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Laval Police release 'Let's Go Raoul!'

Online game promotes rules of the road for scooters, e-wheels and other PMDs

MARTIN C. BARRY

Local Journalism Initiative Reporter
marty@newsfirst.ca

The use of motorized personal mobility devices (PMDs) – including electric scooters and e-wheels – is growing in Laval.

And so, to educate the public and to promote safe practices, the Laval Police are launching an online interactive game called “Let’s Go Raoul!”

Designed as a road safety prevention tool, the game is aimed at both new PMD users as well as all other users of the road.

Learning while doing

Through interactive play inspired by video games, participants choose their character, their equipment and their route, while learning about current regulations and safe practices to reduce the risk of accidents.

“Because this mode of transportation is relatively new, the public remains largely unaware of the requirements of the Highway Safety Code and the conditions surrounding its use,” said Karine Ménard, director of the Laval Police.

As the risks associated with riding personal mobility devices (PMDs) in urban areas are still poorly understood, and the development of this type of mobility has already raised significant road safety issues in several cities around the world, “it was therefore essential to offer a fun tool, all within a simple and engaging approach,” Ménard added.

Funding from Quebec

It’s worth noting that the project is made possible thanks to the financial participation of the Government of Quebec through the Road Safety Fund’s Financial Assistance Program.

“The efforts undertaken by the Laval Police Service to create this interactive game aim to raise awareness among road users,” said Benoit Charette, Minister of Transport and Sustainable Mobility.

“Thanks to the financial support of the Ministry of Transport and Sustainable Mobility, this initiative will contribute to improving pedestrian safety and the quality of travel,” he continued. “This type of project is essential to promoting safe and sustainable active transportation.”

Chance to win an e-scooter

Available online, “Ça roule Raoul!” is responsive and can be used on a mobile phone, tablet or computer. By completing the game, participants also get a chance to win an electric scooter valued at \$1,000.

The contest runs from May 18 to September 7.

You can play this interactive game here: carouleraoul.ca. Here are some rules for personal mobility devices (PMDs):

Traffic rules

In general, the traffic rules that must be followed by users of PMDs are similar to those for cyclists, including:

- Use the bike path, when available.
- Ride as close as possible to the curb or the right side of the roadway and in the same direction as traffic;
- Ride on the shoulder in the same direction as traffic;
- Don’t ride on the sidewalk, except in exceptional circumstances;
- Yield to pedestrians, especially at crosswalks;
- Obey traffic signals applicable to cyclists.

Users of a personal mobility device (PMD) also must:

- Be at least 14 years old and carry proof of age;
- Wear a properly fitted and securely fastened helmet.

But users of a PMD must not:

- Ride on a public road where the speed limit exceeds 50 km/h;
- Wear headphones;
- Carry passengers;
- Pull or push any other object or person;
- Use a cell phone or any other entertainment display.

Mobile phone exceptions

- When the cell phone is properly and securely mounted on the PMD and is only transmitting information necessary for the user’s movement or related to the operation of the equipment;
- When the user is stopped at the edge of the road or on the shoulder, so as not to obstruct traffic.

The Laval Police have been trying to clarify for PMD users the conditions for the safe and legal operation of e-scooters, e-wheels and similar conveyances on the city’s roads and streets since at least August 2024. That’s when they held a safety and information session in the parking lot outside the Carrefour Laval one Saturday afternoon.

Since 2023 when the city first allowed and began promoting the use of rented e-scooters on Laval’s streets, the number of scooters available at rental stations in Laval had doubled, according to an LPD spokesperson, and their number since then has no doubt increased.

Careless ATPM users can be fined

The LPD’s spokesperson said at the time that they were taking proactive action to clarify the



conditions for the safe and legal operation of e-scooters, which are now defined within the Quebec highway safety code.

Those who ride them but who fail to abide by the rules risk receiving \$100 tickets (plus administration fees) for moving violations. Perhaps the most important of these is failing

to wear a helmet while operating an e-scooter.

E-scooters and e-wheels are two of a growing range of new mobility devices which came onto the market in recent years – often through relatively lax internet-retailing practices – leaving governments and road safety regulators scrambling to catch up and adapt road safety laws.



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Readers

3860, boul. Notre-Dame, # 304,
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Publishers

George Bakoyannis
George S. Guzman

General Director

George Bakoyannis

VP Sales & Marketing

George S. Guzman
sales@newsfirst.ca

Graphic Design

Lareine Zakhour
Elena Molter
Thomas Bakoyannis

Advertising

George S. Guzman

Editorial Staff

Martin C. Barry
Alessandro Commisso
Dimitris Ilias
Maria Diamantis
Renata Isopo
James Ryan

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OPINION & Editorial



New "soccer kids on the block" kick their way into Laval

The FC Supra du Québec is more than a new professional soccer club. It signals Laval's growing place in Quebec's sporting future. As of this year, the club has begun to compete in the Canadian Premier League, the country's top domestic men's soccer league, and play its home matches at Stade Boréale in the Centre sportif Bois-de-Boulogne area. That alone gives Laval a stronger profile in Canadian sport, but the larger significance lies in what the club represents. That is ambition, identity, and opportunity for Laval and for Quebec soccer as a whole.

The project has already drawn attention at the civic level. Laval City Councillor David De Cotis, who has represented the Saint-Bruno District since 2013, stated to TLN, "the City of Laval has provided no financial assistance and offers no formal endorsement to FC Supra." At the same time, he noted that the city recognizes the positive impact the team could have on the community. Matches at the Bois-de-Boulogne facility are expected to attract fans, support local economic activity, and add to the recreational vitality of the area. In his view, Laval stands to benefit from the visibility and community engagement generated by the club's presence.

The club's public relations team has also emphasized the independence of the project. Felipe del Pozo stated in a telephone interview, "that the club's lease was established with the Montreal Roses, the professional women's soccer club in Montreal, and that all agreements regarding rental fees, security, and game-day services are set out in that arrangement." When asked whether Joey Saputo should be concerned about FC Supra as a competitor, del Pozo laughed and replied, "Not at all!" He added that Saputo's son Luca works with the club and that the relationship is excellent.

The level of media attention reflects that this is not being treated as a routine expansion story. In this context, an expansion team is a club that is newly added to a league rather than one that existed first and later joined another competition. Hence, coverage has appeared across major regional and national outlets, underscoring the broader interest in Quebec's arrival in top-tier Canadian soccer. Clearly, the club has generated wide media attention, and that matters. Coverage has appeared across major outlets such as CBC, TSN, RDS, CJAD, OneSoccer, and other regional and national media, showing that this is not being treated as a routine expansion announcement.

Rather, FC Supra has quickly become a story about Quebec's entry into top-tier Canadian soccer and about the rising importance of Laval as a professional sports destination.

Under president Rocco Placentino, a former professional player, the club is presenting itself as a showcase for Quebec talent. Responding to questions from The Laval News, Placentino said the project had been years in the making and that "the important thing is that we're going to have a team in Quebec," adding that "it's a Quebec project above all else." He also stated that "the goal of this project is to show who Quebec really is." His experience as both a player and an executive in Canadian soccer gives FC Supra credibility and a clear direction. The club's ownership group appears intent on building a sustainable, identity-driven team rooted in the local community rather than relying mainly on outside imports.

That local emphasis is one of the project's strongest features. FC Supra has already signed Quebec-connected players and has since added more players with Quebec development backgrounds. Placentino has also stressed that "this wasn't a want, it was a need for our province," and said the team is meant to help lift up youth soccer organizations across Quebec. By drawing from academies, university programs, and provincial development pathways, such as the organized local systems like clubs, academies, school programs, and high-performance tracks that help identify, train, and move young players toward higher levels of competition. The club is trying to create an identity around homegrown talent and local opportunity.

The economic impact could also be meaningful, even if it will take time to measure precisely. A professional club can bring recurring foot traffic, game day spending, local jobs, sponsorship opportunities, and renewed attention to surrounding commercial areas. It also gives visitors another reason to come to Laval regularly, not just for shopping or commuting, but for sport and community events.

There is a broader civic value as well. Laval has often been described as a fast-growing city with strong infrastructure, but FC Supra offers something less tangible and perhaps more lasting—a team that can help shape how the city is perceived. Usually sports teams become part of a city's identity in ways that marketing campaigns cannot. If the club succeeds, Laval may become

known not only as a growing urban centre, but also as a city where professional soccer is genuinely rooted in the community.

