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ELECTIONS 2026

SEE PAGES 12-13



**Parti
Québécois**



**PAUL ST-PIERRE
PLAMONDON**

59 SEATS

28.02%

1,199,926 votes

**Parti
Libéral
Québec**



**CHARLES
MILLIARD**

40 SEATS

24.22%

1,037,051 votes

CONSERVATEUR



**ÉRIC
DUHAIME**

19 SEATS

20.67%

885,164 votes

**Québec
solidaire**



**RUBA
GHAZAL**

9 SEATS

12.43%

532,176 votes

**CAQ
COALITION AVENIR QUÉBEC**



**CHRISTINE
FRÉCHETTE**

0 SEAT

13.35%

571,520 votes

Voters take revenge on CAQ

Looking back on the defeated Coalition Avenir Québec government's eight years in office, it might be fair to say that they got at least one thing right.

That was towards the beginning of the CAQ's first mandate in 2018, when newly-elected Premier François Legault decided to make good on a longstanding if not necessarily very consequential promise.

For years, there had been complaints that provincial legislation setting out the complex rules for the way taxes for school boards were collected needed to be fixed because of the uneven distribution of the fiscal burden across the province's regions.

Those fortunate enough when they open their annual school tax bill to see they are paying a considerably more reasonable sum now for the province's public schools have the Legault government to thank.

It was overdue. But as far as we are concerned, that is one of the few things this outgoing government did of any real consequence or worth.

After that, everything they did arguably became no better than posturing – mimicking the other parties' stances – posing, for example, as supporters of federalism one minute, while enacting policies conceived to be in line with ideas more properly belonging to the Parti Québécois.

► **Continued on page 4**

**20 years later:
Remembering
the collapse
that changed
Quebec**

Photo: Dimitri Papadopoulos



Page 8



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Laval innovates by creating a Social Utility Trust for Carré Laval development

MARTIN C. BARRY

Local Journalism Initiative Reporter
marty@newsfirst.ca

The City of Laval is moving forward with an innovative governance model for the future Carré Laval district, announcing plans to establish a Social Utility Trust (Fiducie d'utilité sociale, or FUS) that will oversee the development of the city's flagship eco-innovation neighbourhood while protecting long-term affordability.

The initiative marks a first in Quebec. No municipality has previously entrusted the development of an entire neighbourhood to a social utility trust, a legal structure designed to safeguard assets for the benefit of the community rather than private interests.

Laval, which owns more than 85 per cent of the land within the Carré Laval site, says the trust will ensure the area remains affordable and protected from real estate speculation while advancing its vision of a sustainable innovation district.

Former RONA president and chief executive officer Robert Dutton, now an associate professor at HEC Montréal, has been identified as the proposed chair of the trust's board of trustees, pending formal appointment.

Protecting community interests for generations

Established in perpetuity, the Carré Laval Social Utility Trust will gradually acquire land within the site and remove it from speculative market pressures. Once transferred to the trust, the lands will be dedicated to projects that support



its social and economic mission, ensuring that future development continues to serve the broader public interest.

The initial board will include seven trustees selected for their expertise in areas such as finance, real estate, governance and strategic development. Laval's mayor and city manager will also sit on the board by virtue of their positions. According to the city, no individual trustee will hold veto powers or a deciding vote.

A non-profit organization dedicated primarily to Carré Laval will later be created to complement the governance structure. While the trust will act as the guardian of the land and the

project's mission, the non-profit will oversee marketing, asset management, coordination with partners and developers, and community programming.

Vision for an eco-innovation district

Carré Laval is envisioned as a largely car-free eco-district that combines residential neighbourhoods, workplaces, educational institutions, research facilities, cultural venues and recreational spaces.

Plans call for a significant supply of affordable housing, a major urban park, educational and research institutions, innovative businesses,

neighbourhood retail services and a next-generation energy-sharing network. The design will prioritize active transportation and public transit to reduce dependence on private vehicles.

The project has already received significant financial support from the Quebec government. In 2019, the Ministry of Economy, Innovation and Energy provided \$10 million to support the decontamination and redevelopment of the site.

Building a lasting legacy

Mayor Stéphane Boyer described the trust as a bold and transformative step for Laval's future.

"By entrusting Carré Laval to a social utility trust, we are ensuring the creation of an innovation eco-district where housing affordability and economic development will be protected permanently," Boyer said. "We are building a legacy that will positively influence urban development for future generations."

City Manager Benoit Collette said the model will help preserve the community-focused vision of the project over the long term.

Dutton emphasized the pioneering nature of the initiative, noting that the trust's role will be to independently ensure that the lands are developed in the public interest, not only for today's residents but for those living in Laval decades from now.

With the creation of the trust, Laval is positioning Carré Laval as both a major urban development project and a test case for a new approach to city-building in Quebec, one that seeks to balance growth, affordability, innovation and environmental sustainability for generations to come.

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Publishers

George Bakoyannis
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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
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OPINION & Editorial



Real journalists matter in an AI world

An algorithm can decide what you see, but it doesn't report the news. Nunatsiaq News, an award-winning newspaper in Nunavut, recently reported that a so-called "news" website was posting AI-generated articles about the North by stealing real news stories produced by real journalists.

The articles were supposedly written by Nunavut correspondent Leah Qammaniq – a fake journalist, with a fake photo, and a fake bio.

The Right Honourable Louise Arbour warned us of fake news in her installation speech as Governor General. She said, "We must continue to protect the public space in which our national debates take place: from schools and universities to the media, political parties, unions and civil society organizations...With instant access to vast amounts of information, it is very tempting to pay little attention to the reliability of sources. The lines between knowledge and belief, between truth and falsehood, between facts and assumptions, are increasingly blurred. AI could be threatening not only the way we live and work, but also the control we exercise over our own destiny."

The Government of Canada has recognized the problem as well. Its recent discussion paper, Enhancing trust in artificial intelligence through increased transparency, stated, "Canadians encounter news reporting, product reviews, and audio-visual content across the internet, often without any indication of whether it was written by a person, generated by an AI system, or produced through some combination of

both...A particular concern within this broader landscape is that generative AI greatly enables the creation and dissemination of deceptive or misleading content."

Yet, the federal government hasn't taken any action when it comes to the brazen theft of news content by AI companies. Indeed, its highly anticipated Canada's National Artificial Intelligence Strategy: AI for All didn't mention the word "copyright" – not even once. At the same time, according to a survey conducted for News Media Canada, 78 per cent of Canadians say they are concerned about fake news and disinformation, underscoring the growing value of credible, professionally produced journalism.

In the face of misinformation and disinformation and threats to Canadian sovereignty, identity, and unity, there is an urgent need to protect and control Canadian trusted, verified IP and to keep its value in Canada for Canadians.

Fact-based, fact-checked trusted journalistic content is vital to a healthy democracy, and there are concrete steps that can be taken to safeguard this pillar of our democracy. First, clearly and unequivocally state that there will be no text and data-mining exception. Second, use the power of the federal procurement purse to ensure these companies stop stealing creator content through robust supplier commitments. Third, align with the UK competition authority's approach, which gives publishers an opt-out to control how news content is surfaced in Google's AI answers. Fourth, have the Minister of Industry direct the Competition

Bureau to conduct a market study into Google's AI/search crawler. Fifth, introduce and pass bad bot legislation similar to the Stealth Bot Prohibition Act, which is currently before the U.S. Congress.

National Newspaper Week 2026 celebrates the people behind the news and reminds Canadians that trusted journalism is produced by real journalists, who report, investigate, verify, and write it. This year's program introduces "AI Gorithm", a fictional character that highlights an increasingly important distinction: an algorithm can decide what you see, but it doesn't sit through a council meeting, interview a local business owner, cover a championship game or hold decision-makers accountable.

With the industrial scale theft of copyright-protected news content by AI companies and threats to our cultural and digital sovereignty from the U.S., our federal government can help sustain real journalism by real journalists by maintaining the Online News Act (which is seeing \$100 million flowing annually from Google to news businesses), maintaining the Canadian Journalism Labour Tax Credit at 35 per cent, maintaining the Local Journalism Initiative, and earmarking 25 per cent of federal advertising spending to trusted news outlets.

Digital and cultural sovereignty matter. Canadian stories matter. Facts matter. Real journalists matter.

Paul Deegan

President and chief executive officer
of News Media Canada

Voters take revenge on CAQ

◀ Continued from page 1

Something that might shed some light on the roots of the CAQ's demise last Monday is the manner by which the party was originally conceived by one of its two co-founders, François Legault, more than 15 years ago.

Around that time, Legault (who had a well-established reputation as the entrepreneurial co-founder of Air Transat) toured Quebec, using focus groups and other market research tools he learned about in business.

He was trying to determine whether a quantifiable justification could be found among the province's voters for the establishment of a new political entity offering a "third way" alternative to the PQ's uncompromising separatism and the PLQ's official federalist stance.

Presumably, when Legault crunched the numbers and digested the feedback, he understood there was room for a "coalition" bringing together otherwise disparate ideologies – though perhaps he mistakenly believed this would be the equivalent of a political party.

Hence, if the Coalition Avenir Québec seriously lacked one thing, it was perhaps the sense of "spirit" and tradition that animate well-established political parties and which have kept the PQ and the PLQ alive for generations in spite of the adversity they've faced.

On the other hand, what the CAQ lacked in idealistic spirit it made up for in the kind of opportunism that may drive its remaining members to seek refuge within the four political parties that now hold seats in the National Assembly, or the smorgasbord of smaller ones

registered with the Quebec Director General of Elections.

