-Aurèle-Fortin, as a middle-class and mostly residential riding, has so far shown relatively few signs of homelessness, although that could change as conditions evolve.

No signs of homelessness 'yet'

"I would say not yet," is how he put it. "But it's something that we are keeping an eye on, because we see it everywhere in the region of Montreal. And it's a complex issue. There are many aspects to it. But in the end, it all



Marc-Aurèle-Fortin Liberal MP Carlos Leitão, a former Quebec provincial finance minister and former Bank of Canada board director, doubts there will be a federal election in 2026, while acknowledging the current turbulence of the times which makes almost any scenario possible.
(Photo: Martin C. Barry, Laval News)

comes down to housing.

"People have to have access to affordable or subsidized housing," he continued. "And at the intersection of housing and mental health, people also need assistance like social workers. They need the tools so they can stay. Because it's not just the question of finding an apartment, but to also create the environment that allows them to remain in those apartments."

Laval English-speaking Senior Wellness Centre

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Quebec's temporary foreign worker policy a blow to restaurateurs, says ARQ

'Industry cannot afford to lose its 16,365 temporary foreign workers,' says Martin Vézina

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While the Quebec Restaurant Association (ARQ), like the rest of the hospitality sector and many other businesses in Quebec, is advocating for more flexible rules surrounding temporary foreign workers, the ARQ says the Quebec government has just thrown another wrench into the works for restaurant, institutional and other key players in the food service industry.

According to the trade and lobby group, the position of cook has been removed from the provincial government's list of jobs eligible for simplified processing by the Ministry of Employment and Social Solidarity.

In practical terms, this means that employers looking for cooks will have to post their job openings again for four weeks – often without receiving any resumes.

Inconsistent gov't policy

"Four weeks added to an already lengthy, complex and costly process, demonstrates the government's inconsistency," the ARQ says in a statement. "While acknowledging a labor shortage in this position, the government is taking entirely contradictory actions," they add.

The ARQ says restaurant owners are still struggling to recruit trained and experienced employees, especially full-time ones, and this is why owners have no choice but to look abroad to find these staff.

One long-standing observation the ARQ's members have made is that even if the unemployment rate is higher in some regions – and one might think that workers are therefore available for given positions – many Quebecers are actually no longer as interested as before in jobs requiring that they work on weekends.

This is in spite of the fact that customers are known to frequent dining rooms primarily on Friday and Saturday evenings, according to the ARQ.

Service could suffer this summer

The organization says it is concerned about the quality of service for the upcoming tourist season, as many restaurants will be unable to offer the capacity and speed of service customers are accustomed to, particularly in regions with high tourism potential.

Without the staff needed to cover all opening hours, restaurant owners may have to reduce their hours to give their existing staff some respite, the ARQ maintains, adding that visitors may end up having to rely on supermarkets, where available, as well as convenience stores for groceries.

"We are incredulous at this latest announcement," said Martin Vézina, vice-president for public and government affairs at the ARQ. "It demonstrates, once again, the lack of

understanding at all levels of government regarding the issue of temporary foreign workers and their essential role in our industry.

Treated as a second-tier

"The restaurant industry, which was considered an essential service during the COVID-19 pandemic, now seems to be treated as a second-tier industry in Quebec's economy, which is unacceptable," he added. "We are asking the Ministers of Employment and Social Solidarity, as well as Immigration, Francization and Integration, to reconsider their decision and reinstate our trades on the simplified processing list."

Vézina said the ARQ is also urging the ministries to work with the association to secure a grandfather clause from the federal government for the renewal of temporary foreign workers. "The industry cannot afford to lose its 16,365 temporary foreign workers in the province without devastating consequences," said Vézina.

Open letter calls for policy reversal

In an open letter from the ARQ as well as Tourisme Montréal and the Association hôtelière du Grand Montréal published in early February in Montreal's La Presse, the three trade groups said they were "sounding the alarm" over the abandonment of the Quebec Experience Program (PEQ).

