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July derailment spurs demand for thorough railway inspections in Laval

Boyer defends 'big projects' like Place Bell, as city records \$11.3 million deficit

MARTIN C. BARRY

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In the aftermath of a 46-car freight train derailment in July in Repentigny that forced the evacuation of more than 200 residents, Action Laval tried without success during the August 11 Laval city council meeting to initiate a debate on a motion demanding that a thorough inspection of railway lines be carried out in Laval immediately.

The proposal, tabled by Action Laval city councillor for Saint-Bruno David De Cotis, called for a full inspection of the railway infrastructure used for freight transport within Laval.



"After what happened in Repentigny, it is completely irresponsible not to immediately demand a preventative inspection of our infrastructure," Action Laval city councillor for Saint-Bruno David De Cotis said during the Aug. 11 city council meeting.
(Photo: Martin C. Barry, Laval News)

Demanding an inspection

In the proposal, the opposition party requested that the city formally contact the CPKC railroad as well as the Quebec-Gatineau Railway (CFQG) to conduct a thorough inspection of their tracks, ties and switches and submit a detailed report to the city.

The request was a direct result of the derailment of the railcars on July 5 in Repentigny, where the Transportation Safety Board of Canada ended up identifying major anomalies, including misaligned ties and missing anti-rail guards.

In a statement issued by Transport Canada a few days after the derailment, the federal agency responsible for the Transportation Safety Board of Canada said it understood "the concern and disruption this incident has caused for the Repentigny community and understand the importance of restoring confidence that the railway is operating safely."

Laval train derailment in 2017

"Two railway lines run through Laval, passing by residential neighbourhoods, parks and even daycare centres," De Cotis said in a statement issued by Action Laval. "After what happened in Repentigny, it is completely irresponsible not to immediately demand a preventative inspection of our infrastructure."

The incident in Repentigny was a reminder of a train derailment that took place in Laval in October 2017. In that case, around a half-dozen out of total of 99 rail cars carrying an assortment of freight – including highly-volatile propane – left the rails after passing on a bridge going from Laval to Terrebonne over the Rivière des Mille Îles.

"Laval families deserve better than a city council that turns a blind eye to known risks," said Action Laval leader Achille Cifelli. "Public safety should never be a partisan issue."

Deficit criticized by opponents

When the City of Laval recently declared an \$11.3 million operating deficit after filing its mid-year financial statement, it was only a matter of time before there was a reaction from the public.

During the August council meeting's question period, Stéphane Chambon demanded answers from Mayor Stéphane Boyer. "Our net debt is now approaching \$1.2 billion," Chambon said.

"And in spite of this situation, it continues to progress year after year. Mister mayor: where is the limit? At what level of indebtedness will your administration finally decide to slow down, to prioritize and to make choices, because it's not possible to do everything at the same time.

"Are you ready to present a real plan to control the debt with clear priorities and projects that could be postponed, three-dimensioned or abandoned?" Chambon added.

Big versus small projects

Before responding, Mayor Boyer said he was not surprised by Chambon's line of questioning since Chambon is a member of Action Laval's executive committee.

While noting that council's opposition forces continue to insist the administration is still focused on large and costly projects, Boyer declared that his team has in fact been concentrating more attention lately on smaller and more local projects.

As an example, he cited the combination library/community centre and other projects built in recent years in Saint-François, the district overseen by Action Laval councillor Isabelle Piché. "Same thing for Mr. De Cotis – also a community centre, a dog park, the makeover of a synthetic sports field, a skatepark soon," said Boyer.

"Investments in the districts, there are some everywhere," he continued. "Unfortunately, the opposition positions itself as always against projects which are a bit larger. But for me, a larger project is not bad, taking the example of Place Bell.

One of Laval's best assets, says Boyer

"Back then, Place Bell was being contested and it was being said it was too expensive, that it wasn't worth it and that in Laval it was better to have just two or three district arenas," said Boyer. "But today, I consider that Place Bell is one of the best assets the city has to make Laval known."



Mayor Stéphane Boyer defended his administration's decision to promote smaller projects in Laval's districts, while justifying major projects like Place Bell.
(Photo: Martin C. Barry, Laval News)

"We have more than a hundred shows there annually. We have the Rocket to stir people, we have the Victoire. When we go to Place Bell and experience an event in a large group, I think we can feel proud of our city. We need both, yes. We need large projects because we are a large city – the third largest city in Quebec – and smaller projects in the districts which is what we are doing."



Photo: Martin C. Barry, Laval News

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OPINION & Editorial



There is no room for mistakes

Why Charles Milliard must re-instate Sona Lakhoyan Olivier as the Official Liberal Candidate in Chomedey

As the Quebec Liberal Party (QLP) charts its vision for the future, party leadership must remember that political strength is never built solely from head office directives or procedural rigidity; it is forged on grassroots trust. In a diverse, dynamic, and politically crucial riding like Chomedey, trust is not an abstract concept embedded in a statewide platform. It is rooted in deep personal relationships, accessible representation, and a long, verifiable history of direct community service. Having lived in Chomedey and personally followed the accomplishments of every single Liberal Member of the National Assembly representing this riding over the years, I have seen firsthand what true, effective representation looks like—and why party leadership under Charles Milliard must thoughtfully re-evaluate its stance on Sona Lakhoyan Olivier and bring her back as the official candidate.

Chomedey holds a storied place in Quebec's political history as a pillar of liberal advocacy and community-first representation. For decades, the riding's identity has been shaped by figures who understood the distinct balance between local presence and national impact. Having watched their work up close, I know how high the standard of excellence is in our community. Legendary leaders like Lise Bacon established the gold standard of dedicated public service in Chomedey, combining strong ministerial influence with an unwavering commitment to her constituents. That tradition of principled, high-profile stewardship continued through Thomas Mulcair, whose time as Chomedey's MNA reflected an unrelenting defense of consumer rights and environmental protection, and later through Guy Ouellette, who maintained a steadfast, independent bond with the riding's diverse neighbourhoods across multiple terms.

Chomedey is unique within Laval and across the greater Montreal metropolitan area. It serves as a vibrant mosaic of cultural communities—including Greek, Armenian, Middle Eastern, Italian, and Western European diasporas—where effective political representation requires a rare combination of cultural fluency, multilingual accessibility, and a relentless presence on the ground. A representative cannot simply drop into Chomedey during an

election campaign and expect to understand the complex social fabrics that connect its neighbourhood blocks, community centers, and local associations. Sona Lakhoyan Olivier has embodied these exact qualities for over three decades, building a foundation of public trust long before she ever entered elected provincial office.

Actions speak

Her record of local involvement speaks directly to the core priorities and everyday needs of Laval residents:

- **Grassroots Community Leadership:** Her dedication to the region spans decades. From serving as an elected school commissioner with the former Commission scolaire de Laval to leading the Armenian General Sports Union of Laval as its first female president, her public service has consistently centered on empowering youth, fostering athletic development, and promoting civic inclusion across cultural lines.
- **Healthcare Advocacy:** Her tenure as vice-president of the board of directors for the Fondation de la Cité de la Santé demonstrated a tangible, long-term commitment to improving regional healthcare services. She fought to ensure that families in Laval had access to quality medical infrastructure close to home, bridging the gap between healthcare administration and patient advocacy.
- **Multicultural Bridge-Builder:** Fluent in five languages, Lakhoyan Olivier has consistently served as an indispensable bridge between local minority communities and provincial institutions. In a riding where language and cultural barriers can often leave constituents feeling disconnected from the National Assembly, she provided an open door, ensuring that marginalized voices received direct, empathetic representation in Quebec politics.