This is not to completely dismiss the valuable and perhaps even historic role the Coalition Avenir Québec played over the last eight years. It's a card they might have used more forcefully in this election (if not perhaps for the objections of sovereigntists among their members).

For the fact is that, if not for the CAQ's ambiguous stance on federalism and sovereignty, the PQ might have had a great deal more than seven seats in the last National Assembly session (three in 2022, four more in by-elections) – although a tide favoring the PQ finally broke loose in this election.

And while some of the CAQ's policies (ban on religious symbols, stricter language laws, hardline immigration quotas) outraged those opposing them, they may prove to have been relatively light in comparison to what the new PQ government has in mind given its self-image as the most strident of guardians for Quebec's language and culture.

As illustrated by PQ leader Paul St-Pierre Plamondon's statements which he couldn't resist including in his election night victory speech, separatism remains the PQ's obsession and will never be altogether out of the Premier-elect's thoughts and words.

As for the CAQ's gaffes over the course of two terms, they were so numerous it's impossible to list them all here. Perhaps the most glaring – and costly – were the Northvolt fiasco, costing Quebec a \$270 million investment in the bankrupt battery venture – and the SAAQClic scandal, involving the mismanaged digital trans-

formation and cost overrun at the province's auto insurance board.

The project centered around SAAQClic, designed to centralize and automate services like driver's licence renewals, driving tests and vehicle registrations. When the platform launched in February 2023, it suffered from severe technical glitches, system crashes, and identity authentication barriers. This forced thousands of frustrated drivers across Quebec to wait in long lines outside SAAQ branches in the winter cold.

Initially estimated to cost around \$500 million to \$638 million, the total cost ballooned by over \$500 million, ultimately topping out at roughly \$1.1 billion.

Although a high-profile public inquiry concluded that top SAAQ officials deliberately lied and provided deceptive information to the CAQ government to conceal spiralling costs and a lack of testing, it was yet another telling sign of the CAQ's growing reputation for incompetence, which it could not shake off.

And then there is the state of Quebec's ailing public health sector, which the CAQ (with characteristic shortsightedness) had hoped to remedy with a restructuring which essentially amounted to applying a new label to this massive entity and renaming it Santé Québec.

All things considered, Quebec's voters probably had these and other issues on their minds on October 5 when they failed to accord the former Coalition Avenir Québec government even a single seat in the 44th Quebec Legislature.

– Martin C. Barry –



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Mayor Boyer takes temporary medical leave, Ray Khalil named acting mayor

NEWSFIRST MULTIMEDIA
info@newsfirst.ca

Mayor Stéphane Boyer will be taking a temporary leave of absence beginning Oct. 6 for a minimum of two months while he undergoes a medical procedure and recovery. During that period, Ray Khalil, vice-chair of Laval's executive committee, will assume the responsibilities and powers of the mayor, the City of Laval announced Tuesday.

Under the Charter of the City of Laval, the vice-chair of the executive committee serves in the mayor's place when the mayor is unable to carry out his duties. As acting mayor, Khalil will ensure the continuity of municipal leadership and city operations throughout Boyer's absence.

"It is with great humility that I take on the role of acting mayor for the coming months," Khalil said in a statement. "Laval residents can count on the executive committee, municipal council, city administration and myself to continue delivering services and ensuring that the city operates smoothly. We wish Mayor Stéphane Boyer a speedy recovery and look forward to welcoming him back in good health."

City officials emphasized that the mayor's temporary leave will not alter the composition of the executive committee or affect the normal functioning of municipal government. Meetings of city council, the executive committee and municipal administration will continue as scheduled and in accordance with established responsibilities.

In addition to overseeing municipal affairs, Khalil will represent Laval on several regional and municipal organizations while serving as acting mayor, including the Communauté métropolitaine de Montréal (CMM), the Autorité régionale de transport métropolitain (ARTM), the Union des municipalités du Québec (UMQ) and the Federation of Canadian Municipalities (FCM).

A councillor for Sainte-Dorothée since 2013, Khalil has served as vice-chair of Laval's executive committee since 2021. He is responsible for files related to land-use planning, including environmental affairs, economic development and urban planning.

The city has not indicated when Boyer is expected to return, other than stating that his absence will last at least two months.



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Laval city councillor for the district of l'Orée-des-Bois Yannick Langlois is seen here with Margot, the family dog, at the entrance to Parc de la Capitaine-Molly-Kool on Cousteau St. (Photo: Martin C. Barry, Laval News)

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

A quiet residential corner in the City of Laval's l'Orée-des-Bois district, where a park, greenspace, children's playground and a dog run were sorely lacking for years, has just received a new lease on life thanks in large part to the efforts of the local city councillor.

Located on Cousteau St. just a little to the north of Sainte-Rose Blvd., Parc de la Capitaine-Molly-Kool was named in honor of a Canadian sea captain who was one of the first women in North America to become a registered shipmaster.

While the use of Kool's name may seem at first like an odd choice for a sector no doubt abounding in local history, it conformed to the nautical theme the City of Laval selected for this neighborhood where the street names also include Magellan, du Phare, Catamaran, Chalutier – and, of course, Cousteau for the famed French oceanographer and naval officer.

Ship's captain by age 23

According to a CBC News account published when Molly Kool passed away at age 93 in 2009, she received her captain's "master's ticket" in April 1939 and was recognized as the first female skipper in North America.

In 1937 at age 21, she had joined Canada's Merchant Marine School in Saint John, New Brunswick, being the only woman to ever do so, earning a mate's certificate. "Capt. Kool" was apparently also well known in the United States, where she appeared on an episode of Ripley's Believe It or Not!

A newspaper account published far south along the U.S. east coast of Florida in The Tampa Bay Times stated that "she overcame superstitions about women working at sea and won the respect of her male counterparts as she sailed her father's 70-foot boat in the dangerous waters of the Bay of Fundy."

She left New Brunswick after marrying Ray Blaisdell of Bucksport, Maine in 1944. They were together for 20 years before he died. In the 1960s, she married businessman John Carney, who bought her a boat, which he dubbed the Molly Kool.

Known by all as 'Capt. Molly'

In her final years, Kool lived in an independent retirement community in Maine, where there was a lighthouse and a captain's wheel in the hallway outside her room and where residents called her "Capt. Molly." In 2018 the Canadian Coast Guard named an icebreaker after her as CCGS Captain Molly Kool, and in 2019 a sailing ship was named in her honour.

Up to a little more than a year ago, Laval's Cousteau St. still retained some of its previously rural characteristics, with untamed vacant scrubland on one side, even though the playground was already built in what would end up becoming Parc de la Capitaine-Molly-Kool.

The city also formally established an extensive network of pathways leading around the woods on land it owns behind the playground. It also built an extra-large dog run and a floodwater retention basin on the other side of the street, and improved the roadway along rue Cousteau with new asphalt, sidewalks and urban infrastructure improvements, including a pedestrian crosswalk and protective fencing.

Park development continues

And the development isn't over yet, according to city councillor for l'Orée-des-Bois Yannick Langlois. The city also plans to build a four-season park chalet for summer and winter use, a covered refrigerated skating rink which could also serve for other sports like basketball, a water games area for children, a soccer practice pitch with natural grass, and four enclosed pickleball courts with night-time lighting.

According to Langlois, the impetus to move forward with this major park development project came nearly a decade ago when the city signed an agreement with the former Commission scolaire de Laval (now the Centre de services scolaire de Laval) for an exchange of land to facilitate the construction of a new school.

Delivering on a promise

"As part of the deal, Mayor Marc Demers had promised the residents he would create a large park," Langlois said in an interview with The Laval News, referring to the former mayor. "And so, this is the park we are seeing now." But why did it take ten years to make the park?

Among other things, according to Langlois, were some complications faced by the city over land ownership to acquire the space needed for the future public space. As well, Laval had to satisfy some provincial environmental regulations to make sure the wetlands (on which the park is located) were conserved and protected.

Langlois, who was first elected to Laval city council in 2017 and is now into his third term as councillor for the district, acknowledged that he'd been pledging to push forward the park project since he's been in municipal politics and that it was about time he delivered. Although the work isn't yet finished, he estimated the total cost at around \$14 million.

L'Orée-des-Bois greenspace pays homage to lady sea captain Molly Kool

Councillor Langlois makes good on election pledges to create new park facilities



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Councillor Langlois and media attaché Maude Thibault from the mayor's office are seen here in the new dog run at Parc de la Capitaine-Molly-Kool. (Photo: Martin C. Barry, Laval News)



Twenty Years Later: Remembering the Concorde overpass tragedy

NEWSFIRST MULTIMEDIA
info@newsfirst.ca

In just a few seconds, an ordinary Saturday afternoon became one of the worst infrastructure disasters in Quebec history.

At 12:38 p.m. on Sept. 30, 2006, a section of the Concorde overpass spanning Autoroute 19 suddenly collapsed, sending thousands of tonnes of concrete crashing onto the highway below. Five people were killed, six others injured, and Quebec was forced to confront troubling questions about the safety of its aging infrastructure.

Twenty years later, the tragedy remains one of Laval's defining moments.

For those who witnessed the collapse, the memories have never faded. Duvernay resident Claude Canton was painting his garage door when a deafening boom shattered the quiet afternoon. Turning toward the overpass, he saw a massive cloud of dust rising into the sky. Like many nearby residents, he rushed to the



Photo: Dimitri Papadopoulos

scene hoping to help before emergency crews arrived. What greeted them was devastation.