"We strongly support Montreal Mayor Soraya Martinez-Ferrada's request to implement a grandfather clause for international workers and students already in Quebec so they can apply to the PEQ," they said. "Without this measure, the repercussions would be significant, not only for the tourism, hospitality, and restaurant sectors, but also for the entire Montreal and Quebec economies."

PEQ became 'an essential tool,' says ARQ

"Since its inception, the PEQ has become an essential tool for attracting and retaining international talent, particularly in the tourism, hospitality, and food service sectors," they continued. "It has enabled foreign graduates and temporary workers to settle in Quebec, directly helping to address the labor shortage and enrich the cultural fabric of our metropolis."

"In a context where a moratorium already prevents the renewal of work permits for many foreign workers, abandoning the PEQ would exacerbate a recruitment crisis that is already critical for our industry. We call on political decision-makers to reconsider abandoning the PEQ and to collaborate closely with our sector to preserve Montreal's prosperity and attractiveness. The future of our industry and that of our metropolis depends on it."



Tow truck driver stabbed in A-15 road rage incident

A tow truck driver suffered a stab wound to the arm during a road rage incident that erupted on Thursday morning last week after a dispute on Autoroute 15 in Laval.

Shortly before 6:00 a.m. while the tow truck was travelling along the A-15 near Saint-Martin Blvd., the driver drifted slightly out

of his lane because of tire ruts in the heavily-travelled road surface.

The other driver reportedly swerved, believing the tow truck was about to hit him, although the two vehicles never came into contact.

However, angered by the near miss, the

second driver is alleged to have followed the tow truck when it took an exit onto Saint-Martin.

The second driver then reportedly cut off the tow truck, positioning his car to block it, then got out and verbally abused the tow truck driver, finally stabbing him in the arm.

The 52-year-old tow truck driver, who sustained a minor arm injury, was taken to the hospital for treatment and his life was not considered to be in danger.

The police got a description of the 30-year-old suspect who fled the scene and were able to arrest him shortly afterwards in Montreal.



Laval Fire Dept. crew members outside Le Cardinal on Chomedey Blvd. late last week, responding to a roof fire. (Photo: Courtesy Association des pompiers de Laval)

Roof fire forces evacuation at Manoir Cardinal seniors' residence

One person was treated for shock after a fire started on the roof of the Manoir Cardinal seniors' retirement residence on Chomedey Boulevard in Chomedey.

A piece of mechanical equipment on the roof is believed to have been the ignition source.

Working swiftly, firefighters prevented the

blaze from spreading into the multi-storey building.

However, after residents were evacuated into a ground-floor common area while the firefighters worked, Urgences-Santé was summoned to treat a resident for shock. Damages were estimated by fire department evaluators at \$100,000.

'Icho' Larenas found not guilty of murder charge

Former UFC fighter Edouardo "Icho" Larenas who claimed self-defence throughout a murder trial at the Laval courthouse over the course of several weeks has been found not guilty by a jury.

During the trial, testimony and evidence were presented indicating that Larenas, 45, and his wife were the targets of two home invasions within a few hours in May 2022.

Larenas testified that during the second incident at his home in Sainte-Rose, he fought extensively with one of the suspects, a 17-year-

old boy, who was wielding a knife.

At one point the suspect fell, injuring himself on the blade, Larenas testified.

Larenas said he only learned the boy had died when he was questioned by the Laval Police investigators.

The jury informed Superior Court Justice Steve Baribeau that they had reached a unanimous verdict of not guilty to the second-degree murder charge Larenas was facing.

It took the jury three days to reach the verdict.

Laval man among three arrested for alleged I.D. and credit card forgery

A man from Laval is one of three suspects who were arrested by the Sûreté du Québec recently for allegedly running a print shop that produced hundreds of credit and ID cards while stealing the identities of thousands of people.

Ralph-Isai Labady, 34, from Laval, along with Evens Emile, 42, from Repentigny as well as a third but unidentified man age 27 from Montreal were arrested by the SQ.

The provincial police say 2,400 identities were stolen to create the fake documents and letters have been sent to 1,900 people to alert them of the theft.