Politics, at its core, is fundamentally about people and the human connection between an elected official and the community they serve. While administrative standards, internal party discipline, and modern organizational structures are important to any political entity, alienating a dedicated local representative who

holds such deep-rooted community loyalty risks severing the Liberal Party's connection with one of its historical strongholds.

From Lise Bacon to Thomas Mulcair and Guy Ouellette, Chomedey's voters have always demanded representatives who prioritize local proximity over party bureaucracy. Having lived through these mandates and observed their achievements directly, I can attest that local support was never unconditional; it was earned through leaders who showed up, listened, and fought for local concerns. The citizens of Chomedey value an MNA who attends their neighbourhood gatherings, understands their multi-generational immigrant stories, navigates municipal and provincial bureaucracy on their behalf, and advocates directly for their neighbourhood priorities. In Chomedey, there is no room for mistakes—removing a deeply embedded figure creates an immediate vacuum of trust that political rivals will eagerly exploit.

The path forward for the Quebec Liberal Party requires a balanced approach to leadership. True political leadership involves knowing when to uphold internal processes and knowing when to listen to the unified voice of local constituents. Re-instating Sona Lakhoyan Olivier as the candidate for Chomedey would send a powerful message across Laval and the province: it would signal that the party leadership values grassroots dedication, local organic loyalty, and proven community service above top-down mandates.

For Charles Milliard, bringing Sona Lakhoyan Olivier back into the fold is an opportunity to demonstrate pragmatic, unified, and compassionate leadership. It shows an understanding that winning elections—and effectively governing afterward—depends on respecting the deep ties between local riding associations and their chosen advocates. Restoring her candidacy is not merely about defending the career of one politician; it is about honoring the long-standing legacy set by Chomedey's past MNAs and protecting the bond between its diverse citizens and the party that seeks to represent them. Reconnecting with Chomedey's heart is the key to securing its political future.

George Guzman
Co-Publisher
Laval News

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A reminder about speed limits in Laval

With a new slogan reminding residents to take it easy while out driving the car, bike or scooter, the city notes that the speed limit on residential streets and avenues is now 30 km/h.

So, whether you're driving a car, motorcycle, bicycle or scooter, according to the city the best way to improve safety is to drive slowly. That's why, in Laval, the speed limit has been reduced by 10 km/h in urban areas.

While the city is doing its part to promote motor vehicle safety, it's also calling on residents with a strong sense of duty to try raising awareness in their neighbourhoods this summer and into the fall.

The city's suggestion? Put up a 'Slow Down' sign on your property to encourage people on your street to drive more slowly. But there's also something new: now you can personalize your sign with a sticker bearing your neighbourhood's name.

It's a simple way, says the city, to show that your

neighbourhood is working towards safer streets. You can visit one of Laval's many municipal library branches to pick up the sign and sticker.

But getting back to speed, how fast should you drive on Laval's streets? Slowly and gently is the City of Laval's suggestion.

On local streets, the posted limit is 30 km/h. These are the streets in your neighbourhood where there is little traffic but often children play while adults are nearby chatting.

You should also keep in mind that the speed limit is reduced to 30 km/h as well near primary schools and children's playgrounds.

On collector streets, the speed limit is 40 km/h. What are collector streets? These are the streets you use to get from your local street to the main roads. As there is slightly more traffic on these streets than on local streets, a higher speed limit is permitted. Bus routes often pass along these streets as well.

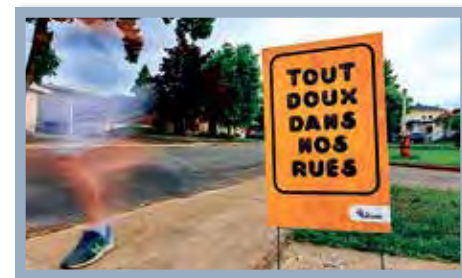
On main roads, the speed limit is 50 km/h.

These are the boulevards where there is a lot of traffic. Previously, speed limits varied here, depending on the number of residences and businesses. The speed limit has now been standardized and reduced, according to the city.

Outside the City of Laval's urbanized areas where there are still farmlands and woods, the speed limit remains at between 50 and 70 km/h. In industrial, rural or semi-rural areas, such as Côte Saint-François, the speed limits remain the same.

The city advises that you can never be too careful when it comes to driving and speed. In Laval, the number of accidents increased by 9 per cent between 2021 and 2022. So, driving 10 kilometers at 70 km/h in a 50 km/h zone will save you barely four minutes.

As well, it is estimated that if every driver reduced their average speed by 5 km/h, the number of deaths and injuries on Laval's roads would decrease by 15 per cent.



It's also worth noting that excessive speed is the main cause of accidents in road construction zones. Every year, approximately 1,000 construction sites are set up in Laval to maintain the city's roads and infrastructure. While the work is considered essential, it also requires extra caution.

Behind every orange cone, says the city, there are workers who rely on your vigilance. It is suggested that in construction zones, you adopt the right habits: respect posted speed limits and slow down as soon as you approach a construction site, even if no one is visible.

Still time to catch a free summertime show outside Place Bell



In case you're looking for something to do during what's left of the summer, the City of Laval is offering free entertainment outside Place Bell until September 13.

Claude-Gagné Street near Place Bell has been made pedestrian-friendly, transformed into a vibrant hub of activity where music, comedy, dance, artistic discoveries and participatory

events are taking place.

Free and open to all, the colorful program has featured artists like Ariane Roy, Bon Enfant, Marie Céleste, Korine Côté, and many others throughout the summer.

For example, shows scheduled for this Thursday August 27 and Friday August 28 respectively are Marie Céleste and Anyma Ora,

both at 7:30 pm. "No need to cross the bridge to access a diverse and high-quality cultural offering," said Mayor Stéphane Boyer.

"This initiative illustrates our desire to animate public spaces, support cultural vitality and continue the transformation of our city centre into a true living environment that reflects the image of the people of Laval," he added.

FOR SALE

Chomedey: Enjoy the best of both worlds in this stylish two-bedroom, open-concept condo. Located in the heart of the action, this home features a beautiful kitchen designed for both daily life and hosting. Commuting is a breeze with immediate access to major highways and a location just minutes from the Lachapelle Bridge. Best of all, you'll never hunt for a spot with two dedicated parking spaces (one garage, one exterior).

MLS: 23852845



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City management shortcomings persist, Laval's auditor general says in latest report

Performance audits for 2025 and earlier 'highlight common problems,' says France Lessard

MARTIN C. BARRY

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In her latest report on performance audits for the 2025 operations of the City of Laval, municipal auditor general France Lessard draws attention to "common problems" in the city's departments and services, including planning, accountability and governance.

The latest annual report by Lessard was tabled at the August city council earlier this month.

In it, she presents, among other things, the results of three performance audits, an audit of the City of Laval's consolidated financial statements, and a follow-up to recommendations concerning her 2021-2024 annual reports.

Issues to be addressed

"The performance audits conducted in 2025 or in previous years highlight common problems, particularly regarding the quality of asset data, the updating of master and strategic plans and accountability and governance," Lessard stated during a briefing for journalists a few days after council received the report.

"In a context where the city will have to prioritize its investments and ensure the sustainability of its assets, these issues will need to be addressed through structural actions, relevant indicators and strengthened governance," she added.

Lessard's first audit concerned library planning. Although the City of Laval adopted a 2020-2036 library master plan and a 2021-2025 strategic plan, the audit suggested several shortcomings in the planning process.

According to Lessard, the master plan was primarily focused on infrastructure and did not adequately integrate financial, human and documentary resources.

She also said the lack of performance indicators, measurable results and a formal accountability mechanism limited city council's ability to monitor progress toward objectives.