A 20-metre section of the overpass had broken away and crashed onto Autoroute 19. Two vehicles travelling beneath the structure were crushed under massive concrete slabs, while three vehicles on the overpass were caught in the collapse. Injured motorists lay among twisted metal and shattered concrete as residents attempted to provide comfort and assistance.

Police, firefighters and paramedics quickly converged on the scene. Several victims suffered serious injuries, including multiple fractures and traumatic wounds. Despite the severity of their injuries, all six survivors would ultimately recover.

The greatest concern, however, was for those trapped beneath the rubble.

Emergency crews faced an enormous challenge. Engineers feared the remaining section of the overpass could collapse, forcing rescuers to proceed cautiously. Throughout the afternoon and into the night, workers removed giant pieces of concrete while anxious families waited for answers.

Nearly 15 hours after the collapse, rescue personnel finally reached the crushed vehicles buried below.

The outcome was heartbreaking.

The victims were identified as Jean-Pierre Hamel, 40, his brother Gilles Hamel, 44, and Gilles's partner, Sylvie Beaudet, 44, all from Laval. Also killed were Mathieu Binette and Véronique Goyette, both 28 and residents of Sainte-Dorothée.

Their deaths sent shockwaves throughout the province.

As details emerged, many residents realized how narrowly they had escaped tragedy. Thousands of motorists crossed the Concorde overpass every day. Some had travelled over it only hours before the structure gave way. Former Alfred-Pellan MP Robert Carrier later revealed that he and his wife had driven across the overpass roughly an hour before the collapse.

The disaster quickly became more than a local tragedy. It evolved into a province-wide reckoning over the condition of Quebec's transportation infrastructure.

Built in 1970, the Concorde overpass was considered a routine part of Laval's road network. Yet its sudden collapse raised serious

questions about inspections, maintenance practices and public safety. Images of crushed vehicles buried beneath mountains of concrete dominated television broadcasts and newspaper front pages across the country.

The Quebec government responded by launching a public inquiry chaired by former premier Pierre Marc Johnson. Its findings were troubling. Investigators concluded that a combination of design flaws, deterioration, water infiltration and shortcomings in inspection and management practices contributed to the catastrophe.

Most alarming was the conclusion that signs of structural distress had not been adequately recognized or addressed.

The inquiry led to sweeping reforms. Inspection standards for bridges and overpasses were strengthened, thousands of structures were reassessed and billions of dollars were invested in repairs, rehabilitation and replacement projects. The collapse became a turning point in how Quebec monitored and maintained its infrastructure.

Today, traffic moves safely through the area where the overpass once stood. New infrastructure has replaced the structure that failed so catastrophically, but the memory endures.

For the families of the victims, the loss remains immeasurable. For first responders, it was a tragedy they will never forget. For Laval residents, Sept. 30, 2006, remains one of the city's darkest days.

Twenty years later, the Concorde collapse stands as more than an engineering failure. It is a reminder of the human cost of neglect, the importance of vigilance and the lives forever changed on a September afternoon that reshaped Quebec's approach to public safety. The concrete has long since been cleared away, but the memory of five lives lost remains etched in the province's history.

Marking the 20th anniversary

On September 30, 2026, Laval residents, families of the victims and community leaders gathered to mark the 20th anniversary of the Concorde Overpass collapse. The solemn commemoration included a memorial march, a moment of silence and the unveiling of a commemorative plaque honoring the five people who lost their lives in the tragedy.

As the community reflected on the events of September 30, 2006, the ceremony served as both a tribute to the victims and a reminder of the enduring importance of public safety, accountability and remembrance. Twenty years later, the tragedy remains a poignant chapter in Laval's history, and the newly unveiled plaque stands as a lasting symbol of memory and respect.

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Volvo Cars Mont-Royal joins Pink in the City for Breast Cancer Awareness Month launch

This year's gala for the Breast Centre at the MUHC will take place on Friday, October 23

MARTIN C. BARRY

Local Journalism Initiative Reporter
marty@newsfirst.ca

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

The cocktail/buffet dinner with live music was a warmup for the Friday October 23 gala at Château Royal in Laval. It also marked the second time Pink in the City partnered with Volvo Cars Mont-Royal's owners, Groupe Taddeo Auto, for a breast cancer awareness-raising event.

"Everybody's been touched in some way by cancer," said Volvo Cars Mont-Royal vice-president for sales and marketing Victoria Taddeo. "This is a cause that is very important to us," she added.

Volvo SUV raffle

Many of those among the 150 supporters also vied for a chance to take part in Pink in the City's "Drive for Hope" raffle. The winner will have free access for a year to a Volvo SUV furnished by Volvo Cars Mont-Royal.

"We've lost some friends to cancer while others are survivors," said former Montreal city councillor Mary Deros who was among the guests, while adding that she has recently undergone cancer treatment (although not for breast cancer).

"I know the importance for the doctors and the



Breast cancer survivors are seen here with Pink in the City supporters (including co-founder Denise Vourtzoumis, centre, and former Montreal city councillor Mary Deros, fifth from left), during a cocktail/buffet dinner held at Volvo Cars Mont-Royal as a warmup for the Friday Oct. 23 Pink in the City gala at the Château Royal in Laval. (Photo: Martin C. Barry, Newsfirst Multimedia)

researchers to have the necessary funds to find the best care and medical support for women suffering any type of cancer," she continued. "And so I am a proud supporter of this cause because it's necessary for us to help in every way we can."

Support for a good cause

Former Laval Senior High School vice-principal Helen Kalipolidis first met Pink in the City co-founder Denise Vourtzoumis at the school

when the latter's children, including co-founder Lawrence Vourtzoumis, were enrolled as students.

"I had a very strong desire to support the cause that had grown and there were many people affected by breast cancer," she said. "The idea of finding a cure and supporting the women dealing with breast cancer are very dear to my heart."

According to Dr. Sarkis Meterissian, director of the Breast Center at the MUHC, progress is being made in the treatment of breast cancers thanks to Pink in the City's support.

"Apart from the treatments and surgeries, we have a lot of clinical trials, and I think we're continuing to see improvements in survival in breast cancer," he said in an interview with Newsfirst Multimedia. He said prognoses for some of the more severe forms of breast cancer have improved and "we're curing a lot of the patients."

'A very worthy cause'

Andy Crilis, another Pink in the City supporter, lost his mother to the disease in 2009. "I've been supporting Pink in the City as much as I can with all the events I am able to attend to," he said. "Nice to see so many people coming together to support this very worthy cause."

Pink in the City has become synonymous with

breast cancer care at the McGill University Health Centre. They have championed the MUHC's Breast Clinic Wellness Program through the MUHC Foundation.

From breast cancer survivors to passionate high school students, Pink in the City has brought together a loyal following dedicated to the fight against breast cancer. One of Pink in the City's latest donations to the MUHC last year brought their total contributions to nearly \$2 million.

Funds raised total \$2 million

The funds raised have been the result of tireless efforts, including an inspiring Pink in the Rink campaign led by the Concordia University Women's Hockey Team. Another one of the fundraising highlights was the Raise Craze, a much-loved event where people shave or dye their hair pink in support of the cause.

Students from the Sir Wilfred Laurier School Board did their part, raising more than \$20,000 in that campaign, showing how young people are getting involved in philanthropy.

The 2025 Pink in the City Gala starts with cocktails at 6:30 pm followed by dinner at 7:30 pm. The event is presented by Pink in the City in collaboration with the MUHC Foundation to support breast cancer patient care, research and education.

Thinking of breast cancer victims on this national month of awareness

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The winner of Pink in the City's "Drive for Hope" raffle will get free access to a Volvo SUV furnished by Volvo Cars Mont-Royal for a year. (Photo: Martin C. Barry, Newsfirst Multimedia)



October is BREAST CANCER Awareness Month



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5 complementary approaches to promote healing and improve quality of life

Integrative medicine pairs conventional cancer treatments like chemotherapy and radiation with holistic ones like acupuncture and hypnosis to care for a patient's mind, body and spirit. Developed in the U.S. in the 1990s, it aims to speed up recovery. Here are five clinically proven complementary approaches and their benefits:



1. **Acupuncture** limits chemotherapy-related nausea and vomiting plus reduces pain.
2. **Massage therapy** helps reduce fatigue, anxiety, nausea and pain.
3. **Physical activity** improves strength and endurance, helps manage stress and reduces pain and fatigue.
4. **Nutritional counselling** helps manage weight changes, controls nausea and improves overall health.
5. **Hypnosis** reduces pain, fatigue and nausea after surgery.

In short, integrative medicine helps cancer patients better manage their symptoms and the unpleasant side effects of treatment. For more information, visit cancer.ca.

What is breast reconstruction?

Breast cancer treatment can include tumour removal through lumpectomy or removal of affected breast tissue through mastectomy. The loss of one or both breasts, whether whole or in part, can be difficult for many women to accept.

Some women choose to live with a flat or asymmetrical chest, with the option of wearing external breast prostheses. Others opt for breast reconstruction. The choice is personal and unique to every patient. Here's an overview of what breast reconstruction entails.

TYPES OF RECONSTRUCTION

There are three main types of breast reconstruction:

1. **Breast implants.** The implant procedure involves inserting a silicone bag containing a sterile saline solution or silicone gel under the chest muscles.
2. **Autologous breast reconstruction.** Sometimes called "flap" reconstruction, this procedure involves grafting muscle and fat tissue from other parts of the body onto the breast. This approach provides a more natural result.
3. **Nipple and areola reconstruction.** This surgery is considered the finishing touch of breast reconstruction. It's typically done three to six months after the initial operation.