A key next step would be for school boards to consider creating or expanding a sports-études program, if one is not already in place. That would give young players a clear development pathway by allowing them to train seriously while continuing their education. Over time, such a program could help identify and prepare talented students from Laval and nearby communities who may one day move into the FC Supra system.

This kind of model would also strengthen the club's long-term future. It would connect schools, families, coaches, and the professional team in a single pathway, making local talent development more intentional and more accessible. If Laval wants FC Supra to become more than a symbol, then building that bridge from school soccer to professional soccer would be a smart investment.

As for whether Joey Saputo should worry about FC Supra, probably not in a major way, at least not yet. CF Montréal operates in Major League Soccer with a larger stadium and an established fan base, while FC Supra is entering the Canadian Premier League with a focus on Laval and Quebec development pathways. There may be some overlap in casual supporters and youth talent, but the two clubs currently occupy different spaces and can coexist. Still, the true test will come over time, and whether that relationship remains complementary is something only the future will show.

For now, optimism should be balanced with realism. FC Supra's long-term effect on Laval will depend on attendance, community engagement, on-field results, and its ability to sustain momentum beyond the excitement of its launch. But the early signs are encouraging. A club with provincial roots, national media attention, and a roster partly built from Quebec talent gives Laval a real chance to become a true soccer city.

FC Supra du Québec is still in its early days, but it already feels like more than a sports headline. It is an opportunity for Laval to project confidence, for Quebec soccer to gain a professional home, and for local supporters to rally around something that feels distinctly their own. If the club succeeds, Laval will not just host a team, it will help shape the future of soccer.

Renata Isopo

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Laval unveils details of its 'Fête nationale' celebrations



On June 23, the City of Laval will welcome leading figures from Quebec music to the Centre de la nature for a free, inclusive evening where thousands of people will celebrate Quebec culture and pride.

This highly anticipated show will feature musical performers Richard Séguin, Véronique DiCaire, Lisa LeBlanc, Ingrid St-Pierre, Ariane Roy, La Bronze, Blynk, Choses Sauvages, Alphonse Bisaillon and Irdens Exantus.

The evening will be hosted by Xavier Watso and Kim Lévesque-Lizotte will write and deliver the evening's patriotic address, while DJ Montana

will provide entertainment before and after the show, preceded by a short performance by Waahli.

"The Fête nationale is an opportunity to celebrate our Quebec language, culture and identity, while recognizing the richness of our diversity," said Mayor Stéphane Boyer.

"Through music, words and the talent of our artists, we share what unites us and what makes Laval a place where everyone belongs," Boyer added.

"The city is proud to offer this high-quality celebration free of charge to the public, a celebration

that embodies our collective pride as Quebecers."

The Centre de la nature site will open at 6 p.m. Food trucks will also be on hand.

The event is made possible with the support of the Government of Quebec and the Société nationale du Québec à Laval, as well as Co-Motion, the Marriott Courtyard Montreal Laval Hotel, Signé Laval, La QV, Lagabière, Rakatak and Fou Gin.

There will be free shuttle service between the Montmorency bus terminal and the Centre de la nature. Full details are available online at laval.ca/fetenationale.

Laval takes action to stabilize the banks of the Rivière des Mille Îles

Following several instances of ground subsiding in recent years, the City of Laval is launching a major project to stabilize the banks along Boulevard des Mille-Îles to make this iconic

thoroughfare safer.

Funded by a federal government investment of over \$25.3 million through the Disaster Mitigation and Adaptation Fund, this project

— whose total cost across all phases is estimated at over \$80 million — will sustainably strengthen the resilience of this critical infrastructure against erosion and extreme weather events.

The announced project spans 9.5 kilometers, between Highway 25 and the eastern tip of Laval Island.

It aims to stabilize the Boulevard des Mille-Îles' shoreline while preserving the area's ecological quality.

In practical terms, the work will ensure the stability of more than seven kilometres of riverbanks along the riverfront of Boulevard des Mille-Îles.

Located at the eastern tip of Laval, the Boulevard des Mille-Îles runs along an ecological corridor known for the richness of its wildlife and plant habitats.

It is also one of Île Jésus' original routes. Highly popular with cyclists, this waterfront path is among Laval's most beloved routes.

The project includes the development of safe and user-friendly amenities for walking and cycling, promoting active mobility in the area.

The project, one of the largest undertaken by the City of Laval to ensure the sustainability of its waterfront infrastructure, will be carried out in phases to minimize impacts on traffic and residents' daily lives.

The design work and environmental studies required to obtain ministerial approvals and

First Nations community consent are already underway, and the first construction activities are expected to begin in 2027 and continue for approximately six years.

"The Boulevard des Mille-Îles is one of the founding thoroughfares of the Laval region," said Mayor Stéphane Boyer. "Protecting it is inextricably linked to preserving the heritage, landscapes and exceptional biodiversity of the island's eastern tip."

"In recent years, several instances of subsidence have forced the City to take emergency action, resulting in repairs totaling nearly 3 million dollars," he continued.

"With this major project, we are shifting from reactive measures to a sustainable approach to ensure the maintenance of this essential infrastructure and the protection of the riverbanks."

"It is essential to invest in infrastructure that helps protect Canadians from natural risks and the effects of climate change," said Alfred-Pellan Liberal MP Angelo Iacono, speaking on behalf of British Columbia MP Gregor Robertson, Minister of Housing and Infrastructure.

"By supporting the City of Laval with this significant federal funding of over \$25 million, the government of Canada is making a tangible contribution to securing this vital transportation corridor and protecting it from extreme weather events, while preserving a natural corridor and an exceptional heritage site for future generations," said Iacono.

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The City of Laval and the Liberal government in Ottawa are joining forces to stabilize the banks of the Rivière-des-Mille-Îles. (Photo: Courtesy of Government of Quebec)

Virginie Dufour blames CAQ gov't for Laval's 'one bin' recycling regulation

For large families, it's 'already full after a week,' says PLQ Mille-Îles MNA

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

What started out as a kind of April Fool's statement on Virginie Dufour's Facebook page nearly two months ago has turned into a campaign by the Mille-Îles Liberal MNA to get the City of Laval to furnish more recycling bins, as the municipality continues to encourage recycling while discouraging the disposal of garbage in landfill.

'No joke,' says Dufour

"It's not a joke, from April 1st, the recycling collection will move to two weeks in Laval," Dufour, herself a former Laval city councillor and executive-committee member, states in her video.

"For a large family like mine, the bin is already full after a week. And a slightly bigger bin won't be enough either," she continues.

While maintaining it's not entirely the city's fault, but rather Éco Entreprises Québec that bears responsibility due to budgetary constraints, Dufour ultimately blames the current provincial government, "because costs have exploded under the rules imposed by the CAQ," she says.

Expenses through the roof

She says she asked a parliamentary commission to shed some light on why waste management expenses "exploded" so drastically, but "still no answer. Less collection, less recycle. And that's everyone paying the price.

"I've got four children, two dogs, and this is what my recycling bin looks like after just one week," adds Dufour, pointing to her family's household recycling bin filled nearly to the top. "So, you can understand, every two weeks is impossible. And frankly, if we keep heading in that direction, we're going to hit a wall and people will give up on recycling."

In an interview this week with *The Laval News*, Dufour pointed out that as the city took measures to comply with new provincial requirements to cut back garbage output, an immediate consequence was a correspondingly vast increase in the volume of recyclables.

No to second bin, says city

"We have four teenagers who eat like two people each," she said. "So, yeah, we consume a lot, but we have kids to feed. So, every week our recycling bin is full. And we knew this was coming. But what we did not expect is that they would not allow us to have a second bin."

She said she tried three times to get the City of Laval to provide a second recycling bin to deal with her family's exceptional output, but that "the only thing they offered me was a bigger bin," even though it wasn't large enough to handle their needs.

Dufour said that after posting the video, she received replies from people all over Quebec saying they had the same problem, but were able to receive a second bin from their municipality after putting in a request.

"But in Laval we're not allowed to," she maintained. "And my understanding now is that it

would be a rule imposed by Éco Entreprises Québec."

Under new management

Since January 2025, the management of recycling bins in municipalities across Quebec has been under the control of Éco Entreprises Québec. The non-profit organization, according to information on its website, represents companies that supply containers, packaging and printed paper in Quebec.