Nearly 1,000 forged documents and state-of-the-art equipment for making counterfeit driver's licences, Canadian residency cards, Quebec health insurance cards, debit and credit cards and social insurance cards, were seized, according to the SQ.



Some of the fraudulent materials seized by the SQ. (Photo: Courtesy of SQ)



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Why are sheep sheared?

Sheep wool is used to knit items like scarves, socks and sweaters. Did you know that shearing these animals is actually good for them? In fact, sheep raised for their wool must be sheared to stay happy and healthy.



EXPLANATION

When sheep's wool grows too long, it can become thick and dirty, leading to several problems:

- The heavy wool coat can cause

the sheep to suffer from heatstroke, particularly during the hot summer months

- Parasites can hide and reproduce in the fleece, making the sheep very sick
- The weight and volume of the wool can prevent the sheep from moving around easily
- Excess moisture in the wool can lead to skin issues, such as fungus

Shearing sheep once every spring keeps them feeling their best.

In addition, the skilled professionals who shear sheep use the best techniques to minimize stress and prevent harm. A complete shearing session typically lasts only a few minutes. That's faster than a trip to the hairdresser!

Dive into the world of auks!

Auks are interesting animals. Learn more about them!

Often confused with penguins that live in Antarctica in the Southern Hemisphere, the auk inhabits the Northern Hemisphere, not far from where Santa Claus is said to live! Another characteristic that differentiates these remarkable creatures from penguins is that they can fly.

Auks have distinctive black backs and white bellies. They typically measure about 45 centimetres tall and weigh around 700 grams. To the naked eye, it's hard to tell male auks apart from females.

These birds are fantastic

swimmers and divers. They use their short wings to move gracefully through the water, almost as if they were flippers. Their diet consists of small fish, crustaceans and marine worms.

Auks are social creatures that live in groups called colonies. Males and females form pairs that often last a lifetime. Every spring, they have one chick, and both parents share the responsibility of caring for it.

Auks face threats from predators like birds of prey, foxes, crows and seagulls. On average, they can live up to 20 years.

If you want to learn EVERYTHING about auks, you can read books or watch documentaries.



Sudoku 6x6

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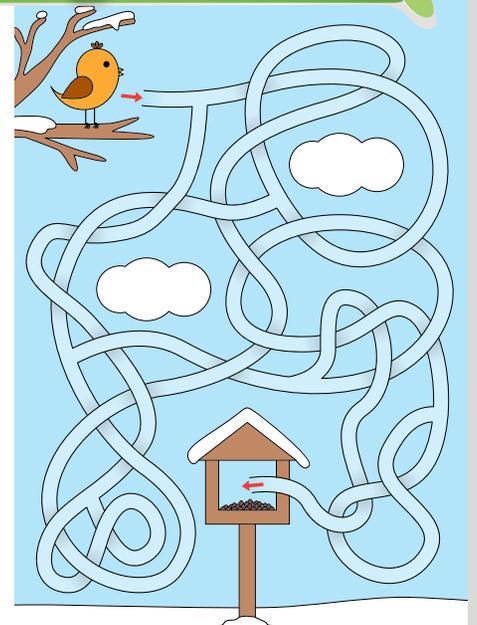
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| 1 | 6 | 4 | 5 | 3 | 2 |

ANSWER



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FROM WAYNE & TAMARA

TO THE VICTOR

Q I am dating a man who is going through a divorce. We are together for a year now, and the divorce process just started for him. He moved out of the house three months ago, and his ex-wife to be and two teenagers know about me. They were married 18 years, and as I understand, during this time she was in control.

Now she is totally going crazy. His children treat him like nothing, not because of me, but because they are spoiled. Even in the divorce process, his wife is trying to get everything her way, and I am the top subject.

She asked him to sign a paper that for six months when the kids are with him, I can't be there; also, for a year we can't sleep together when it's his days with the kids. When the kids are with her, she tells them things, and they hate him all over. We have a lot of drama here.

My boyfriend is worried, can't sleep, and is not in a good mood. He is having chest pains and that worries me. She knows his weakness and pushes him into stress. She seems to enjoy hurting him. We have a good friend, a psychologist, and she recommends not speaking to his ex at all. He says I make him happy, and together we will go through this.