The techniques differ according to the patient's unique needs and physical characteristics. The breast recon-

struction process may require multiple surgeries to complete. To learn more, visit cancer.ca.



October is BREAST CANCER Awareness Month



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



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Liberal sweep all six Laval ridings on election night

ALESSANDRO COMMISSO

Local Journalism Initiative Reporter
alessandro@newsfirst.ca

The Quebec Liberal Party swept all six Laval ridings Monday night, turning the island red and reclaiming four seats that had been held by the Coalition Avenir Québec since the 2022 provincial election.

At the Liberal Party's election night gathering at La Cage aux Sports on Décarie Boulevard, the tension was hard to miss early in the evening.

By around 8:30 p.m., the restaurant was packed with Liberal supporters, candidates, volunteers, family members and members of the media. Much of their attention was fixed on television screens displaying results as they arrived from ridings across Quebec.

Conversations stopped as close races appeared on the screens. Cheers erupted whenever a Liberal candidate moved ahead or was declared elected, while tighter results were met with nervous silence.

As the night progressed, however, Laval quickly became one of the brightest spots for the party.

The Liberals won Chomedey, Mille-Îles, Sainte-Rose, Vimont-Auteuil, Fabre and Laval-des-Rapides, giving the party complete representation of the island in the National Assembly.

The result represented a significant change from the 2022 election, when Laval was divided between the Liberals and CAQ. Four years ago, the CAQ captured Sainte-Rose, Vimont, Fabre and Laval-des-Rapides, while the Liberals held Chomedey and Mille-Îles.

On Monday October 5th, all four of those CAQ ridings moved into Liberal hands.

The sweep was particularly notable considering the Liberals did not form government provincially. The Parti Québécois won the election with 59 seats, while the Liberals finished second with 40 and will form the Official Opposition. Laval, however, went decisively in the opposite direction from much of the province.

In Chomedey, Madeleine Féquière continued the riding's long Liberal tradition with a decisive victory. Féquière received 45.17 per cent of the vote, comfortably ahead of Conservative candidate Leon Der Stepanian, who finished second with 18.04 per cent.

Mille-Îles also remained Liberal, with incumbent Virginie Dufour securing another term. Dufour received 44.29 per cent of the vote, more than double the 21.68 per cent received by Parti Québécois candidate Mathieu Trotter Kavanagh.

"I just wanted to thank my team, without them we wouldn't be here," said Dufour. "Thank you so much Mille-Îles for your confidence in me again."

The results in Laval's four other ridings represented gains for the party.

In Sainte-Rose, Liberal candidate Dr. Cécile Tremblay defeated incumbent CAQ MNA and regional minister Christopher Skeete. Tremblay captured 37.3 per cent of the vote, while Parti Québécois candidate Judith Cardin finished second with 23.94 per cent.

"I'm very happy to be here with my family," said Tremblay. "I just want to take a second to thank the citizens of Ste-Rose for putting their trust in me again."

Skeete, who had represented the riding since 2018 and won re-election in 2022, fell to fourth place with 12.88 per cent of the vote.

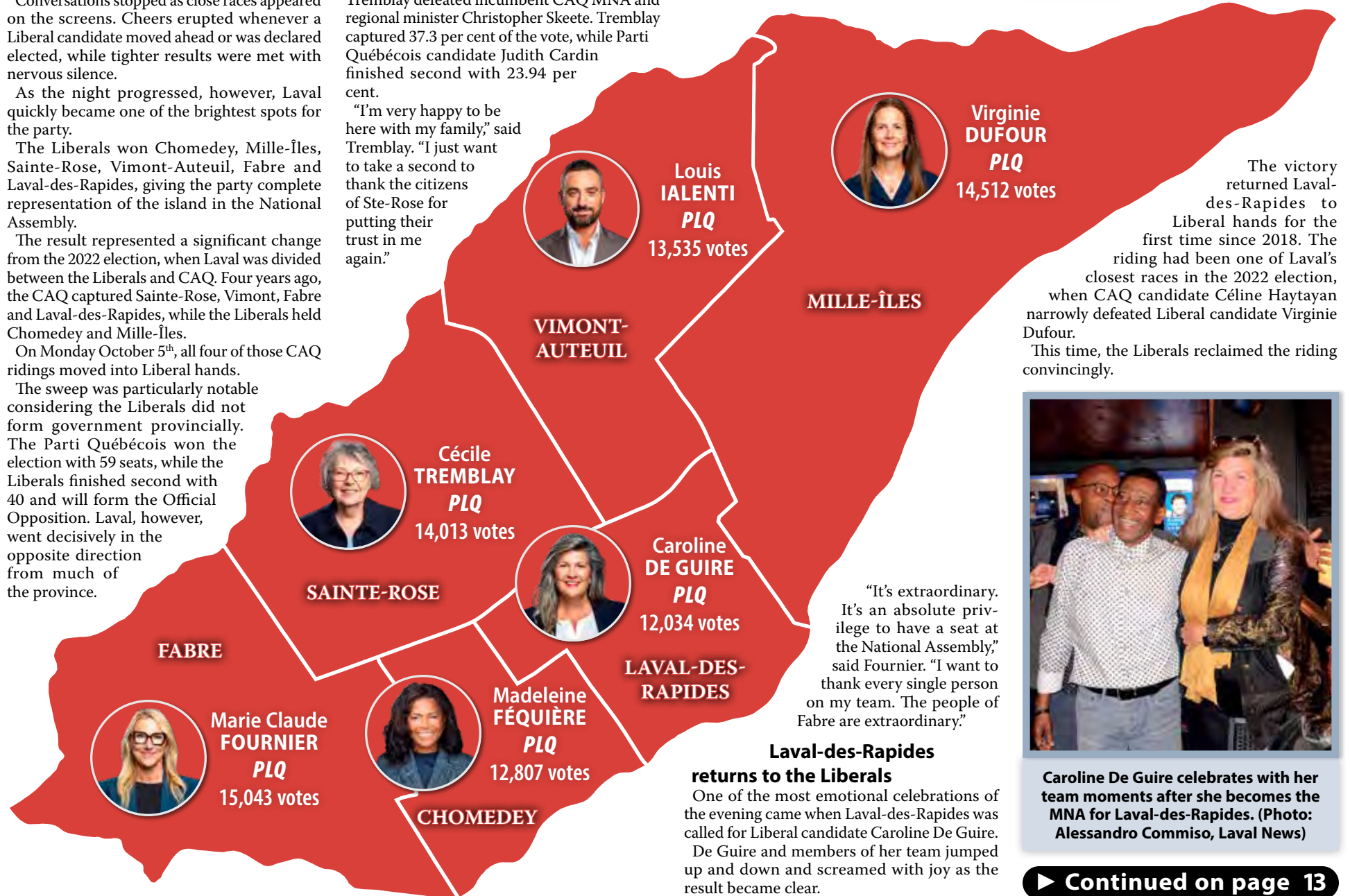
Vimont Auteuil also returned to Liberal hands, with Louis Ialenti winning 42.62 per cent of the vote. Parti Québécois candidate Amin Ouazragh Marchand finished second with 21.17 per cent, while incumbent CAQ MNA Valérie Schmalz received 12.59 per cent.

"I'm so grateful for everyone's help, this is a big win for us," said new elected official Louis Ialenti. "We're thrilled, you can really see the effort we put forward."

In Fabre, Marie Claude Fournier delivered another Liberal gain, winning 42.74 per cent of the vote. Parti Québécois candidate Catherine Dansereau Redhead finished second with 19.80 per cent.



Newly elected MNA for Vimont-Auteuil Louis Ialenti taking a photo with a supporter.



Caroline De Guire celebrates with her team moments after she becomes the MNA for Laval-des-Rapides. (Photo: Alessandro Commiso, Laval News)

► Continued on page 13

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De Guire, who served as president and CEO of the Laval Chamber of Commerce and Industry before entering provincial politics, received 36.38 per cent of the vote. Parti Québécois candidate Fatima Aboubakr finished second with 22.9 per cent.

Following her victory, De Guire thanked the volunteers and residents who supported her throughout the campaign.

"It's a beautiful campaign on the ground with amazing people working with us," De Guire said. "The volunteers are all here, thank you to citizens for believing that we can actually and

truly represent them."

De Guire said the campaign also gave her an opportunity to hear directly from residents about the issues affecting them.

"It's going to be hard work starting tomorrow morning," she said. "I've been on the ground working hard for the past weeks and I've heard the requirements for the cost of living and the healthcare system."

Her victory was not simply an individual win. By the end of the evening, it had become part of a complete Liberal sweep across Laval.

For the first time since the 2018 election, every Laval riding will be represented by the same political party in Quebec City.

De Guire said having all six Laval MNAs

together in the Liberal caucus could make a significant difference when advocating for the island.

"This cannot be done alone obviously, we're going to have a very strong opposition and definitely going to make a huge difference," De Guire said. "All of Laval is united in the caucus, that's going to make a huge difference."

The future of Laval

That united caucus will include a mixture of returning Liberal representation and new faces.

Féquièrre and Dufour retained the two ridings the Liberals already held, while Tremblay, Ialenti, Fournier and De Guire turned four former CAQ seats Liberal.

The results also completed a dramatic reversal for the CAQ in Laval. The party entered the election with four sitting MNAs on the island. It emerged Monday night without a single Laval seat.

For Laval residents, the election therefore produced a considerably different political picture than the one that followed the 2022 vote.