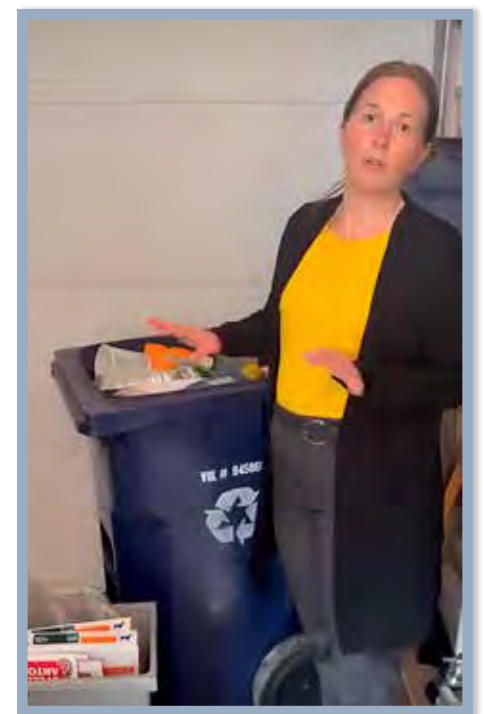
For contractual reasons, according to Dufour, the City of Laval signed an agreement that remains in effect and which restricts the number of recycling bins assigned per household.

"I even went to my city councillor and I was told 'no, it's not possible' [to get an extra bin]," she said, adding that she was told single-family homes are only allowed one bin, although it can be a larger one that holds 1.5 times the capacity of the smaller bin.

Because her smaller bin was full in no time at all, she said "I told them several times that it just doesn't add up for me. Even like in one week, sometimes it was a problem. Sometimes we had to even put recycling in neighbours' bins. But now they're all full – all the bins around the neighbourhood."

Recycling vs. landfill costs

Dufour, who is the Official Opposition Critic for Environment in the PLQ shadow cabinet, holds the CAQ government responsible for an increase in recycling costs after the government imposed new rules on Éco Entreprises Québec as well



as other agencies active in the recycling sector.

"The cost increase in three years went from \$285 million to \$483 million," she said, while adding that some businesses particularly impacted by recycling have seen their costs double or even triple during the same period.

While acknowledging that it's now more than nine times more costly to recycle waste as it is to send it to landfill, Dufour insisted that landfill is still not a viable alternative.

"It's just that when it costs so much more to recycle, it runs the risk that people will get away from recycling," she said. "There is a problem with cost control. There's been like a cost explosion. And I've been asking the government to do an inquiry because it just doesn't add up in the end."

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Bringing fairness to a 'wholly unfair situation'

Ottawa agrees to refund City of Laval \$1.1 million claimed by CRA

MARTIN C. BARRY

Local Journalism Initiative Reporter
marty@newsfirst.ca

The City of Laval won't have to pay \$1.1 million to former mayor Gilles Vaillancourt for unpaid taxes owed to the Canada Revenue Agency (CRA).

Federal Finance Minister François-Philippe Champagne announced last week that he was authorizing a voluntary, non-binding payment of \$1.1 million to the CRA to cover the bill.

The amount is being disbursed to settle an obligation the CRA claimed the City of Laval had to the federal tax collection agency. Vaillancourt, who served as mayor of Laval from 1989 to 2012, was arrested in 2013 by UPAC, Quebec's anti-corruption police.

Three years later, he pleaded guilty to conspiracy, breach of trust and fraud after \$7 million believed to have been stolen by him was finally located in a Swiss bank account. But after Vaillancourt returned the money to the city, Laval was left on the hook for \$1.1 million in taxes still owed to the CRA.

Minister Champagne's statement

In a statement texted to The Laval News last Thursday by John Fragos, press secretary to Champagne, Fragos said, "Minister Champagne connected with the mayor of Laval earlier today to confirm that, in the interest of fairness and in keeping with the Quebec government's own handling of the tax matter at the time, he will authorize an ex gratia payment of \$1.1 million to rectify this wholly unfair situation and bring fairness to the city of Laval and its residents.

"This payment will be made in recognition of a payment that the City of Laval is required to make to the Canada Revenue Agency," he added.

Mayor Boyer jubilant

For his part, Boyer said in a statement, "A major victory for Laval residents in this matter! I received confirmation today that an agreement has been reached with the federal government, at no cost to Laval taxpayers.

"Laval residents have already paid a heavy price for the criminal

acts committed by Mr. Vaillancourt, and we can now finally turn the page on this unjust affair," he continued. "I would like to thank Minister François-Philippe Champagne for his collaboration on this matter and his commitment to finding a solution in the best interests of our community."

Boyer had been contesting a request from the CRA for the City of Laval to pay the taxes owed on the amounts which had been refunded by Vaillancourt to the municipality.

Closure sought by CRA

Boyer first brought up the issue in March. During that month's city council meeting, he said in his opening remarks that a resolution would be passed asking Champagne to intervene in the City of Laval's favor.

Although Vaillancourt returned more than \$7 million to the city, the CRA reportedly wanted to close the file by getting someone to make the final payment.

According to a Radio-Canada report, Vaillancourt's lawyers were arguing that the City of Laval should be held responsible for the unpaid taxes since the municipality got what it wanted when it received the sum Vaillancourt had reimbursed.

In a relatively rare instance of solidarity between the mayor and opposition forces on city council, Action Laval opposition city councillor David De Cotis (Saint-Bruno) tabled a motion in March supporting the administration's position on the unpaid taxes.

Former mayor suing the city

Following these new developments, there was no word late last week as to whether Vaillancourt still intends to proceed with a lawsuit against the City of Laval for reasons that were never entirely clear.

According to La Presse, which had obtained a heavily-redacted copy of a notice of legal action filed by lawyers for Vaillancourt, only 13 of nearly 40 paragraphs in the document were legible, making it difficult to understand the grievances of Laval's former mayor.

Even the amount of the damages claimed was redacted beyond legibility. However, a handwritten note on the back mentioned



"In the interest of fairness," Federal Finance Minister François-Philippe Champagne announced last week that he was authorizing a payment of \$1.1 million to the CRA on behalf of the City of Laval and its residents. (Newsfirst Multimedia file photo: Martin C. Barry)

a claim for \$3,517,000, although the reasons for this massive redaction, unusual in civil matters, were also not clear.

Vaillancourt's lawyers

In the matter of the unpaid tax bill, Vaillancourt's lawyers had argued that the City of Laval should be held responsible for the unpaid taxes.

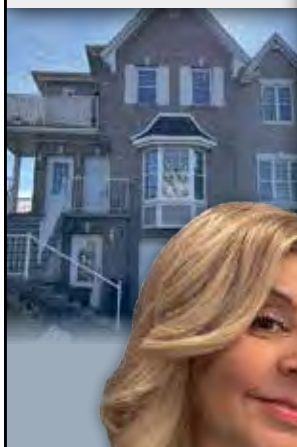
In sections of his claim that weren't redacted, Vaillancourt's lawyers explained that he reached agreements in 2016 with Revenu Québec, the Director of Criminal and Penal Prosecutions and the City of Laval.

His lawyers said he was asking the court to order the City of Laval to pay four separate amounts – which were all redacted in the document – including reimbursement of his extrajudicial fees.

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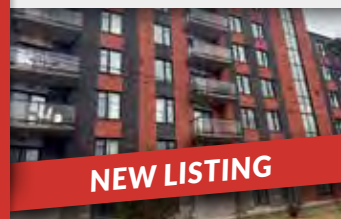
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Musical wiz Steven Atme honoured by Lieut. Governor and in National Assembly

Sainte-Dorothée resident is helping others after struggling in his earlier years with autism

MARTIN C. BARRY

Local Journalism Initiative Reporter
marty@newsfirst.ca

As a proud 'Lavallois' living in Sainte-Dorothée, Steven Atme reached out to *The Laval News* last week to share what he said were two pieces of news worth celebrating.

Diagnosed with autism at a young age, though he later overcame the challenges, Atme is a musician and entertainment professional. Self-taught in the beginning, at age 13 he started composing music, then later attended the McGill Conservatory of Music.

Service and success

Since then, Atme, 33, has provided countless hours of service to others struggling with learning disabilities and autism, while also leading a successful career in entertainment and the performing arts as a producer, director and educator.

On May 13, he was in Quebec City to be honoured for his years of service at the Quebec National Assembly by Elisabeth Prass, the Liberal MNA for D'Arcy-McGee who is also the Official Opposition Critic for Special Needs and the Autism Spectrum. "My father Elie and good friend Rocco were there with me," Atme said, while sharing a video of the meeting.