Governance and management

Lessard's second audit focused on the governance and management of asset maintenance programs in buildings, parks and

public spaces. For the period 2025-2027, the city's Buildings, Parks and Public Spaces Service (SIPEP) was responsible for administering a budget of over \$98.6 million, of which \$52.2 million was allocated to these programs.

Her audit revealed that despite the existence of oversight mechanisms, SIPEP had not fully embraced the requirements and did not systematically use the tools at its disposal. This situation, she maintained, prevented SIPEP from accurately assessing the maintenance deficit of its assets, measuring the impact of investments made and determining actual long-term needs.

According to Lessard, project selection and planning were also not based on a comprehensive vision or a sufficiently robust and transparent methodology. Finally, the accountability mechanisms provided for in the governance framework adopted in 2022 were not being fully implemented, she added.

Limitations to reporting

Apart from the financial monitoring of the city's three-year capital asset program and certain specific obligations, she noted that no complete annual report makes allowance for the tracking of completed, delayed or cancelled projects, nor for demonstrating their contribution to reducing the asset maintenance deficit.

Lessard's third audit focused on the awarding and management of contracts for the city's digital projects. Her investigation revealed that outlined needs were generally well-defined for the IT solutions acquisition contracts examined, but that the justification for the time and resource estimates in the framework contracts for professional services was poorly supported.

Furthermore, some shortcomings were observed in the market analysis or analysis of available options. For these framework contracts, according to Lessard, monitoring compliance with hourly rates and authorized amounts proved sometimes to be inadequate, with some suppliers continuing their work without formal renewal of their mandates.

A quality control issue

The audit also highlighted variable and poorly structured coaching of external consultants. For fixed-price contracts, she said quality control and approval of deliverables were not always documented before payment.

Lessard, as the city's internal chief auditor, jointly with Deloitte, the City of Laval's external auditor, issued an unqualified opinion on the city's consolidated financial statements as of December 31, 2025.

Lessard said that the implementation rate of recommendations, calculated during the fourth year following the filing of the audit reports, remained high, at 89 per cent for the audits of the 2021 annual report, compared to 98 per cent for those of the 2020 annual report, including recognition of satisfactory progress.

Recommendations 'on track'

"The administration is on track to implement the majority of the recommendations," she said, while adding, however, that the city will need to keep up its efforts to complete the recommended actions "and achieve the expected results."

Lessard said that for the period from January 1 to December 31 in 2024, 70 entities received a grant exceeding \$100,000 (64 entities in

2023). The amounts paid by the city totaled \$21,500,735 (\$17,732,869 in 2023). Of these, six were not compliant because they had not submitted audited financial statements.

To better assess the impact of actions under-

taken by the city, Lessard said her office will continue monitoring the recommendations related to the audit of the long-term investment planning and the three-year capital works program for two additional years.



The administration is on track to implement the majority of her past recommendations, says City of Laval auditor general France Lessard.
(Photo: Martin C. Barry, Laval News)





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Media creation promotes critical thinking by youths

Doubt, Verify, Formulate and Speak Up are the basis of School is Loud's philosophy

MARTIN C. BARRY

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As School is Loud founder and executive director Kostas Eleftheriou sees it, media creation is a way to put young people into action, investigating, verifying, questioning and publishing responsibly.

The work gives them the habits they need to better understand the world and engage with confidence, he says.

Through school journalism, radio, podcasting and School is Loud's portable 'Studio in a Box,' students learn to research stories, prepare interviews and broadcast or publish the results.

Media and information literacy, critical thinking, digital citizenship, ethics and the responsible use of AI have been part of the organization's approach from the beginning in 2022.

Based in Laval, School Is Loud exists to strengthen young people's voices, their critical thinking and understanding of information, says Eleftheriou. The programs are designed and delivered independently.

School is Loud was founded on the premise that young people need supportive, safe spaces to question information, evaluate sources and form their own points of view. The group's work, Eleftheriou says, opens those doors – in schools, in community organizations and on the airwaves.

Impact on youth of social media

According to Eleftheriou, citing government of Quebec statistics, 67 per cent of 15-to-25-year-olds in Quebec – effectively more than one million young people – get news and information through TikTok, Instagram, YouTube and other social platforms, primarily in short, mobile formats.

School is Loud follows a method involving four gestures, always in this order: Doubt (question what is presented as obvious); Verify (weigh sources and separate fact from opinion); Formulate (build a reasoned position and put it to the test); and Speak Up (broadcast publicly and keep the conversation going).

School is Loud delivers its message through school programs such as media literacy workshops and in-class productions co-designed by teachers, youth and community organizations where the programs focus on public speaking and audio productions, as well as mobile studios and media experiences (a fully mobile production lab is used to meet youth directly in their communities).

Special guests Leitão and Skeete

One of School is Loud's latest outdoor activities was held on August 11, with the studio set up on the banks of the Mille Îles River in Laval.

Carlos Leitão, Member of Parliament for Marc-Aurèle-Fortin and Parliamentary Secretary



From the left, former Quebec Finance Minister Carlos Leitão (the current federal MP for Marc-Aurèle-Fortin) and current Quebec cabinet minister and MNA for Sainte-Rose Christopher Skeete (left centre) are seen here during a Radio is Loud broadcast on August 11 using School is Loud's mobile studio.

to the Minister of Industry, and Christopher Skeete, Member of the National Assembly for Sainte-Rose who is Quebec Minister of International Relations and La Francophonie, answered questions from Laval teenagers about electric vehicles and the future of mobility.

The episodes will air during the upcoming second consecutive season of School is Loud's radio program (450 Décibels) on CISM 89.3 FM (the University of Montreal's campus radio station). On location, a fully electric MINI Cooper Countryman powered all of School is Loud's audio-recording equipment, demonstrating the mobility and self-sufficiency of their setup.

"This is part of our mission," Eleftheriou said in an interview with Newsfirst Multimedia. "We want a traditional media like radio to actually help students take over their parents' airwaves."

"We're trying to cultivate critical thinking and an understanding of how much power words have," he continued. "They can use those words for good, but they have to be a bit more conscious of how much words can affect somebody even though they not always see it."

All-electric mobile studio

School is Loud's mobile radio studio is powered by a 100 per cent electric Mini Countryman provided by BMW Mini Laval.

Both Leitão and Skeete, along with Laval-area MNAs Virginie Dufour and Céline Haytayan, have been steadfast supporters of School is Loud's educational media mission, both on-air and in classrooms.

Over the next twelve months, School is Loud will be visiting schools, youth organizations, sporting events and communities throughout greater Montreal and across Quebec. The objective, according to Eleftheriou, is to go as far as Quebec's electric grid and ferries allow, meet young people in their own communities and amplify their voices.

Now certified by UNESCO

School Is Loud recently announced that it had joined UNESCO's Media and Information Literacy (MIL) Alliance as a member organization, effective immediately. The milestone followed the organization's recent registration as a Canadian charity.

According to Eleftheriou, MIL membership will now provide School is Loud with an international framework in which to deepen, document and share work already well established in the field. He said School Is Loud aims to contribute to MIL exchanges in Quebec, across Canada and within the Alliance's international network while continuing to expand its school journalism initiatives.



From the left, School Is Loud founder Kostas Eleftheriou, Virginie Dufour, MNA for Mille-Îles and 450 Décibels host Bénédicte Elibert at School is Loud's FM radio studio in Laval.

Carlos Leitão announces funding to Laval's Moteurs Électriques

NEWSFIRST MULTIMEDIA

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In a quiet industrial pocket of Laval, where the rhythmic thrum of machinery has been part of the landscape for generations, Moteurs Électriques Laval (MEL) is preparing for one of the most significant transformations in its 94-year history. The company, founded in 1930 as a modest electric motor repair shop, has grown into a province-wide leader in motor repair, distribution and variable frequency drive integration. Now, it is setting its sights on a new frontier: hightension motor coils and generators.