Instead of an island divided between two major parties, all six ridings will now be represented by Liberal MNAs sitting together in the Official Opposition.

For the Quebec Liberal Party, which fell short of forming government province wide, Laval became one of its clearest successes of election night.

Boyer congratulates PQ victory

NEWSFIRST MULTIMEDIA
info@newsfirst.ca

Laval Mayor Stéphane Boyer congratulated Paul St-Pierre Plamondon and the Parti

Québécois on their election victory, saying he looks forward to working with the new government on projects important to Laval residents.

"Congratulations to Paul St-Pierre Plamondon

and the Parti Québécois on winning the election," Boyer said. "I look forward to working with his team to advance priority projects for the people of Laval."

Boyer also acknowledged all candidates who

took part in the campaign, noting the demands of an election race and expressing hope for constructive cooperation in the years ahead.

"The solutions must be equal to the challenges that lie before us," he added.

Chomedey Independent Sona Lakhoyan Olivier defeated

Former PLQ MNA finished second to last with just 3.36 per cent support

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

In spite of the resounding plurality of support Sona Lakhoyan Olivier received in 2022 when she won her first term as MNA for Chomedey, the former Quebec Liberal who ran as an independent this year seemed stunned last Monday evening by her dismally poor results in the October 5 provincial election.

Whereas Lakhoyan Olivier finished four years ago as the clear front-runner with a 36.52 per cent share of the more than 32,500 ballots cast by the riding's constituents, it was clear from the 3.36 per cent she received this time (putting her in second-to-last place) that the voters in this longstanding PLQ fortress were overwhelmingly continuing to support the Quebec Liberals.

While Chomedey's voters evidently decided to play it safe and stay with the party, Lakhoyan Olivier ran a campaign with a local focus.

Ran as an independent

She emphasized her devotion as an independent to issues directly impacting the people in the riding – such as a lack of sports infrastructure for teens and other young people – compounded by a failure by the political parties to effectively meet these needs.

"Being independent," she said in an interview with The Laval News, noting her permanent

expulsion from the PLQ earlier this year, "I realized that I would be able to do more for my Chomedey community as an independent than as a member of a party, because when you're in a party you have to follow the party line, even though that does not help the community."

In spite of this, Sona Lakhoyan Olivier's bold decision to run doesn't seem to have impacted the vote for the Quebec Liberals in the least.

Liberal vote share increased

According to final results published the morning after the election on the Élections Québec website, Chomedey PLQ candidate Madeleine Féquièrre won with 45.17 per cent support – 7,691 votes ahead of the Conservative Party of Quebec's Leon Der Stepanian who finished second.

Lakhoyan Olivier rejected the notion that she may have been attempting to split the vote in Chomedey to the disadvantage of the PLQ through her candidacy. "Oh, no, whatever I do, I fully do for the good of the people," she said.

"Because to have known them over the past four years, they're like my family. When I'm with the Greeks I'm Greek. When I'm with the Portuguese I'm Portuguese. And so on. So, for me this was just to continue to serve them. I'm not a vengeful or jealous person."

Election night bodyguard

In a curious development on election night, Lakhoyan Olivier decided to retain the services



Outgoing Chomedey Independent MNA Sona Lakhoyan Olivier is seen here with supporters at Dunn's Famous on Saint-Martin Blvd. last Monday evening, election night. (Photo: Martin C. Barry, Laval News)

of a volunteer bodyguard (a Chomedey resident and former colleague from her days working as a hostess at the Montreal Casino) who was present throughout the evening.

"I've been attacked on social media by trolls," she said, explaining why she felt protection was

necessary. "I don't know who they are, but I had to endure that, without taking it personally. But it was really tough." It's worth noting that a growing number of politicians in recent years have reported similar experiences, leading some to decline from running in elections again.



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Of quiet hearts that carry the burdens at Thanksgiving

In gratitude to selfless heroes who make the day possible for the rest of us

RENATA ISOPO
renata@newsfirst.ca

Thanksgiving arrives each year with familiar words: family, gratitude, abundance and blessings. We gather around tables, share meals and remind ourselves of everything for which we should be thankful. But perhaps this Thanksgiving, we should ask a more difficult question: Who are we forgetting when we count our blessings?

There are millions of people whose work makes our daily lives possible, yet whose names we rarely know and whose contributions are often taken for granted. Thanksgiving should be more than a celebration of what we have. It should also be a moment to recognize the people who help make our lives, communities and society function.

Let's begin with employers. A responsible employer understands that a business is more than a balance sheet. Employers provide livelihoods, create opportunities and can change the course of a person's life. The good ones recognize that employees have families, illnesses, emergencies, dreams and responsibilities outside the workplace. But employers also have a responsibility to society. When workers are poorly treated, inadequately paid, placed in unsafe conditions, or regarded as nothing more than numbers, the consequences reach far beyond the workplace. Businesses have enormous influence over people's lives, and with that influence comes responsibility. Success should not be measured only by profit, but also by how people are treated along the way.

Let's also be thankful for public officials who understand that public service means serving the public. Integrity, honesty, accountability and respect for citizens should never be considered extraordinary qualities; they should be expected. We should appreciate those who listen, accept responsibility and put the public interest before personal advantage. At the same time, citizens have a responsibility to remain engaged and to expect integrity from those entrusted with public office.

Then there are the people who quietly keep society moving. The bus driver who begins work before sunrise. The truck driver who spends days away from family. The delivery worker standing at our door in the rain, snow or heat. The pilot carrying hundreds of passengers safely through the sky and the flight attendant caring for people who may be frightened, sick or difficult. We notice the bus, the truck, the package and the airplane. Too often, we forget the people behind them.

Let's thank doctors and nurses, but let us also remember the hospital cleaners, technicians, maintenance workers, food-service employees, receptionists and orderlies who keep those institutions functioning. Let us remember the janitor who cleans the building after everyone else has gone home, the sanitation worker who removes what we no longer want to see, the grocery clerk stocking shelves, the cashier dealing with impatient customers, the dishwasher working behind a restaurant kitchen and the security guard quietly watching over a building. They rarely receive recognition, yet their absence would quickly remind us how essential they are.

Let's remember police officers, firefighters, emergency responders and others who may be called away from their families because someone else's emergency cannot wait. Let's remember members of the armed forces serving far from home. While families gather around Thanksgiving tables, some mothers, fathers, sons, daughters, husbands, wives and partners are thousands of miles away fulfilling their duties and missing precious moments with the people they love.

And then there are volunteers. They give their time without expecting a paycheck. They deliver meals, visit seniors, coach children, collect donations, help newcomers, support community organizations and assist people they may never see again. Their reward is often simply knowing that they made someone else's day a little easier. That quiet generosity deserves our gratitude. We should also remember mothers and fathers. The parent who works all day and comes home to another shift. The single parent who is simultaneously provider, caregiver, chauffeur, cook, cleaner, counselor and source of comfort. Parenthood often comes without a salary, vacation or closing hour. Much of what parents do is invisible until it is no longer there.

And let's remember those whose work begins where other people's lives end. Morticians and funeral-home workers help families through some of life's most painful moments. Their work requires compassion, dignity and professionalism, yet it is rarely celebrated. They, too, deserve our recognition.

Perhaps the most important people to remember this Thanksgiving are those who

cannot easily find something for which to be thankful. Not everyone will sit at a beautiful table surrounded by family. Someone will be experiencing a first Thanksgiving without a spouse, parent, or child. Someone will be grieving. Someone will be alone. Someone will be unemployed, struggling financially, living in a shelter, sitting in a hospital or simply enduring the worst year of their life.

We should not tell these people that they must manufacture gratitude because the calendar says Thanksgiving. Sometimes surviving the day is an accomplishment. Sometimes hope is very small. Sometimes having one person remember to call is enough.

Perhaps that is the real meaning of Thanksgiving: seeing people. Seeing the bus driver, the nurse, the cleaner, the volunteer, the parent, the soldier, the delivery worker, the employer who chooses fairness and the public servant who chooses integrity. And seeing the person sitting alone who may have very little to celebrate.

This Thanksgiving, I am grateful to my editor for giving me a voice and the space to defend society's causes, seek justice, and tell the truth without sugar-coating. My thanks also go to every editor and the dedicated people behind the scenes who make newspapers possible—and to journalists everywhere who keep battling to make the truth heard.

Gratitude is not simply saying, I have enough. Perhaps real gratitude is saying, I recognize people who helped make my life possible, and I will try to make someone else's life a little easier.

That is a Thanksgiving worth celebrating.



Happy Thanksgiving

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Un message de votre élue

Joyeuse Action de grâce!
Que cette journée vous apporte beaucoup de bonheur, de précieux souvenirs et de belles raisons de sourire et d'être reconnaissant.

Happy Thanksgiving!
May this day bring you lots of happiness, cherished memories, and many reasons to smile and be thankful.

Aglaia Revelakis
Conseillère municipale - Chomedey
✉ **a.revelakis@laval.ca**
☎ **514-242-5761**

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Happy Thanksgiving!

Give thanks to the planet with a **plant-based meal**

For many families, a traditional meal is at the heart of their Thanksgiving celebrations. Some might argue that the holiday would be incomplete without a lavish turkey served alongside stuffing and gravy. So while a growing number of people are transitioning to a plant-based diet for ethical or environmental reasons, it can be particularly challenging to adapt holiday meals to this lifestyle.