My divorce was final two months ago, and I don't think of my ex as an enemy. We grew apart, and we both are happy we are no longer together. Why so much hate from her? Of course, I only hear all the time one side of the story, and I am on his side, absolutely.

My boyfriend is a kind and wonderful person. People love him. Sometimes I want to ask her to stop torturing him; he is not an item that belongs to her. People who support him in his divorce all finally spoke up, and they are happy for him.

Is it true time will heal everything? He is very firm in his business, can be firm with me, but not with his ex and kids.

Tonya

A Tonya, the Greek historian Herodotus told a story about Darius the Great, king of Persia. With an army of 700,000 soldiers, Darius invaded Scythia, in the steppes of the Ukraine. In advance of the Persian army, the Scythians sent their women and children ahead of them destroying crops and poisoning the wells. The Scythian army stayed close to Darius, but they refused to engage his troops.

One day a messenger from the Scythian king arrived bearing a bird, a mouse, a frog and five arrows. When asked, the messenger said he did not understand the purpose of this message. Darius took it as a sign of surrender, but one of his counselors explained the true meaning. Unless you take to the air like a bird, burrow into the earth like a mouse, or hide in a marsh like a frog, we will destroy you with our arrows.

Without supplies and with much of his army sick, Darius retreated and never returned. This story of Herodotus is one of the first accounts of a scorched earth policy, the practice of leaving nothing behind which an enemy might find useful.

That is what your boyfriend's wife believes in. You have been involved with her husband for a year, and she sees you as an interloper in her territory. She knows this territory well. She knows where the wells and the weak spots are, and she intends to use this knowledge to her advantage.

It is not the winners who nurse grudges, but the losers. It is only victors who can afford to be magnanimous. With her home territory attacked and her future altered, she is determined if she must suffer a loss, no one will achieve a victory.

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

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AVIS PUBLIC DE SCRUTIN/PUBLIC NOTICE OF POLL

AVIS PUBLIC est par la présente donné aux électrices et électeurs inscrit(e)s sur la liste électorale qu'un scrutin sera tenu.

PUBLIC NOTICE is hereby given to the registered electors that a poll will be held.

LES CANDIDAT(E)S À CETTE ÉLECTION POUR LE POSTE CI-APRÈS MENTIONNÉ SONT :
THE CANDIDATES IN THIS ELECTION FOR THE SEAT LISTED BELOW ARE:

Poste de commissaire – Circonscription n° 9/Commissioner seat – Electoral Division 9

Stephanie Brandone
3240, avenue des Gouverneurs
Laval (Québec) H7E 5K9

Polizei Christodoulakis
395, rue Archer
Laval (Québec) H7X 3P4

Marie-Thérèse Désormeaux
105, boul. Daniel Johnson
Laval (Québec) H7V 2C6

Lorenzo Lagatta
2363, rue Tivoli
Laval (Québec) H7K 0B5

VOTE PAR ANTICIPATION
Dimanche 15 mars 2026
de 12 h à 20 h

ADVANCE POLL
Sunday, March 15, 2026,
from 12:00 p.m. to 8 p.m.

et

and

VOTE LE JOUR DU SCRUTIN
Dimanche 22 mars 2026
de 10 h à 20 h

POLLING DAY
Sunday, March 22, 2026,
from 10 a.m. to 8 p.m.

Lieux et adresses des bureaux de vote/Locations and addresses of the polling stations

| Bureau de vote/Polling station | Circonscription-Secteur/Electoral Division-Sector | Section de vote/Polling division |
|---|---|----------------------------------|
| École primaire Jules-Verne/Jules Verne Elementary 1701, rue de l'École, Laval (Québec) H7G 1V5 | 09 - 27 09 - 27 | 2701 2702 |
| École primaire Saint-Vincent/Saint-Vincent Elementary 3000, boul. de la Concorde Est, Laval (Québec) H7E 2B6 | 09 - 28 09 - 28 | 2801 2802 |

Le recensement des votes sera effectué le soir du scrutin, à 21 h, au bureau de la présidente d'élection situé au 235, Montée Lesage, Rosemère (Québec) J7A 4Y6.