The federal government announced this week that it will provide \$1.17 million in repayable financial assistance to support MEL's expansion. The funding, delivered through Canada Economic Development for Quebec Regions (CED), will allow the Laval-based company to acquire and install specialized production equipment needed to manufacture and repair hightension components — a capability currently lacking in Quebec and Canada.

For MEL, the investment represents both a technological milestone and a strategic opportunity.

For the federal government, it is a chance to strengthen domestic expertise in a sector tied to industrial modernization and the energy transition.

Growth with Quebec's industries

MEL's story is woven into Quebec's industrial fabric. From its beginnings repairing motors for local businesses, the company expanded steadily, adding distribution, advanced diagnostics and drivesystem integration. Today, MEL operates multiple workshops across the province, serving clients in manufacturing, hydroelectric power, transportation and heavy industry.

Despite its broad expertise, one gap persisted: largescale hightension coiling work. Many Quebec companies have long relied on U.S. workshops for this specialized service, not because of a lack of talent, but because the necessary infrastructure simply didn't exist here.

"Although MEL already has the technical expertise, the absence of specialized facilities means many projects are still sent to the United States," said Jean-Philippe Saucier, MEL's copresident. "This expansion will allow us to repatriate that knowhow and secure a strategic portion of

Canada's electric supply chain."

Federal support for a forwardlooking sector

Ottawa sees MEL's expansion as part of a broader effort to strengthen regional economies and support companies positioned to contribute to the energy transition.

"Innovative SMEs play a key role in Quebec's economic vitality and competitiveness," said Industry Minister Mélanie Joly. "By supporting their growth and modernization, we're helping them seize new business opportunities and increase productivity."

Carlos Leitão, Parliamentary Secretary to the Minister of Industry, emphasized MEL's long track record of adaptation. "For nearly a century, MEL has demonstrated its ability to evolve and innovate," he said. "This project strengthens strategic expertise that will



benefit Quebec as a whole."

A quiet giant steps into a strategic role

Moteurs Électriques Laval is not a household name. Its work rarely appears in headlines. Yet its motors, drives and repair services power the systems behind factories, pumping stations, municipal infrastructure and hydroelectric installations — the machinery that keeps Quebec's economy moving.

With this new investment, MEL is poised to become one of the few companies in Canada capable of producing and repairing hightension motor coils and generators at scale. It is a technical niche, but one with outsized importance for industrial reliability and energy infrastructure.

For MEL's technicians and engineers, many of whom have spent decades mastering the intricacies of electric machinery, the expansion represents a natural evolution — a chance to push their craft into a more complex, more strategic domain.

And in the company's Laval headquarters, where the hum of electric motors has echoed for generations, that sound may soon signal an even more ambitious future.

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A message from your elected officials

To better protect you against flooding

\$313 million invested to renew and modernize our sewer and water systems, to strengthen the resilience of our infrastructure and better protect you.

- Installation of new giant pipes to store water during torrential rains
- Construction of a retention basin as large as 6 Olympic-sized swimming pools to better manage overflows
- Implementation of emergency measures, such as temporary levees and pumps, to protect homes during spring floods
- Upgrading of more than 40 km of water pipes, equivalent to the distance between Laval and Mirabel
- Maintenance of existing networks to ensure their performance and durability

And much more to better protect our neighbourhoods against flooding!



To improve your living environments in your neighbourhood

\$200 million invested to create and revitalize our public spaces so you can enjoy them to the fullest.

- Construction of a swimming pool, splash pad and new sports facilities at Parc Pie-X
- Upgrades to the facilities at the Capitaine-Molly-Kool neighborhood park
- Renovation of the swimming pool and construction of a new four-season chalet at Parc Couvrette
- Creation of a new park at the entrance of Pont-Viau
- Riverbank development to facilitate access to the waterfront
- Construction of new pickleball courts
- Installation of modernized play areas in several parks
- Development of trails for walking, biking and inline skating

And many other projects throughout the island!



Explore these investments in your neighbourhoods!



Back to school



Use the Pomodoro Technique for effective study sessions!

The Pomodoro Technique for time management takes its name from the Italian word for "tomato" and refers to the shape of the kitchen timer originally used by the method's creator in the 1980s. Here's how you can use it to help you in your studies.

PREPARATION

Start by making a detailed list of the tasks you need to complete for your assignments. Then, find a timer you like; it can be a kitchen timer or simply the one on your smartphone. Set it for 25 minutes.

STUDY SESSIONS

For each task on your list, alternate between uninterrupted work and breaks as follows:



- Focus on the task for 25 minutes
- Take a five-minute break
- Repeat this sequence
- After the fourth 25-minute period, take a 15- to 30-minute break

For every 25-minute block completed, mark an "X" — representing one "tomato" — next to the relevant task on your list. This will allow you to track your progress visually and help you stay motivated!

Factors to consider when choosing good shoes for school

Is your child about to return to school? Undoubtedly, they're going to need new shoes. Keep these points in mind while you're shopping.

Style. Some schools require specific types of shoes, especially if a uniform is mandatory. Dress shoes, closed-toe indoor shoes, all-terrain outdoor shoes or gym shoes with non-marking soles may be required. Check with your child's school to avoid making the wrong purchase.

Size. The best way to get the sizing right is for your child to have them try the shoes on, ideally with the help of a salesperson. Remember that your child's feet will grow during the school year. So, make sure there's a space about the width of your thumb between their big toe and the end of the shoe when they're standing. Choosing shoes that are too big can cause blisters and discomfort.

Quality. Choose shoes from a quality brand known for craftsmanship, as they'll be well-constructed and

provide durable support. And be sure they have optimal ventilation to prevent moisture buildup. Your child will certainly appreciate not having clammy feet!

Fasteners. Shoe closures come in many forms, including classic laces, Velcro or no-tie elastic laces that simply need tightening. Be sure to choose according to your child's fine motor skills and preferences.

Hurry over to your local mall or shoe store to be school-ready with the perfect shoes!



Je souhaite à tous une excellente et réussie année scolaire!

Wishing everyone a great and successful school year!

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Back to school



Higher education: You can overcome procrastination!

Do you tend to leave your readings and assignments until the last minute? Procrastination jeopardizes more than your grades; it can also harm your health by causing stress and anxiety. How can you break this habit? Try these tips.

RECOGNIZE THE TRIGGERS

Procrastination can sometimes be an unconscious habit for you. Certain thoughts or reflexes may arise in response to a specific situation. Does a particular course assignment bore you? Do you feel that other things are more urgent at the end of the week? If you recognize the situations in which you tend to procrastinate,



you'll be better equipped to implement effective solutions.

SET CLEAR GOALS

Draw up a list of priorities based on the tasks you need to complete, factoring in your deadlines and the amount of effort required. Avoid unclear goals, such as finishing a piece of work in two weeks or spending the evening catching up on reading. Set specific time slots for each task. Ease into it, starting with manageable 15- or 25-minute blocks interspersed with short breaks.

LIMIT DISTRACTIONS

For many college and university students, completing schoolwork at home is a losing battle. With so many daily distractions, such as smartphones, social media and television, it would be no surprise if you fall behind in your studies. Whenever possible, head to the library, a cafe or the home of a friend who is equally committed to their academic success.

It's up to you!

Ring binders: a buyer's guide

Do you need to pick up some new ring binders before school starts this year? Here are a few things to consider.

SIZE

The size of the binder you need will depend on how you plan to use it, as well as the items you plan to keep inside it. A model with a ring size of one or two inches is a good option if you'll frequently carry it back and forth between home and school. A larger binder will be more suitable if you plan to use it for filing or archiving documents.