And yet, there are many benefits to making plant protein and vegetables the stars of your Thanksgiving dinner. In addition to causing less pollution than meat options, a plant-based holiday meal tends to be healthier, makes use of seasonal ingredients and allows you to explore new flavors. Here are just a few delectable comfort food dishes to consider for this year's spread:

- Hearty chickpea "meat-loaf" with a maple glaze and thyme mashed potatoes
- Lentil, mushroom and walnut balls topped with a sweet pear-cranberry sauce



- Sweet potato gnocchi with an apple cider sauce and sauteed rapini
- Butternut squash vegducken, stuffed with eggplant, zucchini and an onion-lentil stuffing
- Tempeh shepherd's pie or pot pie with corn, carrots and peas
- Individual pumpkins stuffed with rice, black beans, corn, cashews and mushrooms

An additional perk is that most of these dishes can be prepared in more flexible portion sizes than the traditional 15-pound turkey or whole ham. This allows you to waste less food and prepare a hearty meal regardless of how many people will be gathered around the table this season.

If you're not ready to forgo the turkey, consider opting for an organic or pasture-raised bird from a local farm. This sustainable choice is better for the environment and supports the regional economy.

3 Thanksgiving **traditions** you'll want to adopt

Thanksgiving is a low-key holiday that's rife with traditions, most of which involve food and football. But if you're looking to embellish the way you and your family celebrate the occasion, consider adopting one of these three activities.

1. Go on a fall hike. Once the turkey's in the oven, work up an appetite with a family walk. It can involve a simple jaunt around the block or a full-on trek through the woods.

Keep the kids entertained by having them collect branches, leaves and pinecones. Encourage them to create a unique centerpiece or Thanksgiving wreath when they arrive back home.



2. Add to the family cookbook. Many families have traditional holiday recipes. Write them all down so that they don't get lost.

Invite older kids to type and print the recipes and place them in a binder. Once the cookbook has been compiled, make it a point to add one new recipe every year.

3. Create a family quiz. A few weeks before Thanksgiving, send everyone attending your celebration a questionnaire. Ask your guests to share their favourite food, their bucket-list travel destination and what they're thankful for.

During the meal, see who can guess what the others answered. The winner gets bragging rights until next year.

DID YOU KNOW?

Though American Thanksgiving famously began in 1621, it was first celebrated by Europeans in Canada more than 40 years earlier. In 1578, Martin Frobisher and his crew made it safely through the Northwest Passage and arrived on Baffin Island. They celebrated their safe arrival with a meal of salt beef, biscuits and mushy peas followed by prayers of thanks.

*Nous vous souhaitons
une joyeuse Action de grâce*

We wish you a happy Thanksgiving



**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



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FILIA Association for Seniors holds annual Walk a Thon event

Members enjoyed walk and an exercise session, followed by noon-time meal

MARTIN C. BARRY

Local Journalism Initiative Reporter
marty@newsfirst.ca

With the heat of the Montreal summer finally over, a group of fitness-conscious seniors who are members of FILIA took advantage of the cool autumn air one day last month to take a brisk walk around the streets of Chomedey.

And while they were at it, they stopped in a

nearby park for a set of exercises suitable to their station in life.

For a good number of years, FILIA's September Walk a Thon was a highly-anticipated outdoor event held at Saint Norbert Park in eastern Chomedey.

A new direction this year

This year, however, in a departure from the usual formula, it was held at the Panarkadian



FILIA members make their way back for a lunchtime meal on September 21 following their workout during the group's annual Walk-a-Thon event.
(Photo: Martin C. Barry, Laval News)



Former Montreal city councillor Mary Deros (right) joined FILIA director Johanna Tsublekas during the senior citizen group's Walk-a-Thon event in September.
(Photo: Martin C. Barry, Laval News)

Brotherhood of Canada's locale on Saint-Martin Blvd. a short distance from Saint-Martin Park.

The 20th annual Walk a Thon on Sept. 21 drew a loyal following of FILIA members, as well as a few other supporters who have provided a significant amount help to the organization for decades.

The goal of the day was to raise awareness of the needs of senior citizens – including regular physical exercise – while also raising funds for FILIA so it can continue providing a range of crucial services to seniors.

Among these are a meals-on-wheels program, but also interesting field trips to locations in and outside the Montreal region.

More men now joining

FILIA first began in Montreal's Parc Extension district (which decades ago was home base for most of the city's Greek population), providing assistance to women from the Hellenic community beginning in the early 1980s.

Since then, the number of men joining the

organization has substantially increased and there were a good number of them at this year's Walk-a-Thon event.

After establishing itself firmly in the community, FILIA's mandate was broadened to include senior citizens of every origin, while also helping seniors in Laval since 2006.

FILIA has been led for around 30 years by Johanna Tsublekas who continues to provide management and guidance. Some other services FILIA provides are home housekeeping and supervision, volunteer training and a healthcare clinic for the feet.

An expanding mandate

With advancing age, Johanna had been looking over the past few years for new supporters who might be willing to take over at least some of responsibilities.

That search proved to be fruitful as FILIA's offering of programs has been enlarged to now include yoga, exercise and physical education sessions for seniors, especially those who have developed problems maintaining their physical balance and stability.



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FILIA physical education instructor Irene leads a group of association members through a series of exercises during the annual Walk-a-Thon event in Saint-Martin Park on September 21. (Photo: Martin C. Barry, Laval News)

Royal Canadian Legion Branch 251 adds new names to Commemoration Wall

'Each brick represents a history,' Laval councillor Topouzian says during unveiling



Legion members are seen here with Laval city councillor for Renaud-Coursol Seta Topouzian (far right) representing Mayor Stéphane Boyer, as they prepared to cut an RCL 100th anniversary cake during the unveiling of the new bricks in the Commemoration Wall at Branch 251 on September 19. (Photo: Martin C. Barry, Laval News)

MARTIN C. BARRY

Local Journalism Initiative Reporter
marty@newsfirst.ca

For members of the Royal Canadian Legion at Branch 251 in Chomedey and across Canada, the year 2026 is especially meaningful as it marks the 100th year since the incorporation of the RCL as a nationwide organization representing the Veterans of Canada's military engagements and wars.

As the Royal Canadian Legion states on its official website, returning Canadian soldiers from the First World War faced injuries, trauma and limited support.

A century serving Veterans

As such, they formed associations, including the Great War Veterans Association to advocate for care and benefits. Many of these groups later merged to form the Canadian Legion, which was incorporated by Act of Parliament on July 17 in 2026 – the date now celebrated as the Legion's official anniversary.

As part of the centennial celebration, Branch 251 hosted an official gathering on September 19, along with the unveiling of newly-added commemorative bricks on the branch's Commemoration Wall.

The ceremony brought together branch members, community partners as well as invited dignitaries to reflect on a century of remembrance and service, while honoring the individuals whose names and memories are preserved on Branch 251's Commemoration Wall.

Lasting tribute at Branch 251

Established long ago, the Commemoration Wall stands as a

lasting tribute within the branch. However, following a period of more than two decades without additions, the Legion's centennial "provided the opportunity to renew this meaningful initiative," Patricia Vezina, secretary at the branch, said in an e-mail to The Laval News.

She said the newly engraved bricks unveiled at the branch on Curé-Labelle Blvd. last month "represent a continuation of remembrance and a commitment to preserving our legacy for future generations," while leaving space for many more to be honored in the future.

Representing Mayor Stéphane Boyer, Laval city councillor for Renaud-Coursol Seta Topouzian acknowledged during an address to around 50 guests that the Commemoration Wall "bears witness to the memory, courage and sacrifices" made by those whose names appear on it.

Each brick has a name, said Topouzian

"Each brick represents a history, each brick has a name, and it has a memory," she said. "It is important for us to remember. The Royal Canadian Legion reminds us that they helped with the freedom and liberties that we live with today. Without that, without them we would not be here today."

"It is very important for us to accept and understand the service that they present and honor their memory," she continued. "It's been a hundred years already and it's played a very, very essential role for us – for the community."

Branch 251 has served the Laval community for more than 60 years, and the members' efforts extend well beyond the Remembrance Day ceremonies most people are probably most familiar with.

While coordinating the annual Remembrance Day parade in



Royal Canadian Legion Branch 251 Sergeant-at-Arms Chuck Washburn is seen here after helping unveil the new Commemoration Wall with new commemorative bricks. (Photo: Martin C. Barry, Laval News)

Chomedey, welcoming over 600 cadets from the Laval region, the branch also actively supports 10 Cadet units by providing facilities for training, meetings and community activities.

Services beyond the call

Branch 251 works closely with the Sir-Wilfrid Laurier School Board and other local partners to support events and initiatives that strengthen the community. Through an annual poppy campaign, the branch also continues to provide meaningful financial support to veterans, their families and community organizations.

Recent Branch 251 contributions have gone towards supporting Ste-Anne's Veterans Hospital, Wounded Warriors, the Last Post Fund, as well as several local organizations serving vulnerable populations.

The Royal Canadian Legion is extending a special membership offer during this special year. All Canadians who are not already members are invited to join the legion as Centenary Members at no cost.

In addition to being able to obtain a membership online and by phone, you may also apply in person at a local branch such as Branch 251. Annual RCL memberships run from January through December. Legion membership is open to any Canadian citizen or citizen of an Allied nation who is 18 years of age or older.