Two hours after being at the National Assembly, they went across the street and met with Quebec Lieutenant Governor Manon Jeannotte at a government building. "We had a wonderful hour with [Jeannotte] alongside the chief of staff and personal assistant," said Atme.

Touching base with dignitaries

Having previously gone over his work in the arts, humanitarian acts and performance while conversing with Governor General Mary Simon last year, Atme recently also wrote a personal letter to His Majesty King Charles III containing a proposal for a National

Special Needs and Mental Health Movement.

"We went onto a sentimental subject about our personal experiences in life and how crucial it is to continuously work with our hearts and positive energy," Atme said about the discussion with the governor general. "Rocco and I shared with her about last February, [when] we both gave an amazing workshop and performance for the Cree School Board while they were in Montreal," said Atme.

"Her face glowed because she knows them well. We added to our statement, hoping both of us and my father would go to the north and help the Six Nations community because of increasing mental health cases. Therefore, it would be beneficial to incorporate with performance, teach, play and storytelling. Any sort of help. We want to help."

A memorable performance

Atme said that during the meeting with Jeannotte, "an unexpected moment occurred. [Jeannotte] wanted me to perform on the piano. At the last minute, I played for her an original composition, 'Precious Memories,' followed by singing Charlie Chaplin's, 'Smile.'"

After the performance, Jeannotte told him words "I'll forever cherish close to my heart," he continued. "She told me in French, 'Hearing your music made me transcend to another place. A peaceful tranquil place. The way you worked your fingers is an art form creating the unique rich sound as it flows like the water.'"

His response to her, "People must realize when they play music, we hear the sound but thinking too much mechanics. On the other side, by feeling free and playing with our hearts delivers such a significant meaning in our musical phrases, it'll capture them more than words can say." Jeannotte was touched, added Atme.

An emotional encounter

"We were fortunate for getting a private tour around the place and ended at [Jeannotte]'s favourite room for welcoming digni-

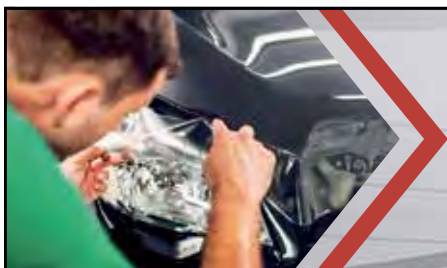


Atme performed some of his music for Quebec Lieutenant Governor Manon Jeannotte during his meeting with her in Quebec City.

taries, 'The Seasons Room.'" he said. She presented him with two gifts: her personal pin and a book featuring all Quebec's Lieutenant Governors, not previously published.

"We had great conversations with smiles and laughter. [Jeannotte] also thanked me for my service to province and country and would like to hear more updates on shows plus other engagements. Two milestone moments in one day. Even now, my heart still cries with joy."

Atme had the additional honour of recently being invited to join the Saint Brendan chapter of the Knights of Columbus in the Montreal district of Rosemont. He acknowledged that personal faith and dedicated service to the K of C and the causes it supports are now part of his everyday life.



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Eid Mubarak

Eid al-Adha: a global tapestry of faith, sacrifice, and community

Every year, as the final days of the Islamic lunar calendar draw near, a quiet anticipation settles across Muslim communities worldwide. It is the approach of **Eid al-Adha**, the “Festival of Sacrifice,” a holiday that blends devotion, charity, and celebration into one of the most meaningful moments of the Islamic year. Rooted in a story shared across the Abrahamic faiths and observed by more than a billion Muslims, Eid al-Adha is a time when families reconnect, communities unite, and the values of generosity and compassion take center stage.

A STORY SHARED ACROSS CENTURIES

At the heart of Eid al-Adha is a story of faith: the Prophet Ibrahim's willingness to sacrifice his son in obedience to God's command. At the decisive moment, the child is spared and a ram is offered instead. This narrative—one of devotion, mercy, and trust—forms the spiritual foundation of the holiday.

Eid al-Adha is not a commemoration of loss, but of divine compassion. It is a re-

minder that faith is tested not through suffering alone, but through the willingness to surrender one's most cherished attachments for a higher purpose.

A HOLIDAY LINKED TO THE HAJJ

Eid al-Adha begins on the 10th day of **Dhu'l-Hijja**, the last month of the Islamic lunar calendar. Its timing coincides with the completion of the **Hajj**, the pilgrimage to Mecca that millions undertake each year. For pilgrims, the holiday marks the culmination of days of ritual, reflection, and spiritual renewal. For Muslims around the world, it is a moment to feel connected to that sacred journey, even from thousands of miles away.

THE MORNING PRAYER: A COMMUNITY IN HARMONY

The day begins with a special communal prayer held shortly after sunrise. Families dress in their finest clothes, children buzz with excitement, and entire neighbourhoods gather in mosques, community centers, or open fields. The sermon that follows often focuses on themes of sacri-

ifice, humility, and generosity—values that shape the rest of the celebration.

THE SACRIFICE: SYMBOLISM AND SOCIAL RESPONSIBILITY

The defining ritual of Eid al-Adha is the **sacrifice of an animal**—usually a sheep, goat, cow, or camel—by families who are financially able. This act, known as *udhiyah* or *qurbani*, symbolizes Ibrahim's devotion and the mercy shown to him. The meat is traditionally divided into three parts:

- One third for the household
- One third for relatives and friends
- One third for those in need

This distribution ensures that **everyone**, regardless of income, can share in the holiday feast. In many countries, charitable organizations coordinate largescale meat distribution, extending the spirit of Eid far beyond individual homes.

A CELEBRATION OF FAMILY, FOOD, AND GENEROSITY

Eid al-Adha is also a time of joy. Homes

are filled with the aromas of special dishes prepared only once a year. Families visit one another, exchange gifts, and share meals that reflect centuries of culinary tradition. Children receive money or small presents, and acts of charity—both formal and informal—become a central part of the day.

A HOLIDAY WITH MANY CULTURES AND MANY NAMES

Though unified by faith, Eid al-Adha takes on different cultural expressions around the world:

- In South Asia, neighbourhoods come alive with festive markets and dishes like biryani and korma.
- In West Africa, the holiday — known as *Tabaski* — is celebrated with music, communal feasts, and vibrant gatherings.
- In the Middle East, hospitality and open homes define the holiday atmosphere.

Each region adds its own flavor, but the core values remain constant: gratitude, sacrifice, and unity.



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Un message de votre élue

Eid Mubarak!

I would like to wish the Muslim community a wonderful Eid celebration filled with peace, joy, and precious moments with family and loved ones.

Aglaia Revelakis

Conseillère municipale - Chomedey

✉ a.revelakis@laval.ca

☎ 514-242-5761

conseil
municipal



Eid Mubarak

Eid al-Adha in Canada: a celebration of faith in a multicultural nation

Canada's Muslim population – now one of the fastestgrowing religious communities in the country – has shaped a uniquely Canadian expression of Eid al-Adha. From coast to coast, the holiday blends traditional Islamic practices with the rhythms of Canadian life, creating a celebration that is both deeply rooted and distinctly local.

LARGE COMMUNITY PRAYERS IN PUBLIC SPACES

In Quebec, including Montreal and Laval, mosques and community centers organize multiple prayer sessions to accommodate the large turnout. Eid prayers often take place in:

- convention centers
- sports arenas
- university gymnasiums
- outdoor parks

A CANADIAN APPROACH TO THE SACRIFICE

Because most families cannot perform animal sacrifice at home, Canada has developed a structured, regulated system.

Licensed halal farms and slaughterhouses offer prebooked *udhiyah* services.

Many families choose to donate their sacrifice through Canadian charities, which distribute meat locally or abroad. Some organizations allow families to pick up their portion of the meat later in the day.

This system ensures that the ritual is carried out ethically, hygienically, and in accordance with Canadian regulations.

COMMUNITY FESTIVALS AND OPEN HOUSE EVENTS

Across the country, Eid al-Adha has become a moment for interfaith and intercultural connection. Many mosques host:

- open-house events
- community barbecues

- charity drives
- family carnivals

These gatherings often attract non-muslim neighbours, reflecting Canada's multicultural ethos.

CANADIAN EID TRADITIONS EMERGING

Over time, certain uniquely Canadian Eid customs have taken shape.

Families often spend part of the day outdoors—picnics, park gatherings, or trips to lakes and beaches.

Schools with large Muslim populations may acknowledge the holiday with educational activities or accommodations.

Cities with significant Muslim communities sometimes issue official

greetings or raise the crescentandstar flag at city hall.