COVERS

Will you be taking your binder with you on an internship or work placement? If so, consider choosing a model with a more sophisticated cover, such as faux leather or fabric. For everyday classes where you'll need to handle your notebooks frequently, a durable plastic or



vinyl binder is a perfectly suitable option.

RINGS

In most cases, the rings on binders are made of sturdy metal and fasten with a snap mechanism. If you'd prefer a lighter model, binders with plastic rings are more lightweight but also less durable. Will you be carrying valuable documents? For maximum security, choose binders with screw-in rings.

Visit your local retailers to find the right binder for your needs.

*Nous souhaitons à tous les élèves une excellente année scolaire !
À nos enseignant.e.s et au personnel de l'école, nous sommes reconnaissants
et vous remercions pour tous vos efforts.*

*We would like to wish all students a successful school year! To our teachers
and school staff, you are shaping our future, and we value you and thank you.*



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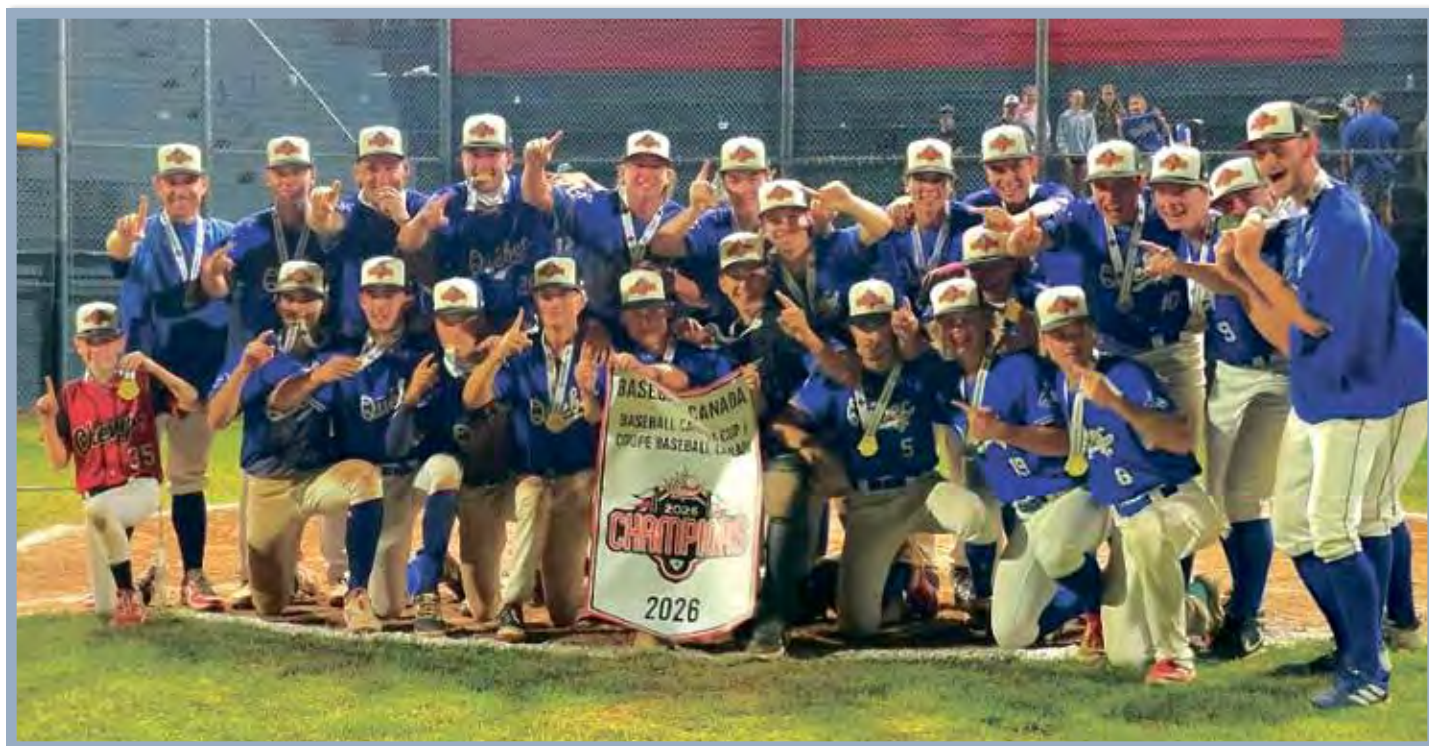
Laval's Antonio Giacomo Colatosti helps end Quebec's 22-year Canada Cup drought

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After a 22-year wait, Team Quebec's U17 baseball team brought the Canada Cup back home. They captured the 2026 championship which is held annually in Summerside, Prince Edward Island. In the gold medal game, Quebec defeated a formidable British Columbia squad that was looking to reclaim the national title for the first time since 2022. The victory marked a historic achievement for a program that had not stood atop the Canadian baseball landscape since 2004.

August 9, 2026, will be remembered as a defining moment for some of Quebec's brightest young baseball stars. Entering the tournament, expectations were modest at best. The Académie de Baseball Canada, Quebec's premier development program, elected not to send a team, forcing Team Quebec to assemble a roster largely made up of players who otherwise may not have had the opportunity to compete on the national stage. Rather than viewing their underdog status as a disadvantage, the group embraced it. Fueled by resilience, self-belief and a determination to prove their worth, they defied the odds and authored one of the most memorable championship runs in recent Canada Cup history.

"From the beginning, no one thought we could do it," said star shortstop Antonio Giacomo Colatosti. "It's a win that's going to boost our confidence, for us and for the whole province. We know now that we're capable of competing



and winning gold medals in the future."

That feeling extended beyond the players themselves. According to Colatosti, even Team Quebec's coaches emphasized early in the tournament that the group faced an uphill battle. As a roster assembled after the Académie de Baseball Canada opted not to participate, expectations were limited. By the end of the week, however, the underdogs had proven they could compete with and defeat some of the country's most established baseball programs.

Seventeen-year-old Antonio Giacomo Colatosti was born and raised in Laval. A natural leader and an articulate presence both on and off the field, he has developed into one of Quebec's top young baseball talents. As a shortstop, he occupies one of the sport's most demanding positions, one that requires constant communication, quick decision-making and a high baseball IQ. Colatosti served as a field general for Team Quebec, anchoring the defence and helping guide his squad through an improbable championship run. His outstanding play earned him the tournament's Best Defensive Player award, a fitting recognition for one of the team's most influential performers.

Team Quebec capped off its remarkable run with a convincing 12-6 victory over British Columbia in the championship game, securing the province's first Canada Cup title in 22 years. While Colatosti was named the tournament's top defensive player, teammate Gabriel Lavoie, a standout two-way player, took home Most Valuable Player honours.

The road to the championship was anything

but straightforward though. Quebec opened the tournament with a narrow 3-2 loss to Ontario, one of the country's traditional baseball powerhouses. Instead of allowing the defeat to shake their confidence, the group used it as motivation. A victory over British Columbia in their next game convinced the players that they belonged among the tournament's elite. From that point on, Team Quebec never lost another game.

When asked what Team Quebec could do to carry this momentum into next year's tournament, Colatosti's answer was simple.

"Go into the tournament with confidence and have fun. That's the most important part," said Colatosti. "I'd say not to stress too much. Take everything in and enjoy the moment. This might be the last time you get the chance to represent your province."

For Colatosti, however, this championship is only the beginning. His time with 3L de la Rive-Nord is coming to an end, and a new chapter is about to begin. This fall, he will head to Collège Laflèche in Trois-Rivières, where he will continue both his academic and baseball career. The transition to the collegiate level will come with a significant commitment. Between daily practices, regular games and strength training sessions, the workload will be greater than anything he has faced before. But for Colatosti, that's part of the appeal.