RCL Branch 251 members and supporters examine old as well as new bricks with names of loved ones who served in Canada's military on the Commemoration Wall on September 19. (Photo: Martin C. Barry, Laval News)



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Things to do



UPCOMING

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

NATURE BINGO Activity  October 10 10 AM – 12 PM Parc Bernard-Landry 5 Av. du Crochet, H7N 2T8 Bring the whole family to play a new take on bingo, where Bernard-Landry Park becomes your playground! Spot insects, birds, trees, mushrooms, and many other treasures of nature as you explore the park. reseaucanopee.org/fr/bingo-nature	FALL FESTIVAL Festival  October 12 2 PM – 5 PM Bois de la Source 705, 18e Avenue, H7R 5G4 To mark Thanksgiving, Canopée and its partners invite you to celebrate fall with activities designed to express gratitude for nature. This year, the fall festival will be centered around the arts and will transform the Bois de la Source into a true open-air stage. reseaucanopee.org/fr/fete-automne	SHINRIN YOKU Activity  October 23 10 AM – 12 PM Orée-des-bois Corner of 37e Avenue & Jean Bart street, H7R 4V7 Shinrin Yoku is a Japanese practice of walking in the forest that encourages a slow pace and mindfulness. Led by a guide and open to everyone, the session allows participants to reconnect with nature and concludes with a tea ceremony and a light snack. reseaucanopee.org/fr/shinrin-yoku	ROSES OF MONTREAL Sports  Until October 23 Centre sportif Bois-de-Boulogne 955 Av. de Bois-de-Boulogne, H7N 4G1 The first professional women's soccer team in Quebec, the Montreal Roses play in the Northern Super League, at home in Laval. Come and cheer on the team, made up of local and international talent, in a unique atmosphere. Enter a new era for women's sports in Canada, and experience the intensity of professional soccer, by supporting the Roses in this historic adventure. www.rosesmtl.ca
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CHOMEDEY - LAVAL

Bright 5 1/2 situated in a prime location, offering 3 generous bedrooms 1 full bath. Steps from major shopping destinations, grocery stores and daily amenities. Quick access to main highways and public transportation. Located close to all schools, parks and community services. Available now.

MLS: 20380508



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By Martin C. Barry

Two LPD officers seriously hurt in des Laurentides Blvd. collision

Two police officers responding to an emergency call were injured on Thursday morning last week when their vehicle collided at high speed with another car on des Laurentides Blvd before crashing into a lamppost.

The accident occurred around 11:30 a.m. directly across from the Atlantis Gym at the intersection of Renaud St. West in Laval's Vimont district.

The two officers were speeding in their car in emergency mode – with lights and siren activated – to get to the scene of a domestic violence incident as quickly as they could.

Their pursuit ended abruptly, however, when the driver of a Ford Mustang Mach-E apparently

failed to see the patrol car as she turned onto des Laurentides from a side street. The speeding police vehicle was unable to avoid her.

Following the impact, the Mustang sat immobilized in the centre lane of the boulevard, while the police car continued onward until striking a lamppost at the side of des Laurentides Blvd.

The two officers, whose lives were not believed to be in danger, were taken to Sacré-Coeur Hospital in Montreal (long recognized for its treatment of accident and trauma victims) for various injuries, including cuts and burns caused by their car's airbag system.

The driver of the Mustang, a 49-year-old

woman, sustained lower-body injuries, although her condition was not considered serious.

In an ironic twist, the area outside the Atlantis Gym on des Laurentides was the scene of another major car accident in early August when two people died after their vehicle crashed as they were fleeing police.



Laval man charged with second-degree murder in London, Ont.

A man from Laval has been charged with second-degree murder in a shooting on Tuesday last week that killed a man in London, Ontario.

The only suspect arrested and charged by the London Police Service was identified as Mohamed Abdel Aziz Soumahoro, 21, of Laval.

According to a statement issued by the London Police, the accused and the victim "were known to each other."

Court records, according to the London Free Press, show that Soumahoro was already facing charges in three separate auto theft cases in the Toronto region.

The charges included three counts of motor vehicle theft, mischief, breaking and entering, three counts of possession of property valued at over \$5,000 obtained by crime, and two counts of failing to comply with a probation order issued in Quebec.

Laval's Palais
de justice.



Chomedey man, 78, charged after spouse found dead in condo

A 78-year-old man appeared in court Wednesday morning last week in connection with the death of his partner, a 77-year-old woman whose body was found inside their Chomedey condo unit the day before.

The Laval Police were summoned to the residential building on Jean-Béraud Ave. near Chomedey Blvd. in the early afternoon. The accused was present when the police arrived and was sent to hospital with non-life-threatening injuries.

Ronald Thibault is charged with first-degree murder with regard to Monique Thibault Poirier's death. According to a news report,

Thibault was arraigned at the Laval courthouse through a video hookup, during which his wrists were bandaged, although he provided clear answers to a judge's questions.

The Directeur des poursuites criminelles et pénales (DPCP) requested a restraining order prohibiting contact between the accused and his sons, who may be called to testify in the legal proceedings.

A Laval police spokesperson told CBC Montreal that investigators found no history of violence between Thibault and the victim. Thibault is scheduled to return to court on Oct. 21.

Woman dies after crash on Autoroute 13

A woman in her 40s was pronounced dead after crashing into construction machinery on Autoroute 13 in Laval during the early morning hours on Thursday September 24.

The Sûreté du Québec (SQ) said the incident happened around 2 a.m. in a construction zone where the driver was seen navigating erratically shortly before the crash.

The victim was pronounced dead at the scene shortly after the arrival of emergency services.





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AUTUMN DELIGHTS

Spotlight on pumpkins!

Do you love pumpkin pie? How about pumpkin muffins? Or do you prefer your pumpkin in a soup or a bread? Perhaps, roasted pumpkin seeds are your thing? Maybe you don't eat pumpkins at all, but you love to decorate them for Halloween? All are good reasons to learn more about this squash that so perfectly symbolizes autumn!

LARGE FAMILY

The pumpkin belongs to the cucurbit family, which consists of thousands of species worldwide. Its relatives include cucumbers, melons, zucchini and watermelons. They're all creeping or climbing plants and have spiral-shaped filaments called tendrils. These tendrils allow them to cling to structures like fences and pergolas.

FRUIT OR VEGETABLE?

If you think pumpkin is a vegetable, that's normal. It's generally treated like one from a culinary standpoint, as it's often used in savoury dishes, especially soups. But from a botanical standpoint, pumpkin is considered a fruit. It's no surprise that it also lends itself so deliciously to sweet cookies,

pies and many other desserts. You could call a "fruity vegetable"!

COLOURFUL DECORATIONS

Like carrots, the pumpkin gets its vibrant hue from beta-carotene. This yellow-orange pigment gets converted to vitamin A when you eat it.

But it's not just their beautiful autumnal colour that makes them so special. Pumpkins are a fun part of Halloween. Did you know how the tradition started? Long ago in Ireland, people celebrated the end of summer by carving scary faces into turnips. They believed it would keep evil spirits away from their homes. When they immigrated to North America in the 1800s, they replaced the turnips with pumpkins.

Do you celebrate Halloween by carving pumpkins? How will you decorate yours this year?



10 tips for a safe Halloween

Who doesn't love putting on their best costume to go from home to home, collecting lots of sweets? But whether you're a witch, a superhero, a police officer or a dinosaur, you need to be mindful of safety. Follow these tips to ensure your Halloween goes off without a hitch!



BEFORE YOU HEAD OUT

1. To avoid tripping, choose clothing that isn't too long.
2. A mask could prevent you from seeing and hearing clearly. Instead, opt for face paint or makeup.
3. To prevent injuries, choose soft props, such as a foam sword.

WHILE YOU'RE TRICK-OR-TREATING

4. Light your way with a flashlight if there are no streetlights. It'll help you see where you're going and

make you more easily seen by drivers.

5. Stay on the sidewalks. Visit one side of the street at a time.
6. Cross only at intersections and crosswalks, after carefully looking both ways.
7. Don't approach unfamiliar animals or people, especially strangers in cars!
8. Only visit houses that are well-lit on the outside. Never go inside the homes of people you don't know.

WHEN YOU GET BACK

9. Ask your parents to check your candy before you eat it.
10. Enjoy your haul, but don't overdo it. No one wants an upset tummy!



One last tip: Don't forget to brush your teeth after eating all that candy. It contains a lot of sugar, and cavities love sugar!

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DIRECT ANSWERS

FROM WAYNE & TAMARA

LESS THAN

Q I am a 24-year-old girl that has been dating a guy, 28, for over a year. When we are together things are so great; we never argue and we like doing the same things. Then out of the blue he will tell me he needs space. So I give it to him. I don't call him, write him, nothing.

Then he calls again and we get back together. He makes statements like "let's have a baby" or "help me find a place to buy near where you live." But nothing comes from it. It's a continuous cycle, and I have absolutely no idea if I am someone he really wants or loves.

Lately he says he wants us to work on being "best friends," but we still act like a couple. I love him with all my heart. He is always there for me when I need him emotionally and physically. But does he want me? Seriously, this boy is giving me whiplash.

Kelsey

A Kelsey, in the law, a lesser included offense is one which shares some, but not all, of the elements of a greater offense. For example, manslaughter is a lesser included offense in murder, and trespassing is a lesser included offense in burglary.

In the same way, while sex is included in romantic love, it is not love. Prostitution shows this, and so does the term "friends with benefits." Genuine love cannot be proven from the existence of a lesser included element.

You cannot sift through what someone tells you solely for what you want to hear. That's like keeping the spam and throwing away the email. Don't expect to have a future with a man who wants a baby with you one day, and wants you out of his life the next. Don't expect to be treated well by a man you allow to treat you badly.

Wayne & Tamara

SHE WORKS HARD...