In colder years (when Eid falls in winter), celebrations shift indoors, with cozy family meals and community hall events.

A HOLIDAY THAT MIRRORS CANADA'S DIVERSITY

Eid al-Adha in Canada is a mosaic of cultures—Arab, South Asian, African, Turkish, Balkan, Caribbean, and more—each bringing its own traditions. The result is a celebration that feels both global and local, ancient and modern.

A HOLIDAY THAT ENDURES

Eid al-Adha is more than a ritual or a feast. It is a moment of reflection in a fastmoving world, a reminder of compassion, humility, and the responsibility we share toward one another. Whether celebrated in Mecca, Marrakech, Karachi, Lagos or Montreal, the holiday carries the same message: **faith is lived through generosity, sacrifice, and community.**



Eid Mubarak

*Have a blessed Eid
Bonne fête de l'Aïd*



FAYÇAL EL-KHOURY
MP FOR LAVAL-LES ÎLES
450-689-4594
faycal.el-khoury.c1@parl.gc.ca



ANNIE KOUTRAKIS
MP FOR VIMY
450-973-5660
annie.koutrakis@parl.gc.ca



CARLOS LEITÃO
MP FOR MARC-AURÈLE-FORTIN
450-622-8858
carlos.leitao@parl.gc.ca



Québec solidaire announces candidates for October elections

Party has a full slate for Laval's six provincial ridings

MARTIN C. BARRY

Local Journalism Initiative Reporter
marty@newsfirst.ca

Last Sunday during an investiture assembly held in Laval-des-Rapides, Québec solidaire presented the team that will represent the party in Laval's six ridings in the October provincial elections.

The nominated candidates are Geru Schneider (Chomedey), Josée Chevalier (Fabre), Sabrina Di Matteo (Laval-des-Rapides), Zachary Robert (Mille-Îles), Karine Cliche (Sainte-Rose) and Stella Bourgon-Germain (Vimont-Auteuil).

In a statement, Québec solidaire said the assembly marked an important milestone for the party in Laval, adding that QS "intends to



Seen here during the investiture gathering held in Laval-des-Rapides last Sunday are Québec solidaire's six candidates in Laval: (third from the left) Zachary Robert (Mille-Îles), Geru Schneider (Chomedey), Karine Cliche (Sainte-Rose), Sabrina Di Matteo (Laval-des-Rapides), Josée Chevalier (Fabre), and Stella Bourgon-Germain (Vimont-Auteuil). (Photo: Martin C. Barry, Laval News)

run a campaign rooted in the realities of Laval's neighbourhoods and in the concrete concerns of the population."

QS wants to be 'a stronger voice'

Those concerns, according to the left-leaning party, include the housing crisis, the rising cost of living, access to public services, public transit, social and ecological justice and "the need to give a stronger voice to the citizens of Laval, Quebec's third-largest city."

They said other issues will include defending

accessible public services, fighting inequality, responding to the climate emergency, improving intra-regional mobility and "building a Quebec that is more just, more democratic and more solidaristic."

On hand to address party members were Haroun Bouazzi, the Québec solidaire MNA for Maurice-Richard, and Andrés Fontecilla, the QS MNA for Laurier-Dorion.

Schneider, 33, a lifelong resident of Chomedey, former political attaché with the Action Laval municipal party and a labor union activist, has an interesting backstory. His parents came to Quebec from Chile more than 35 years ago and settled in Laval after fleeing a repressive right-wing regime that came to dominate Chilean politics.

Schneider's roots in Chile

Schneider said his grandfather was Chile's deputy minister of health in the government of socialist president Salvador Allende. Allende died in 1973 at the climax of a coup d'état staged by General Augusto Pinochet, who then ruled Chile as a dictator until 1990.

Schneider acknowledged in an interview with *The Laval News* that the outcome of the October 5 election in the PLQ bastion will likely be more difficult to predict since the incumbent, Sona Lakhoyan Olivier, a former Quebec Liberal, has been cast out by the party.

"It's always been Liberal," he said about Chomedey, which has voted Liberal since 1981 when it was first created.

"That's my main concern not only for Chomedey, but also for the rest of Laval. The PLQ has always thought that Laval was a natural for them. But now they're going to have to work for it for real. And obviously we're going to do everything we can to be an alternative."

To be treated as 'equals – not scapegoats'

In the statement furnished by Québec solidaire, Schneider said the concern driving him in this campaign is simple. "The right to live with dignity in Laval. The right to affordable housing, well-maintained schools, efficient public transit, and the right for our fellow citizens of all backgrounds and faiths to be treated as equals – not as scapegoats. Chomedey deserves a voice that says these things plainly."

Sabrina Di Matteo said she intends to run a campaign grounded in Laval-des-Rapides' urban and social issues. "Laval-des-Rapides is at the heart of several major transformations," she said. "We must ensure that the development

of our neighbourhoods serves the people who live there, not just real estate interests. Our priority must be the quality of life for families, access to affordable and social housing, and quality public services rooted in social justice."

The 'politics of proximity'

Zachary Robert, a QS candidate in 2022, said he wants to continue his commitment in Mille-Îles through "politics of proximity," listening and collective action.

"The solutions exist, but they require political courage," said Robert. "I want to run a campaign grounded in reality, close to people, to defend our public services, a just ecological transition, and a politics that refuses to make the middle class and the most vulnerable pay. At the same time, the wealthiest continue to enrich themselves."

Karine Cliche, also a QS candidate in 2022 and a resident of the riding for over twenty years, said she wants to continue her commitment to social justice and the environment by winning in Sainte-Rose. A teacher at Cégep Montmorency, she is also involved in education and the union movement.

"Sainte-Rose is my home, the place where my daughters were born and are growing up," said Cliche. "I want to keep defending our heritage, our natural spaces, local agriculture and the social causes that give our community its strength and humanity."

Amplifying voices of the unheard

QS's Vimont-Auteuil candidate, Stella Bourgon-Germain, said she wants to amplify the voices of those too often made invisible in the political debate.

"My experience as a caregiver, my work in the community sector, and my own life have convinced me of one thing: vulnerable people must be better represented. I want to defend access to physical and mental health care, the fight against the cost of living, wealth redistribution, and an education system that allows every young person to reach their full potential."

Fabre candidate Josée Chevalier, who ran for QS in 2022, is a teacher of English at Collège Montmorency, a union activist and a feminist. She said she wants to run a campaign focused on change.

"Coming from a working-class family, I know that social justice is built through concrete struggles," Chevalier said. "In Fabre, I want to advocate solutions to the rising cost of living, the housing crisis, poverty and the erosion of our public services. We are the only real alternative for improving people's lives."

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The Canada Strong Pass looks to promote tourism for the second year in a row

ALESSANDRO COMMISSO
alessandro@newsfirst.ca

From June 19th to September 7th, the Canadian government is bringing back The Canada Strong Pass. Introduced last summer, this pass gives Canadian residents and visitors free access to Parks Canada, discounted Via Rail passages and reduced admission prices for museums and galleries across Canada.

The Canada Strong Pass came on the heels of Mark Carney's election as Prime Minister. He ran on the platform of national sovereignty, economic independence, and climate action. The idea to promote Canadian travel was important to not only the economy, but to the welfare of Canadian citizens.

By promoting travel within Canada, the program helps stimulate local economies, specifically in small towns that rely heavily on tourism. Businesses in these towns such as restaurants, hotels, and museums benefit from the increase in foot traffic. This will only reinforce job creations and regional economic growth.

"From museums and railroads to national parks and camping spots, our government is making it easier for families to choose Canada as they make their summer plans," said Minister Steven Guilbeault.

The initiative also supports environmental goals that the Canadian government have put into place. By choosing to offer discounted Via Rail fares, this encourages Canadian travelers to use rail transportation. Providing a solid alternative lowers the economic impact compared to air travel.

Given its success last summer, the pass was revived during this past holiday season as well. It was active from December 12th, 2025, to January 15th, 2026, and served as an option for more affordable travel during the expensive holiday season. According to Canadian Heritage, there was a 6.5 percent increase in VIA Rail ridership, a 13 percent increase in visits to Parks Canada sites, an average of 15 percent increase in attendance at national museums, and an average of 6.3 percent increase in attendance at art galleries.

"We can be proud of Canada and proud to be Canadians. Following its success last year, we are bringing the Canada Strong Pass back to deliver real savings and make it easier for families to experience Canada's parks, museums, railways and campsites," said Marc Miller, Minister of Canadian Identity and Culture and Minister responsible for Official Languages.