Although he was disappointed not to make the Académie de Baseball Canada roster, that setback has become fuel for his growth. Being overlooked only strengthened his resolve to

prove he belonged among the province's elite young players.

Winning the tournament's Best Defensive Player award further reinforced that belief. The honour validated years of hard work and sacrifice while providing an additional boost of confidence as he prepares to make the jump to the collegiate level. While his path may not have unfolded exactly as he envisioned, Colatosti embraces the challenges ahead and remains focused on continuing his development as both a player and a leader.

"You go into college thinking that no matter what happens, as long as you work hard and play the best you can, it doesn't really matter where you are," he said. "If you put in the work, good things will happen."

At Collège Laflèche, Colatosti will lean on everything that helped shape him as a player: his years with 3L de la Rive-Nord, his youth baseball experiences in Laval and his championship run with Team Quebec. Each stop along the way has taught him something different, and together they have helped prepare him for the next stage of his career.

"I see it like a puzzle," he said. "You've got little pieces, like different teams. Some are stronger teams and some are weaker teams. It all comes together into one big puzzle, and when it's finally put together, it all makes sense."

The puzzle is far from complete, but after helping bring the Canada Cup back to Quebec for the first time in more than two decades, Colatosti has already added a pretty important piece.



Antonio Giacomo Colatosti with his gold medal and the award for Best Defensive Player of the tournament.



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Marie Dumont, a life lived heroically, an end accepted peacefully

*A profile in courage, affirming the truth that although living is hard, dying is harder,
but still embraceable when it's your choice and you're in control of your destiny*

RENATA ISOPO
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There are some conversations that families postpone because saying the words aloud seems to give them too much power. What does it mean to be suffering beyond what one can bear? When does treatment become another burden rather than a source of hope? And can choosing the manner and timing of one's death ever be understood not as selfishness, but as an act of deeply personal conscience?

For Marie Dumont, these questions were not philosophical abstractions. They are questions shaped by illness, pain, uncertainty and the desire to remain the author of her own life until the very end. In Laval, Marie built a public life around two intertwined commitments: teaching French and defending Québec's language and culture in civic life.

Over many years she worked as a teacher, helping students—often from diverse backgrounds—learn French and discover Québec's literature, history and traditions. That educational work was matched by active engagement with the Société nationale du Québec à Laval (SNQ Laval), a community organization devoted to promoting the French language, Québec identity and citizen participation. In recognition of this dual contribution, the SNQ Laval named her, jointly with Bernard Larin, its 2026 "Patriote de l'année," honouring her generous contribution to Quebec society through French-language teaching and the sharing of culture and heritage with all Laval residents.

Legacy of exceptional commitment

Her community involvement did not stop there. Marie Dumont also served as president of La Maison des Grands-Parents de Laval, a meeting place designed to foster intergenerational, intragenerational and intercultural connections. The organization runs programs that bring together seniors, parents and youth, and it actively promotes the use of French in everyday life through its "Speaking French with Neighbours" initiative. Described by local elected officials as a Laval resident who was "hyper-involved" in her community, she had turned her personal commitment to language and belonging into concrete spaces where people can connect, learn and support one another.

"Today, we pay heartfelt tribute to Marie Dumont, an exceptional woman who chose to make a concrete, lasting difference in her community," lauded Élène Sauvageau, Executive Director of l'Auberge du Coeur L'Envolée, the Laval shelter on the receiving end of the

substantial financial legacy that Ms. Dumont donated in support of work undertaken for vulnerable youth and young mothers aged 16-22. Also to benefit financially from the

legacy is Les Habitations L'Envolée, a supervised housing project for youth aged 18-30. L'Envolée, has been active for 40 years serving young people facing residential instability and

great vulnerability.

"Ms. Dumont believed that a young person in difficulty deserves more than just a roof," added Ms. Sauvageau. "They need a place where they feel welcomed, respected, supported, and able to regain confidence in themselves."

Marie Dumont, confronted the end of life often thinking intensely about everyone around her: the family members who witnessed her pain, the caregivers who provided exhausting support, the friends who struggled to find words, and the loved ones who will remain behind. Marie's story, therefore, should not be reduced to the circumstances of her death. Her legacy will be measured by what she chose to make possible for others.

Extending life beyond its limits

By leaving her fortune to underprivileged youth, estimated at one million dollars, Marie has extended her life beyond the limits imposed by illness. Her generosity may help a young person remain in school, acquire training, find stable housing, pursue a dream or simply discover that someone believes in their future. A scholarship, a mentorship program or a helping hand cannot erase hardship. But it can create the opening through which a young person finds a path toward independence.

That is the extraordinary promise of a legacy: it transforms private love into public possibility. Marie will not be remembered only for the pain she endured, nor only for the decision she made at the end of her life. She can be remembered for recognizing that wealth carries responsibility; for turning personal fortune into opportunity; and for refusing to let her story end with herself.

As a teacher and civic advocate, she devoted her career to giving young people the tools to speak, learn and belong; as a philanthropist, she ensured that those tools would remain available long after she was gone.

The gift of future possibility

The young people she helps may never know every detail of her life. They may not know the nights of fear, the difficult conversations or the courage required to face an uncertain ending. They will know something else: that a woman they never met believed their lives could become larger than their circumstances.

In that sense, Marie's life will continue - not as a slogan, and not as a romantic explanation of suffering, but as a living chain of opportunities passed from one person to another.

Her final gift is not death. It is possibility. In her vision, Marie Dumont left a message to all young people: "Never give up, because there is always hope."



Marie Dumont, was honoured as "2026 Patriote de l'année," by the Société nationale du Québec à Laval (SNQ Laval), a community organization devoted to promoting the French language, Québec identity and citizen participation. It was the former PQ MNA Michel Leduc (elected in the Laval riding of Fabre from 1976 to 1985) that handed the honorary plaque to her.



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Happy Labour Day!



17 FUN-PACKED ACTIVITIES for the long weekend



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

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

wilderness connecting to nature.

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

Happy Labour Day!

*Foyeuse fête du travail!
Happy Labour Day!*

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Happy Labour Day!



How will you enjoy the Labour Day long weekend?

Labour Day marks the unofficial end of summer, but it's also the perfect opportunity to savour one last dose of freedom before heading back to school. Whether you feel like getting active or winding down, you have plenty of options to make the most of this long weekend.

If the weather cooperates, hit the trails for a hike, pick apples at a local orchard, enjoy an outdoor show at a festival or stock up on fresh produce at a farmers' market. You could also visit a museum, catch the latest movie at the theatre or browse new products in boutique shops. The possibilities are endless!

If you need to unwind, pamper yourself with a therapeutic massage or body treatment at a local spa—or treat yourself at home! What could be better than sharing a delicious meal with loved ones? Whether you dine in a restaurant, at home or in a park, take the time to enjoy good food in great company.

This long weekend, prioritize activities that bring you joy. Happy Labour Day!



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

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



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Laval's upcoming Fête de la famille – a family day of inclusion

On Sunday, September 6, all are invited to the city's annual oasis of unity, in a crowded desert of differences

RENATA ISOPO
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In a city as diverse, vibrant, and fast-growing as Laval, few events capture the soul of community as beautifully as La Fête de la famille. More than a festive date on the calendar, it has become a tradition of belonging - a day when thousands gather from every neighbourhood, background, faith, and culture, not simply to be entertained, but to be seen, welcomed, celebrated. In a world that often feels divided, this event reminds us that community is still possible, that joy shared across generations remains one of the most powerful forces a city can nurture.

The event is held each year at the Centre de la nature, a setting that is itself symbolic: open, green, accessible, made-for-gathering. The proud, magnificent, greenest space of Laval is transformed into an immense playground for families. In recent editions, the celebration has grown into two full days of activities, showing just how central the moment has become to the city's identity.