The counting of the votes will take place on election night at 9 p.m. in the office of the returning officer, located at 235, Montée Lesage, Rosemère (Québec) J7A 4Y6.

Donné à Rosemère, le 2 mars 2026/Given in Rosemère on March 2nd, 2026.

Présidente d'élection/Returning Officer

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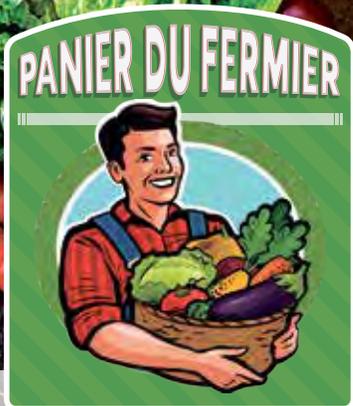
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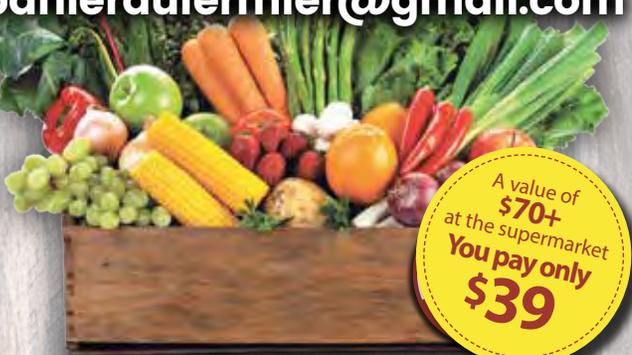
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(Marché Misti Perou)

8076 Boul Lévesque E
H7A 3K9



PSYCHOLOGY FOR ALL

EMMANUEL ALIATAS, MA, PSYCHOLOGIST
emmanuelaliatas@gmail.com

Psychology of Stress

Today I am writing an article about the psychology of stress. How and why our society is under so much stress and what we may or may not be able to do about it. Stress is a major pandemic in our society. It is a disorder for which there is no vaccine. One must make changes in their lifestyle that may require huge sacrifices.

First, the stress response can feel like you are burning the candle on both ends and some time ago you forgot that your energy level has been slowly reducing speed as you age. Too many people try to bring their 20-year-old habits into their 40's. Between 40 and 50 people sometimes begin to break down both physically and mentally. Yes, one must consider slowing down and reducing the number of activities in their agenda.

People have great difficulty with the word "No". This is a word that one must use effectively to avoid an overwhelming lifestyle. It is a fact that if you "Yes" everyone and never remember to say no here and there you will lose your self and you will constantly feel overwhelmed. These Yes people are the individuals who come to my office without any idea of who they are and what they like to do. They in fact lose their identity during the child rearing years between 20 and 40. It is a time they must be selfless. Most people have trouble returning to a reasonable amount of selfishness necessary to maintain one's individualism/identity. This same issue applies to people who focus their attention entirely on their career and have no children. It is amazing for me to see this phenomenon talking to a 40-year-old who has no idea what they like, what they want and who they are.

What I am trying to say is that people get so wrapped up in their career, raising their children, paying their mortgage and car payments etc. It is just a never-ending game of stress. One especially important thing is that you can not say no to the bank. Individuals with this lifestyle like newly weds forget about each other and there is a big lack of communication in their lives that goes by unnoticed. Asking your partner if they took the kids to soccer, ballet, hockey or piano lessons, fed them, bathed them, did the homework is not communication. However, it is what the couple does for the child rearing years.

One day when the child says I am not coming home mom, I am staying at my friend's house for that night, the couple wakes up the next morning staring at the person at the other end of the breakfast table and says to oneself, I wonder who that is. That apparently and sadly happens often, and it may lead to a separation of the couple all because they were too busy to keep the pilot light of their relationship on over the years.