What are the benefits?

For starters, the Canada Strong Pass is not a physical pass. There is no physical or digital pass to present to acquire these savings, which makes it much easier and accessible for anyone looking to benefit.

The discounts only cover admissions, but there are some parks that might offer discounted tours. There are also no limits on how many times you use the pass, as long as it's within the allotted time frame.

All national museums are offering free admission to anyone under 17 years old and 50% off for young adults aged 18 to 24. For Via Rail, the pass also offers free admission for children aged 17 and younger. From young adults aged 18-24, the discount is 25%, which can save them a lot of money in the long run.

Despite these incentives, awareness of the program remains limited. We spoke to several residents who said they had never heard of the Canada Strong Pass prior to being asked about it. Others expressed skepticism, questioning whether the offer was legitimate or assuming it might be a scam when asked about their travel plans.

One person on Facebook even expressed concern that the questions were an attempt to determine when their home would be empty, suggesting it could be an elaborate scheme linked to a potential break-in.

North American competition?

Furthermore, the Canadian government has taken steps to lower travel costs for both residents and international visitors, positioning the Canada Strong Pass as a key incentive. By reintroducing the program, the country continues to distinguish itself from the United States.

As of January 1st, 2026, the United States have decided to up the costs for international visitors. The "America First" initiative put in place by President Donald Trump is one of the first changes to National Parks Service (NPS) in decades. The added cost dramatically alters the price of visiting some of the most beautiful parks in the United States.

Prior to the introduction of this initiative, the cost of visiting major national parks such as Yosemite, the Grand Canyon, and Yellowstone was typically around \$35 USD per vehicle. This fee applied to the entire car rather than to individual visitors, meaning the price remained the same whether there was a single occupant or a full group of up to six people. As a result, it was often a relatively affordable option for families or groups traveling together, since the cost could be shared among everyone in the vehicle.

As of the 1st of January, there is also an added \$100 USD surcharge on every person entering the park. This means that if you're a family of 4 going to the beautiful Yosemite park, you can be expected to pay \$435 USD for your trip instead of \$35! Converted to CAD, it comes out to a whopping \$597.78. Not a very affordable vacation, that's for sure.

The standard "America is Beautiful" pass now remains \$85 USD for American citizens, but the price has more than tripled for international visitors to \$250 USD.

These contrasting ideologies will surely encourage people to travel other parts of the world, especially if they do not feel welcomed in the United States.

Roofing scam complaints rise

OPC warns Greater Montreal homeowners about aggressive roofing sales tactics



Charles Tanguay, spokesperson for the Office de la protection du consommateur (OPC). (Photo: courtesy of OPC)

NEWSFIRST MULTIMEDIA
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Homeowners across Laval and the Greater Montreal area are being urged to exercise caution before signing roofing contracts after complaints against Toiture Darlex rapidly increased in recent weeks.

The Office de la protection du consommateur (OPC) says complaints linked to the Saint-Jean-sur-Richelieu-based company rose from eight to 22 within days following media coverage by the Journal de Montréal. The allegations involve unsolicited roofing quotes with major price increases during construction.

These also follow vulnerable homeowners who were pressured into accepting expensive additional work.

Charles Tanguay, spokesperson for the OPC, said one of the first warning signs is receiving detailed unsolicited estimates directly in a mailbox.

"Usually, good contractor[s] don't chase customers like that," Tanguay said in an interview with Newsfirst Multimedia. "It's always preferable to choose your own contractors than to be chosen by one."

According to the OPC, homeowners should be cautious of contractors who pressure them into signing quickly, refuse to provide documents or licences, or dramatically increase prices once work begins.

The warnings come as renovation season begins throughout Quebec and as more residents begin booking roofing work following winter weather damage.

Laval homeowner targeted

One of the cases reported by the Journal de Montréal involved Roger Lagacé, a 72-year-old resident of Laval-Ouest who allegedly received unsolicited roofing estimates in his mailbox.

After agreeing to a \$5,000 repair, workers reportedly removed shingles from his roof before another individual arrived demanding roughly \$25,000 for additional repairs.

Tanguay said roofing projects create especially vulnerable situations because homeowners can feel trapped once work begins.

"Consumers report that all the exterior shielding of their roof have been torn off," he said. "So the roof is at the mercy of the rain and temperature or weather, bad weather. And that makes the situation very uncomfortable and urgent."

The OPC issued a province-wide warning on April 30 regarding itinerant sales practices

connected to roofing and other home renovation sectors. The agency warned that some contractors use weather exposure and urgency to pressure consumers into accepting costly changes mid-project.

Mortgage allegations raise concerns

The situation intensified this week after the second media report detailed allegations involving a 73-year-old Longueuil homeowner who says a \$9,000 roofing contract ultimately turned into a \$129,000 debt tied to a mortgage signed at a Laval office.

According to the report, the homeowner allegedly signed documents before notary Adama Coulibaly without fully understanding they created a mortgage carrying a 24 per cent annual interest rate through a private lending company.

The homeowner later hired a lawyer in an attempt to revoke the mortgage.

The OPC confirmed checks are underway regarding the lending company involved.

Tanguay said homeowners facing these situations should seek legal advice quickly, particularly if large sums of money or financing agreements are involved.

"One of them is to consult a lawyer very quickly to see what are their options," he said.

He added that recovering money can be difficult depending on how payments were made.

Industry checks still important

Despite the complaints, Toiture Darlex still holds a valid licence with the Régie du bâtiment du Québec, according to the Journal de Montréal report.

Tanguay noted that even homeowners who verify licences and online reviews can still encounter problems.

"You still could be trapped into something you don't like," he said. "Like discovering that there's more work to be done and that the final bill will be much higher than what expected."

Still, he said consumers should continue checking whether contractors hold valid RBQ licences and OPC permits before agreeing to work.

The OPC also recommends homeowners seek multiple quotes and independently research contractors rather than accepting unsolicited offers.

Under Quebec rules introduced in November 2024, itinerant sales involving certain home-related goods and services, including insulation and decontamination work, became prohibited. Roofing work itself is not included in those bans.



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May 27, 2026 • The Laval News • 13

Things to do **UPCOMING**

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

FÊTE DES POLLINISATEURS



May 30
1 - 4 PM

Bois de l'Équerre

49 Rang de l'Équerre, QC H7L 6A3

Come celebrate the end of the season in the flower-filled gardens of Bois de l'Équerre, where a variety of colorful activities await you.

reseaucanopee.org

GALA INFLUENCE CRÉATION



May 30
5 PM - 2 AM

Place Bell

1950 Claude-Gagné Street, QC H7N 0E4

The 4th edition returns with more than 1,200 professionals from Quebec's digital content industry, gathering to celebrate creativity and innovation.

influencecreation.com

FEASTER FESTIVAL



May 30 - May 31

Centre du Sablon

1200 Boul. Saint-Martin O, QC H7S 2E4

The Feaster organization presents the Feaster Festival, an event that invites you to discover a wide range of local artists. Take this opportunity to broaden your horizons and let yourself be swept away by new musical discoveries.

feaster.ca/festival-feaster

LA COURSE DES POMPIERS 2026



May 31

Departure: Caserne 5

7900 Av. Marcel-Villeneuve, QC H7A 4C5

The Firefighters' Run is an event for everyone that supports a good cause. Children and adults are invited to participate and enjoy a thrilling experience in the world of firefighting.

coursedespompiers.org

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Arrest in sexual assault case

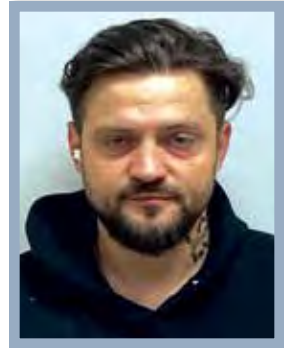
LPD seeks out victims

The Laval Police recently arrested an individual in connection with a sexual offence. As part of the investigation, detectives from the LPD's Major Crimes Unit have reason to believe that this individual may have had other victims and hope to contact anyone who may be affected.

A victim allegedly met the suspect on the evening of April 25 during an outing at an establishment in Laval. He allegedly offered her alcohol and drugs before driving her to his home, where he then sexually assaulted her. Nicu Eduard Cristea, 38, is facing charges of administering a noxious substance, unlawful

confinement and sexual assault. He remained in custody last week following a court appearance and his case returned to Quebec Court on May 22. Anyone who may have been a victim of Nicu Eduard Cristea or who has information about this case can contact the LPD confidentially on

the Information Line at 450-662-INFO (4636) or by calling 9-1-1. The file number is LVL-250425-072.