Focusing on family

The origins of the celebration are rooted in Laval's desire to make a major public statement, focusing on families, inclusion,

and community life. Over time, what began as a local family gathering has evolved into one of the city's most anticipated festivities, drawing huge crowds and becoming an annual marker of the end of summer. The fact that the city continues to invest in it year after year is proof that this is not a minor amusement program — it is a civic statement. Laval is saying that families matter, children matter, and togetherness matters.

What happens during La Fête de la famille is exactly what makes it so memorable. The event offers a wide range of free activities designed for children, parents, grandparents, and caregivers alike. The city's announcements and event notices point to entertainment, games, inflatable structures, performances, family-friendly programming, and transportation support to help people arrive easily and safely. In some editions, the event has included circus elements, themed attractions, and special activities across the park, turning the Centre de la nature into a joyful world of movement, music, color, and laughter.

There is something deeply meaningful about that. In an era when screens often isolate families, schedules pulling everyone different directions, La Fête de la famille creates physical space where people can slow down and reconnect. Children run freely. Parents breathe easier. Grandparents watch the next generation laugh and play. Neighbours become familiar faces.



Newcomers discover that Laval is not only roads and buildings, but a community of human warmth and public welcome. That is why the event resonates so strongly: it does not merely entertain, it unites.

The organization behind the event reflects that same spirit of collaboration. Laval's City administration is the main organizer, often working with partners such as the STL. The partnerships matter because they show the program is not built by one office alone, but by a community-minded alliance that understands how to reach families and make the day accessible. The city collaborates with community groups promotes practical support such as parking information, free shuttle service, and family transit arrangements, making clear that inclusion is not just a slogan — it is built into the event's structure.

As for funding, the event is publicly supported through the City of Laval, which means taxpayers help make it possible as part of the city's broader investment in community life and public programming. That is important, because the value of the event cannot be measured only in dollars spent on attractions. Its real value lies in the social return: stronger family bonds, civic pride, shared memories, and a rare moment when the city feels fully alive to its people. When thousands attend, they are not just consuming an event; they are participating in a public good.

Children free to laugh, play, belong

One of the reasons La Fête de la famille attracts such a broad crowd is that it speaks to everyone without trying to divide anyone. It brings together families of many races, religions, languages, and cultures in a way that feels natural rather than forced. In Laval, where diversity is part of everyday life, the event becomes a visible expression of coexistence. Children do not ask about differences before joining a game. Parents do not need the same background to smile at each other on a sunny lawn. Shared joy does the work of social harmony in a way speeches never could.

Attendees describe the event as both well-organized and deeply communal. Adam Varano Lavaller told TLN that he enjoys attending La Fête de la famille because he gets to see people his family knows, while his child gets to play with other children in a strong community atmosphere. "It's well-organized for families, and my seven-year-old daughter, Zoe, loves it," he said. Sofia Fiorilli added that the event offers families a chance to gather before the school year begins. "It's a way to enjoy and celebrate the end of summer, and it has a community feel where everyone can participate," she said.

That is why the event has become more than a celebration. It is a tradition people look forward to, remember, and return to. It marks the close of summer, but it also marks something larger: the idea that a city becomes stronger when it makes room for joy, inclusion, and family life. In Laval, La Fête de la famille has become one of those rare civic rituals that people do not simply attend — they inherit it, talk about it, and pass it on.

A garden of innocence and wonder

It matters because it says something hopeful about who we are. It says that in a busy, changing city, there is still room for innocence, wonder, and togetherness. It says that public space can be generous. It says that families are not a private afterthought, but the heart of community life. And it says that when a city chooses to celebrate families in all their diversity, it is really celebrating its own future.

La Fête de la famille is important in Laval because it gives the city something every modern community needs: a place where people can gather not as strangers, customers, or statistics, but as neighbours, parents, children, grandparents, and citizens. That is why it endures. That is why it grows. And that is why, year after year, thousands return to the Centre de la nature — not just for fun, but for belonging.

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18 • The Laval News • August 26, 2026

Recent fires in Laval

August 22 | 10:03 PM // Building fire on Maskinongé Street in the Duvernay sector. Residential building. Flames visible from the rear balcony. Fire spread to the exterior siding and attic. Code 10-07, intervention required. This fire, according to the LFD, was caused by a malfunctioning electrical appliance located under a balcony at the rear of the building.



August 17 | 2:33 AM // Building fire on 2nd Avenue in the Fabreville area. Residential building. Flames visible on the first floor and roof. Code 10-07, intervention required. Laval's 911 emergency operators were alerted to this incident around 2:29 a.m. and firefighters arrived on the scene just north of Dagenais Boulevard West around four



August 16 | 5:45 p.m. // Building fire on Boulevard Sainte-Rose in the Sainte-Rose sector. Residential building. Smoke visible. Code 10-07, intervention required. This incident, which occurred just east of Curé-Labelle Boulevard in Vieux Sainte-Rose, took



Firefighters were able to bring the flames under control relatively quickly. No one was injured during the operation. According to the LFD, crews opened sections of the exterior siding, ceilings and roof to locate and extinguish any hidden hotspots. In total, damage was estimated at \$150,000 for the building and \$40,000 for contents.

minutes later. According to the LFD, part of the floor collapsed during the firefighters' intervention, although no one was injured. It was 4:30 a.m. when firefighters were finally able to assess the full extent of the fire. Total damage was estimated at approximately \$300,000.

place in the late afternoon around 5:40 p.m. As one person was believed to possibly still be inside the building, firefighters focused on completing an evacuation, while simultaneously determining that the blaze had probably started in the kitchen.

BEI opens investigation into fatal des Laurentides Blvd. crash

Quebec's police overseer has opened an inquiry into an intervention that preceded a fatal high-speed crash in Laval in early August. The Bureau des enquêtes indépendantes (BEI) made the announcement, while reversing a decision made following the August 5 crash, when it said the incident didn't meet criteria for an investigation. The incident in question began around 1:19 a.m. on August 5 when a Laval Police cruiser noticed a vehicle committing a potential traffic infraction. Laval police had previously stated

the vehicle was travelling without a licence plate. When police attempted to intercept the vehicle, the driver accelerated and fled north-bound on des Laurentides Blvd. Moments later, at around 1:20 a.m., the vehicle lost control and crashed into the facade of a commercial building on des Laurentides Blvd. While the driver was pronounced dead at the scene, two passengers, both age 19, with severe injuries were taken to hospital, where one of them was later declared dead.

LPD officer receives National Police Award for Traffic Safety

The Canadian Association of Chiefs of Police (CACP) has announced that the winner of an annual award recognizing the contributions of individuals and/or teams who exhibited excellence, innovation and initiative to improve road safety through education, enforcement, training and/or community-based programs is a police officer from Laval. This year's CACP National Police Award for Traffic Safety, sponsored by Accident Support Services International Ltd., was presented

to Cst. Simon Morissette for a project he launched in 2025 entitled 'Je suis "SécuriVert" près des chantiers' (I am 'SafetyGreen' near construction sites). Developed in partnership with the City of Laval's Public Works Department, Cst. Morissette's initiative combined real-time speed awareness, direct engagement with drivers and collaboration between police and road construction workers to encourage safer driving behaviours.



From left to right, super-intendent Chris Romanchych (CACP), LPD chief Karine Ménard, LPD Cst. Simon Morissette, and Jacqueline Massi (Accident Support Services International Ltd.)