Remember this to all the readers of this article, you will not have a relationship with your partner if you forget to turn the flames up a bit

over the years, and that is a fact. I will be writing about relationships soon just stay tuned. However, today it is about stress, a relationship killer as well. In our society with mortgage, rents and groceries that are so high the financial issues facing most couples are stressful to say the least. I really do not want to get into the politics of the issue I am sure most individuals have their own opinions about what is going on here.

Many people are stressed at the worlds geopolitical landscape as well. This is another main source of stress today. People are not sure what is going to happen however they all know that we have the power to destroy the entire planet if it goes too far. People are worried about how far this will go. There is a serious war going on for over four years with Russia and the Ukraine. Russia is a nuclear power, and their leadership has made it quite clear they would not hesitate to use it if things do not go their way, very scary. Just recently war broke out with Israel and the USA against Iran. This is another worry many people are having. Here too there are high tech weapons at their disposal. What's next World War three, this is something I never discuss in my writing however one can not mention stress and not say what state our world is in now.

I feel like I must explain my understanding of the stress response hoping to help people stay out of the emergency rooms and instead get people to the gym, the world must go on. There is a touch of biology we may have to explore. We all understand that we have a central nervous system. However, there are two components that many people who are too busy living do not understand that well. The first component is the parasympathetic nervous system. This helps with relaxation and digestion and just a calm about the individual. The other is the sympathetic nervous system which is related to the fight or flight response which may increase your stress and anxiety.

This latter system is what the stress response is mostly related to. This is when an individual sees a lion or a bear with cubs. The response is to turn off the parasympathetic system and ignite the sympathetic system. This sends blood over to the muscles to prepare to either run or fight, also to take a blow if necessary. When this system is active, one can not even think of hunger or relaxation. Without getting into more detail, most people get the idea. Chronic stress keeps the sympathetic nervous system active and if left unmanaged, this can result in serious illness or worse. In short one must train themselves to avoid this at all costs.

To manage stress while enjoying life, stay active with activities like exercise, cycling, tennis, yoga, Tai Chi, or swimming. Choose something you enjoy—ideally with your partner—to make it fun. Any form of physical activity can help reduce daily pressures, so get moving and let your imagination guide you.

HOROSCOPE

Week of March 8 to 14, 2026

The luckiest signs this week:
AQUARIUS, PISCES AND ARIES

♈ ARIES
By fine-tuning your goals, you'll unlock your full potential. Whatever path you choose, you'll pour your heart and soul into it. Your romantic side will shine through during a getaway with your partner.

♉ TAURUS
If you're in a new relationship, the idea of marriage may come up as a way to formalize your relationship and ease lingering doubts. At work, keep your emotions in check during negotiations to avoid confusion or misunderstandings.

♊ GEMINI
A new training opportunity will arise, opening new doors to growth and quickly improving your quality of life. In love, take the initiative to break free from your daily routine. Even a simple walk hand in hand could help reignite intimacy and happiness.

♋ CANCER
You'll become a hero simply by listening to someone in need. Professionally, you may unexpectedly find yourself leading a team and becoming the central pillar of an important project.

♌ LEO
You'll receive news of a birth in the family or find a real estate investment that fits your budget perfectly. To advance at work, embrace your success or work on changing your mindset.

♍ VIRGO
You'll feel inspired to change your vehicle. You'll interpret an unusual message, possibly debating with people in a multilingual context. Your curiosity will soar this week.

♎ LIBRA
You'll find surprising solutions to your financial and emotional challenges. A well-deserved promotion and raise are on the horizon, bringing you happiness and satisfaction in your career and daily life.

♏ SCORPIO
Life feels like it's flying by! Your love for the finer things may lead you to explore high-end shops and fine-dining restaurants. Treat yourself to a touch of luxury and take the opportunity to refresh your wardrobe with a new style.

♐ SAGITTARIUS
SAGITTARIUS
You'll overcome your fears and act with renewed determination. Your creativity will lead you to create a masterpiece that will earn you recognition and a well-deserved financial reward for your talents and efforts.

♑ CAPRICORN
You'll be in high demand this week, both within your circle of friends and at work. Your popularity will soar, and your client base will expand. You'll become the go-to person for effectively managing any important business.