23 arrests made in child porn raids, including in Laval

From May 11 to 14, officers from the Integrated Child Pornography Unit (EILP-J) overseen by the Sûreté du Québec, involving the Montreal Police, the Quebec City Police, the Laval Police, the Longueuil Agglomeration Police and the Gatineau Police, conducted a large-scale operation.

More than 160 police officers were mobilized and a total of 23 men, aged 26 to 73, were arrested. All appeared in court on charges of possession, distribution and access to files containing child sexual abuse and exploitation material and seven of them remained in custody last week.

Computer equipment was seized for analysis during 25 searches. Throughout the project, no fewer than 4 million child pornography files were seized. In total, four victims have been identified," according to the SQ. "This week's operation is the result of significant collaboration and coordination,"

said Lieut. Katherine Guimond, head of the online child sexual exploitation investigations division at the Sûreté du Québec. "This joint approach by the various police forces strengthens efforts to combat the online sexual exploitation of children across the province," she added.

Laval Police's cycling tour has started

From May 25 to 30, a team of 14 Laval Police officers, supported by several volunteers, will be participating in the 29th annual cycling tour. Over six days, they will cover more than 1,100 kilometers to raise funds for Opération Enfant Soleil. The ride began last Monday morning May 25 in front of the Laval Police Service Investigations Centre (2911 Chomedey Blvd.). The participants will return to the same location on Saturday May

30 around 4 p.m., after having traveled through more than 80 municipalities. Their route will take them from Laval to Quebec City, passing through Montreal, the Montérégie region, the Eastern Townships, the Beauce region, the National Capital Region, the Mauricie region and part of the Lanaudière region on the return journey. Since the creation of the cycling tour in 1997,

more than \$1.7 million has been donated to Opération Enfant Soleil thanks to the mobilization of Laval police officers and the public. It's worth noting that two officers from the Quebec City Police Service will join the tour as it passes through the Quebec City National

Capital Region. They too will be riding to support Opération Enfant Soleil. You can follow the cycling tour route on Facebook at www.facebook.com/tourcyclistedespoliciersdelaval, and on Instagram at www.instagram.com/tour.cycliste.policiers.laval.



Recent fires around Laval

MAY 16 | 12:50 // Building fire on Samson Boulevard in the Chomedey sector. Multi-unit residential building. Visible flames at the balcony level with fire spreading inside. The Code was 10-12, second alarm.

MAY 23 | 07:36 // Building fire on boulevard Saint-Martin Ouest in the Chomedey sector. Commercial building. Visible flames. The Code was 10-12, second alarm.





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Did you know that some animals live in only one country in the world? For example, you must go to Madagascar to see lemurs in their natural habitat. Such species are said to be endemic to a region. Can you match each animal to the country or region where it lives?



ANIMAL

1. Komodo dragon
2. Fossa
3. Matschie's tree kangaroo
4. Southern brown kiwi
5. Koala
6. Eastern wolf
7. Emperor penguin
8. Okapi
9. Glacier bear
10. Giant panda

LOCATION

- A. Alaska
- B. Antarctica
- C. Australia
- D. Canada
- E. China
- F. Indonesia
- G. Madagascar
- H. New Zealand
- I. Papua New Guinea
- J. Democratic Republic of the Congo

ANSWERS: 1-F, 2-G, 3-I, 4-H, 5-C, 6-D, 7-B, 8-J, 9-A, 10-E



SUDOKU 6X6

3		5	2		6
6			3		
1	6		5	3	
	5			6	
		2			
	3				1

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

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

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

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DIRECT ANSWERS

FROM WAYNE & TAMARA

SAME OLD SONG

Q A few years ago I put together and headed a special team at work, consisting of myself, a close female friend, and a male.

We became a close team just by personality and the nature of our work. He was single when we began working together and private in his personal affairs. When he married, I recall us being surprised. I also recall noticeable stress as they adjusted to one another.

He and I continued to come together as friends and more. It was quite some time before we became lovers. I remember all the subtleties that developed as two people became closer. These were the dynamics of a man and a woman staking a claim and becoming more inclusive.

A year later emotional intimacy began to surface, and we openly talked about feelings and desires. We acted on our feelings, and headstrong went into an affair lasting the following year. It was difficult balancing the pull to be near each other with the burden of guilt and secrecy.

When it came out in the open at work, we reorganized the team and moved forward. We still continued to see each other until recently. I was out on training for some time, and that was a good opportunity for me to break away.

When I returned I learned they purchased a house together. Prior to this purchase, there was no house and no kids. Honestly, looking back, it was not that I thought I had the better relationship or was competing for his love.

It was the many small indicators that they had no marriage. There wasn't gossip, just messages picked up if one were paying attention. I have broken away now, and it is a most painful process. I will spend the next year overseas for work.

We have never had that final conversation, the one that brings closure or at least allows each person to rid themselves of some guilt and shame. I know life moves forward, and we end up in different places. But I feel we are so unresolved now that we will resurface

somewhere down the road.

Yvonne

A Yvonne, when Wayne was growing up, he spent much of his time fishing, hiking, and camping. One of his friends sometimes brought a banjo, and after dinner around the campfire he would play and sing.

Wayne's favorite was "The Big Rock Candy Mountain," a hobo ballad. The Big Rock Candy Mountains are a tramp's paradise, where the sun shines every day on the birds and the bees and the cigarette trees. Alcohol trickles through the rocks, the hens lay soft-boiled eggs, and the hobos banished the jerk who invented work.

There must be a lost verse to that song, the verse about closure, because the only place where you are likely to find closure is the Big Rock Candy Mountains. This world does not work in terms of closure. We are born in the middle of things, and we leave in the middle of things.

In this life the only closure we normally get is the closure which occurs within ourselves. You want to believe nuance over a public ceremony and a binding legal contract. You want to believe rumor over the gold band on his wife's hand.

That's more than self-serving. It's self-deceiving. With you he didn't mention his engagement, wedding, or house plans. What would have happened to his chances for an affair if he had? His percentages would have dropped, wouldn't they?

You don't want closure but for this relationship to continue, because if it doesn't, then he was just having sex with you. If you want one rule to follow in life, it's this. Stop listening to what people say and start looking at what they do.

Who is this guy? A man who commits adultery on his new bride, just another bum in the Big Rock Candy Mountains.

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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Canada groceries and essentials benefit aims to ease cost of living pressures

ALESSANDRO COMMISSO
alessandro@newsfirst.ca

In addition to rising grocery costs, many Canadians are also dealing with higher rent and mortgage payments, as well as increased utility bills. These overlapping expenses have created a situation where even middle-income households are feeling financial strain. For some, this has meant relying more heavily on credit or delaying major purchases, further highlighting the need for short term relief measures.

These adjustments reflect a broader shift in consumer behaviour. Discount retailers, warehouse clubs, and careful meal planning are now key strategies for managing expenses. For some, budgeting has become more detailed and intentional in order to maintain financial stability.

Part of a broader support system

The Canada Grocery and Essentials Benefit is part of a wider effort by the federal government to support vulnerable populations and stabilize household finances. Alongside existing programs such as the Canada Child Benefit and other credits, it provides targeted relief to those most affected by inflation.

However, awareness remains a challenge. Some Canadians may be eligible but unaware of the program, while others may miss out because they have not filed their taxes. Community organizations and government outreach efforts play an important role in helping people understand eligibility and access support.

In addition to direct financial assistance, broader affordability measures are being explored, including efforts to monitor grocery pricing and encourage competition in the food sector. While these longer-term strategies aim to improve overall market conditions, immediate relief programs like the CGEB remain essential for many households.

For many Canadians, the benefit offers temporary but meaningful support. By helping to offset the cost of food and necessities, it can ease financial stress and provide some stability in difficult economic circumstances.

Still, experts note that temporary payments alone will not solve the underlying causes of inflation. Long-term solutions such as wage growth, improved housing affordability, and more stable supply chains will be necessary to create lasting change.

In the meantime, programs like the Canada Grocery and Essentials Benefit serve as an important safety net. Staying informed and filing taxes on time can make a significant difference for those trying to keep up with everyday expenses in a challenging economic environment.

As Canadians continue to grapple with the rising cost of living, the federal government has introduced targeted financial support measures such as the Canada Groceries and Essentials Benefit and other relief programs. These initiatives are designed to provide direct assistance to households struggling with higher food prices, inflation, and everyday expenses.