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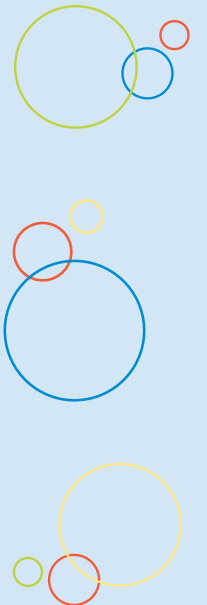


Kids' corner



Zen mermaid

Find the **10 DIFFERENCES** between these two pictures.



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AVIS DE CLÔTURE D'INVENTAIRE

Avis est donné par la présente, conformément au Code civil du Québec, de la clôture de l'inventaire de la succession de Adolfo Bejar, en dernier lieu domicilié à Laval (Québec), décédé le 4 mars 2026.

L'inventaire peut être consulté sur rendez-vous en écrivant à Raffaele Della Vecchia, au 1790 ave Carmen, Laval (Québec) H7S 1C2.

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Saint-Bruno community spirit shines at annual neighbourhood BBQ



NEWSFIRST MULTIMEDIA
info@newsfirst.ca

More than 800 residents, families and friends gathered outside Euro-Marché on August 22 for the annual Community BBQ hosted by Saint-Bruno City Councillor David De Cotis, turning the event into one of the district's most successful summer gatherings.

Held under beautiful weather, the popular neighbourhood tradition brought together longtime residents and newcomers alike for an afternoon of barbecue, refreshments, prizes and conversation. The event once again highlighted the strong sense of community that characterizes Saint-Bruno, offering neighbours an opportunity to reconnect and enjoy time together in a relaxed and welcoming setting.

Residents also had the chance to meet directly with their city councillor, discuss local issues and share ideas about the future of the neighbourhood. Throughout the day, families, seniors and young people mingled freely, creating a festive atmosphere that reflected the diversity and vitality of the district.

The annual BBQ was made possible through the support of generous sponsors and a dedi-

cated team of volunteers who worked behind the scenes to ensure everything ran smoothly. Their efforts helped create an enjoyable experience for hundreds of attendees and reinforced the importance of community involvement.

Volunteers at the heart of the event

A particularly inspiring aspect of the event was the participation of volunteers from every generation. Experienced community members worked alongside young volunteers, demonstrating how civic engagement can bring people together while helping build stronger neighbourhood connections.

The enthusiasm shown by the younger generation was especially encouraging. Their willingness to volunteer and contribute their time underscored the importance of fostering community involvement from an early age and ensuring that local traditions continue for years to come.

The overwhelming turnout and positive response from residents confirmed the event's place as a cherished Saint-Bruno tradition. As neighbours shared a meal, renewed friendships and celebrated their community, the annual BBQ once again succeeded in bringing people together and strengthening local ties.



Nine-year-old Alessandro Garone volunteered throughout the entire hot, sunny day.

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(Action Sport Physio)
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A. Chomedey, H7X 4G8

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(Marché Misti Perou)
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HOROSCOPE

Week of **AUGUST 30 TO SEPTEMBER 5, 2026**

The luckiest signs this week:
CANCER, LEO AND VIRGO



ARIES

A backlog of tasks at work may create pressure, but it also brings in some welcome income. You might need to go through your accounts or invoices carefully to avoid any mistakes or oversights.



TAURUS

Friends may suggest a shopping trip or a fun outing, but you could feel more inclined to head off on your own, get some exercise or dive into an exciting personal experience.



GEMINI

Taking a step back will help you ease the pressure and adopt a broader perspective on your aspirations. With this fresh mind-set, you'll find you can redirect your personal or professional path toward sincerely inspiring horizons.



CANCER

Your close friends may convince you to go on a relaxing week-end getaway, or your partner could surprise you with a romantic retreat. In any case, the atmosphere will be soothing and deeply revitalizing.



LEO

The emergence of new opportunities will bring significant growth potential. This will likely require you to put in extra hours at work to see your initiatives through and bring them to fruition.



VIRGO

Your employer may offer you a special placement or training program that paves the way to a promising career. Once completed, it could lead to a promotion, followed by a celebratory journey and moments of pure joy.



LIBRA

This month of fresh starts invites you to take stock of your life. Whether you're at school or in the workforce, take this opportunity to realign your habits with your priorities. Imagine a new, more authentic life path that corresponds with your values.



SCORPIO

Despite your aversion to large groups, you'll be tasked with organizing a major event. This forced step outside your comfort zone will prove that venturing beyond your usual routines often leads to tangible results.



SAGITTARIUS

Your task load will increase, both at work and at home, and you'll be putting out fires on all fronts. Don't hesitate to ask those around you for a hand; they'll be happy to help lighten your load.



CAPRICORN

Good friends concerned about your health will motivate you to adopt an active routine before winter. These efforts will boost both your physical health and your self-confidence.



AQUARIUS

You'll spend precious moments with family, personalizing your home to suit your tastes. The changes you make will bring you great satisfaction. The full moon will breathe new life into your living environment.



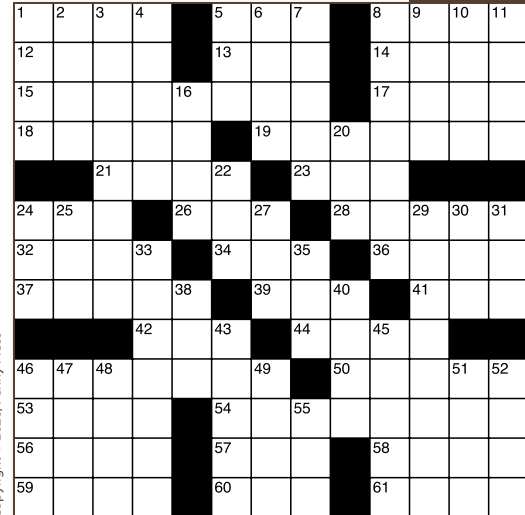
PISCES

You'll be making many trips to accompany loved ones or to conduct business. Your phone and online accounts will be buzzing with activity, reflecting your inexhaustible curiosity and natural ease in communicating.

Coffee Break

CROSSWORD

GRID N° 310



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ACROSS

- Tale starter
- Pixie
- Pour forth
- Bland
- "_____ Man in Havana"
- Bear's home
- Refinement
- Sour compound
- No way!
- Dogs' shelters
- Modify text
- Closet bar
- Blemish
- Benefit
- Hornets, e.g.
- Sickens
- Fishing snare
- Tempt
- Laundry machine
- Gift-box trim
- Quarrel
- Young louse

DOWN

- Sign of the future
- Cairo's river
- Slyly
- Sharpened
- Timespan
- Good fortune
- More independent
- Public disgrace
- Gait
- Vice
- Takes a spouse
- Icicle hanger
- Plaited
- Type of prisoner
- Trademark
- Noon
- Fragrance
- Tent stake
- Saharan
- Entreats
- Valuable rock
- Permits
- Operatic highlight
- Presently
- Lightweight metal
- Teed off
- Broadcast
- Society miss
- Guaranteed
- Con's opposite
- Attach a button
- Superiors
- Foot part
- Relieve
- Partition
- Beat
- Very important
- Small lump
- Took a taxi
- Fascinated
- Woodland animal
- Release
- Scarlet and carmine
- Stone or Bronze

Sudoku

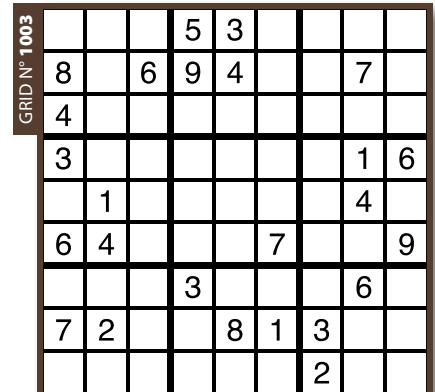
HOW TO PLAY

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.

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