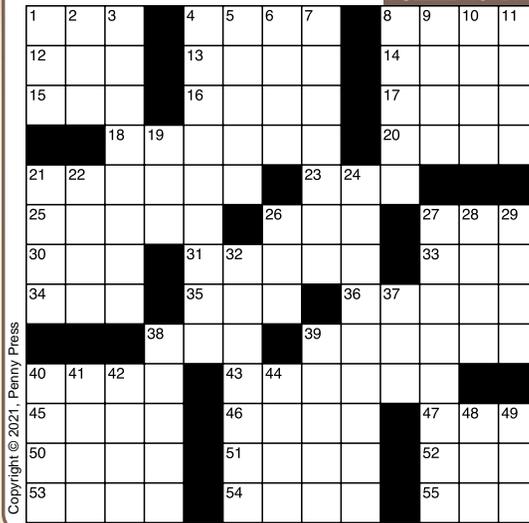
♒ AQUARIUS
After lengthy negotiations, you'll finally get approval to buy a property or fund a project that's close to your heart. You may also need to reevaluate your friendships. Although difficult, this process will be beneficial in the long run.

♓ PISCES
You'll feel a strong urge to step back and recharge. Take the time you need to reconnect with your inner child and appreciate the beauty in life. This reconnection will awaken your passions and restore your inner peace.

Coffee Break

CROSSWORDS

PUZZLE NO. 299



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ACROSS

1. British brew
4. Thicken
8. Clasp
12. Large coffeepot
13. Bee home
14. Track event
15. Hitter's club
16. Blessing closer
17. Becomes older
18. Loafers
20. Big quiz
21. Prizes
23. Deep anger
25. Sun-dried brick
26. Tilling tool
27. Picnic beverage
30. Thus far
31. Advertising lights
33. Move quickly
34. Single's order
35. Joke

DOWN

1. Basin
2. Important time
3. Remedy
4. Dare
5. Citrus fruits
6. Finished
7. Emotional strain
36. Trimmed
38. The lady's
39. Dish wipers
40. Too
43. Sparkles
45. Motel unit
46. Shanties
47. Pub feature
50. Morse _____
51. Flirty look
52. Lens opening
53. Linger
54. Football stands
55. Dawn drops

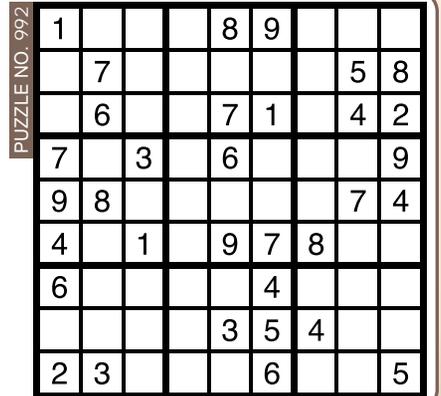
8. Rub harshly
9. Angry frenzy
10. Sherbets
11. Bother
19. Small amount
21. Deli spread
22. Ideal garden
24. Answers
26. Sty resident
27. Nabbed
28. Fight for two
29. Winds up
32. Sound range
37. Astonish
38. Cozy
39. Book name
40. Circle parts
41. Bounty
42. _____ pop
44. Gigantic
48. Affirmative vote
49. Church seat

Sudoku

HOW TO PLAY:

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

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

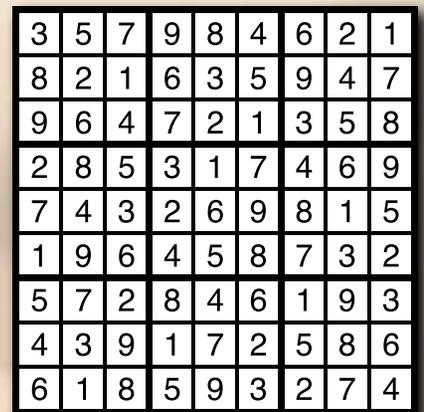


Last Issue's Answers

CROSSWORDS



Sudoku



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