The Canada Groceries and Essentials Benefit, or CGEB, replaces the former GST/HST tax credit system and expands its reach. It also includes a onetime GST/HST top up payment that will be distributed to individuals who were eligible for the credit in January 2026. This payment is expected to be issued as early as June 5, 2026.

"We're announcing that our government is launching the new Canada Groceries and Essentials Benefit," said Prime Minister Carney. "This will deliver hundreds of dollars more into the bank of more than 12 million Canadians."

The benefit is administered automatically through the Canada Revenue Agency (CRA), meaning recipients do not need to apply separately. This streamlined approach ensures that eligible individuals and families receive support without navigating additional paperwork. Payments are calculated using information from annual income tax returns, making tax filing a critical requirement for accessing the benefit. Those who do not file their taxes may miss out entirely.

For families already receiving benefits such as the GST/HST credit, the grocery benefit will be issued as a supplement. The amount varies depending on household income and family size. For example, a couple with two children could receive approximately \$1,890 dollars per year under the updated system, helping offset the cost of essential goods.

In addition to this increase, the government has proposed a 25 percent boost in quarterly payments over a five-year period starting in July 2026. To illustrate the change, eligible families of four received roughly 1,100 dollars last year, while this year they could receive up to 1,890 dollars. In the following years, from 2027 to 2031, families may expect payments averaging around 1,400 dollars annually, depending on eligibility and economic conditions.

Tough times for Canadians

These payments come at a time when many Canadians are facing ongoing financial pressure. Inflation has significantly increased the cost of groceries, housing, and transportation, forcing households to rethink how they spend their money.

Global economic factors continue to play a major role. Disruptions to supply chains and increased fuel costs have driven transportation expenses, which in turn raises the price of goods on store shelves. As costs rise across multiple sectors, consumers feel the impact in nearly every aspect of daily life.

Many Canadians are changing their purchasing habits to cope with higher costs. Families are choosing more affordable food options, cutting back on non-essential purchases, and taking advantage of discounts and promotions. Lower cost proteins, generic brands, and bulk buying have become more common as households look for ways to stretch their budgets.



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HOROSCOPE

Week of **MAY 31 TO JUNE 6, 2026**

The luckiest signs this week:
PISCES, ARIES AND TAURUS



ARIES

A summer getaway is on the horizon. You're on a tight deadline, so your plans will require organization and discipline. Any learning experience will support your progress. A busy social life will improve your physical, emotional and spiritual well-being.



TAURUS

Strong emotions may surface, but your determination will help you overcome current challenges. A move or career change will bring you closer to a long-held dream. Stepping outside your comfort zone will be essential for true growth.



GEMINI

Thoughts and reflections on love will consume your headspace. Some romantic relationships may create anxiety because they demand real commitment. To move forward with confidence, take a step back and assess each situation clearly.



CANCER

Your health will be a top priority this week. A balanced diet will help you reach your personal goals. You may also consider starting a home-based business. However, you'll need patience and strong organization before it becomes a stable source of income.



LEO

Your self-confidence will soar, positively influencing your decisions. Those close to you will express appreciation and affection, reinforcing your improved self-image.



VIRGO

Family matters will demand your attention. To help ease tensions with a loved one you disagree with, you'll need to stay calm and distance yourself. If you're planning a move, your anxiety will spike. However, preparation will greatly reduce your stress.



LIBRA

A concern may weigh heavily on your shoulders, but you'll find a sympathetic ear. You'll speak honestly and share your feelings without hurting anyone. Open and respectful communication will lead to peace and mutual understanding.



SCORPIO

You could suddenly receive the answer to your financial or emotional difficulties, possibly through a dream. This revelation will bring clarity. Events will gradually fall into place, allowing you to better understand and reorient your current situation.



SAGITTARIUS

You'll realize that staying still leads nowhere. You'll face your fears with determination and move confidently toward your goals, turning obstacles into meaningful opportunities.



CAPRICORN

Your creativity and artistic talents will become a big part of your life. You may even consider volunteering for a meaningful cause. You'll sharpen your intuition, revealing inspiring abilities that guide your path.



AQUARIUS

You'll need to reconsider certain friendships that no longer align with your values. To protect your relationships, avoid lending money. Honesty and transparency will help you build strong, lasting and mutually enriching friendships.



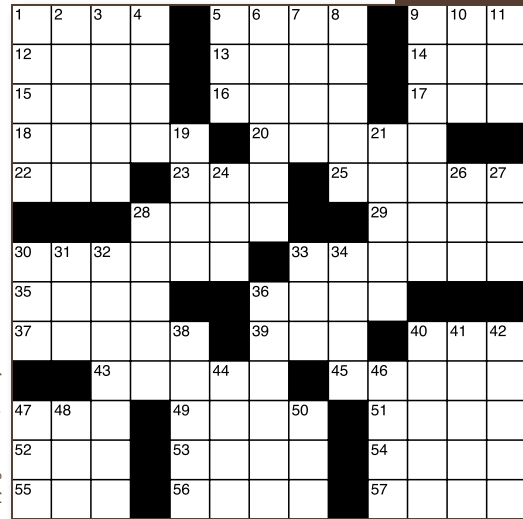
PISCES

You'll be given new and rewarding responsibilities at work. If you're looking for a job, a promising offer with good working conditions will come your way. A loyal friend will support you in your efforts, opening the door to excellent opportunities.

Coffee Break

CROSSWORD

PUZZLE N° 305



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ACROSS

1. Tiff
5. Skip
9. Faucet
12. Caution
13. Woman of rank
14. Publicize
15. Farm unit
16. Decline
17. Slick
18. Rental agreement
20. Small lumps
22. Like a desert
23. Sidekick
25. Dingy
28. Carpet's surface
29. Epoxy
30. Business place
33. Cowboys' loops
35. Longest river
36. Extended credit
37. Precise
39. Leatherworker's tool

40. Sales pitches
43. Poor
45. Swiss call
47. Male descendant
49. Mother
51. Played part
52. Ram's mate
53. Organize
54. Lacking moisture
55. ___ aboard!
56. Hiker's abode
57. Smaller amount

- danglers
10. Feel unwell
11. Snoop
19. Long heroic poem
21. Sired
22. Beer's cousin
26. In ___ course
27. You betcha!
28. Cake unit
30. First digit
31. Mend
32. Sleepwear fabric
33. Mint
34. Lone
36. Nonprofessional
38. Attract
40. Dote on
41. Cold-cuts stores
42. Snow coasters
44. Hill's partner
46. Uttered
47. ___ anemone
48. Night hooter
50. Picnic insect

DOWN

1. Burn with water
2. Harness horse
3. Display
4. Kickoff props
5. "___ Folks at Home"
6. Sculpting stone
7. Movie hero
8. Errors in print
9. Mortarboard

Sudoku

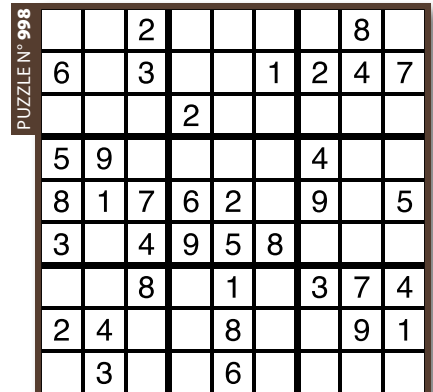
HOW TO PLAY

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.

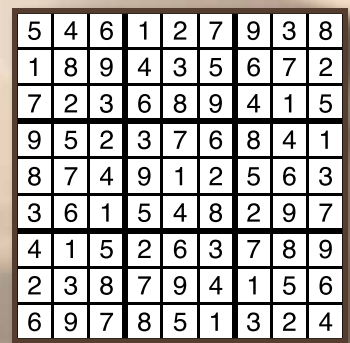


LAST ISSUE'S ANSWERS

CROSSWORD



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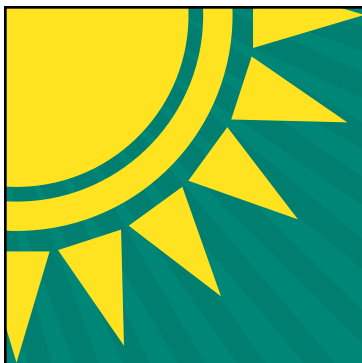
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Place-des-Arts Metro
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Atwater Metro
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Mont-Royal Metro
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