Q I was recently called into my department head's office and given a formal reprimand because I have been experiencing problems with tardiness (arriving to work five, 10, or 15 minutes late) and making personal calls at work.

The room in which I work has three cubicles, which include myself, a coworker, and my supervisor. We'll call her Lisa. Lisa also acts as supervisor for my coworker, whom we'll call Eddie. His actual direct boss works remotely and is only available thru phone and email.

Since receiving this reprimand, which was mortifying, I have made a huge effort to arrive at work on time. However, I've found myself in an increasing state of resentment as I continue to observe Eddie strolling into work 10, 15, or 20 minutes late almost every day. On one occasion he only worked five and a half hours and took a long lunch. I also hear Lisa's personal calls throughout the day.

I feel like I had the right attitude in responding to this reprimand, and I wanted to step up and prove myself, but it's becoming harder

to maintain this feeling of positivity when I observe my coworker and boss doing the exact same things I was reprimanded for.

Maggie

A Maggie, sometimes success in the workplace has little to do with merit. Instead it's like cliques in school. What matters is who is liked by whom and who plays the best social game. That's a given.

The second given is human beings detest unfairness. People do bad things like stealing simply as a protest against what others are getting away with. The third given is pointing a finger at others is never a winning defense against rule violations.

So try this. Don't look at your supervisor and coworker; look at who has provided your job and what they expect. Go back to your job interview and what you promised. Focus on that. Ultimately hard work and performance will set you apart.

Wayne & Tamara

WAYNE & TAMARA MITCHELL are the authors of YOUR OTHER HALF (www.yourotherhalf.com)

Send letters to: Direct Answers, PO 964 Springfield, MO 65801-0964

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AVIS PUBLIC – Code d'éthique et de déontologie applicable aux commissaires de la Commission scolaire Sir-Wilfrid-Laurier

AVIS PUBLIC est par la présente donné que le règlement n° BL2009-CA-17 : *Code d'éthique et de déontologie applicable aux commissaires de la Commission scolaire Sir-Wilfrid-Laurier* sera modifié lors de la séance ordinaire du conseil des commissaires de la Commission scolaire Sir-Wilfrid-Laurier du 25 novembre 2026, à 19 h 30.

Les membres du public qui souhaitent examiner ce document peuvent le faire en visitant notre site Web à l'adresse www.swlauriersb.gc.ca.

La séance ordinaire du conseil des commissaires du 25 novembre 2026 se tiendra dans la salle 32A du centre administratif situé au 235, montée Lesage, Rosemère (Québec), et sera diffusée en direct sur Internet. Les membres du public souhaitant y assister à distance pourront le faire en se rendant sur le site Web suivant : <http://bit.ly/swlsbcouncil>.

Fait à Rosemère (Québec)

1^{er} octobre 2026

M^e Giovanna Ortona, secrétaire générale par intérim

PUBLIC NOTICE – Code of Ethics and Professional Conduct for Commissioners of the Sir Wilfrid Laurier School Board

PUBLIC NOTICE is hereby given that by-law no. BL2009-CA-17: *Code of Ethics & Professional Conduct for Commissioners of the Sir Wilfrid Laurier School Board* will be amended at the regular meeting of the Council of Commissioners of the Sir Wilfrid Laurier School Board on November 25, 2026, at 7:30 p.m.

Members of the public wishing to examine this document may do so by visiting our website at www.swlauriersb.gc.ca.

The regular meeting of the Council of Commissioners on November 25, 2026, will be held in room 32A of the Administration Centre located at 235, montée Lesage, Rosemère (Québec) and broadcast online. Members of the public who wish to attend this Council meeting at a distance may do so on the following website: <http://bit.ly/swlsbcouncil>.

Given at Rosemère (Québec)

October 1, 2026

M^e Giovanna Ortona, Interim Secretary General

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Société de Transport de Laval to hold consultation on redesigning public transit network

‘Our population’s travel habits are changing,’ says transit agency’s president Pierre Brabant

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

The Laval region’s public transit agency says it is embarking on a crucial phase for the redesign of its bus network by launching a broad-based and multi-platform public consultation.

Between now and the end of October, Laval residents, and especially public transit users, are invited to participate in what the Société de transport de Laval (STL) says will be a “collective reflection” through various initiatives.

According to the STL, the goal of the process will be to gather information on the needs, concerns and ideas of residents, users, partners and stakeholders of the STL.

This in turn, the STL says in a statement, will serve as one of the bases to redesign, optimize and maximize the efficiency of the transit network, “while making it better suited to today’s and tomorrow’s mobility realities,” leading towards a planned redesign of the STL’s main network by 2028.

‘A priority,’ says Laval’s mayor

“Better adapting our bus network to the current needs of the population is a priority,” Laval mayor Stéphane Boyer said in a statement.

“Our neighborhoods and habits have changed considerably over the past twenty years,” he continued. “Now, more Laval residents travel within their own city rather than to Montreal.

“In this context, it is important to offer everyone an efficient option so that more Laval residents choose public transit for their daily commutes,” said Boyer. “This network overhaul is a key priority for the STL and I applaud the launch of this initiative.”

In an interview with The Laval News, STL president and Vimont city councillor Pierre Brabant said the current structure of the STL transit network dates back to the opening of the Metro stations in Laval in 2007.

“Since then, our city has experienced sustained urban growth, new sectors are developing, activity hubs are transforming, and our population’s travel habits are changing,” he said.

Redesigning the transit network

“This evolution presents an opportunity for the STL to redesign its network to make it more frequent, simpler, more efficient and above all, better adapted to the urban development of the region.”

It’s no secret that public transit agencies all over Quebec are enduring significant financial hardships, partly from having never fully recovered from the economic downturn brought on for several years by the Covid pandemic.

In the City of Montreal, the Société de transport de Montréal (STM) has already visibly begun to rationalize its services. One of the most visible signs is a reduction in the number of assigned stops on bus routes. However, according to Brabant, the STL hasn’t followed through with similar measures and has no plans to take actions until after completing its consultation.

While governing officials will often hear complaints from the public that consultations are a mere formality for policies that have already been decided, Brabant insisted the STL has every intention of taking the feedback received from the public seriously, while adding that no decisions have yet been made.

Tailoring STL to users’ needs

“With the consultation process we are launching today, we are listening to the ideas and concerns of the Laval community to envision a network tailored

to its needs, while taking into account the existing financial framework and the metropolitan mobility objectives defined by the Regional Metropolitan Transportation Authority (ARTM),” said Josée Roy, general manager of the STL.

The STL says it aims to rethink its service offering to better meet travel needs within Laval and between Laval and neighboring municipalities. The redesign work is structured around three main objectives:

To make the STL transit network more attractive and align it with metropolitan mobility guidelines;

To improve access to points of interest and activities from a social equity perspective;

And to improve the STL’s operational efficiency through network optimization, while respecting the existing financial framework.

Three ways to be consulted

In order to reach a wide range of citizens and stakeholders, the STL says it will implement a participatory approach comprising three complementary modes of participation in the consultation.

First, the public will be able to consult a website dedicated to the initiative, which offers several online consultation tools, including a questionnaire on evaluating the current network and the priorities to be considered for the future.

As well, in early October two dedicated teams will meet with citizens in strategic, high-traffic locations to gather their feedback directly on the ground. The STL says particular attention will be paid to consulting young people, who currently represent nearly 60 per cent of the STL’s public transit ridership.

Public sessions also planned

Finally, three participatory public sessions will bring together citizens, customers, associations and industry representatives for thematic discussions. The dates and locations of these sessions will be available online on the project website.

The STL says the information gathered through this process will inform the development of a network scenario, which will be presented during an information phase scheduled for spring 2027.

“For the STL, which is celebrating its 55th anniversary this year, this initiative represents a unique opportunity to work closely with the community to build a network capable of supporting Laval’s growth and the evolving needs of its population,” added Brabant.

“The redesign of the regular network is therefore a key lever to promote smoother, more efficient, and truly sustainable mobility.” To participate, Laval residents are invited to go to stlaval.ca/consultations on the web to learn more about the process and the various participation opportunities available this fall.



According to STL president and Vimont city councillor Pierre Brabant, the current structure of the STL transit network dates back to the opening of the Metro stations in Laval in 2007.

HOROSCOPE

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TAURUS

You'll be in exactly the right place at the right time to shine. At work, praise and recognition highlight your efficiency. This strengthens your credibility and confirms that your endeavors haven't been in vain.



GEMINI

Your personal world can feel comforting, but it can also weigh you down. This is the ideal moment to declutter, give away or discard the things that no longer serve you. By lightening your environment, you'll also clear your mind.



CANCER

To resolve a delicate situation, dare to say out loud what you've been thinking. By asserting your authority, you unlock dead ends and restore harmony around you, both at work and at home.



LEO

Major expenses, such as buying a vehicle or a major piece of equipment, may be necessary to maintain your professional image and mobility. A precise, wellplanned budget will help you avoid unpleasant surprises.



VIRGO

Your desire to prove yourself is paying off. At work, your results will attract new clients and bring you closer to your ambitious goals. By applying an effective method, you'll see significant improvement.



LIBRA

If you're searching for the ideal job or a personal path, start by clarifying what really inspires you. Your fertile imagination may lead you to craft a promising project or piece of work in your field of interest.



SCORPIO

A sedentary lifestyle is beginning to affect both your mood and your body. Suggest active outings with your friends—such as walks, sports or other dynamic activities. When you're with others, motivation returns and your overall health improves significantly.



SAGITTARIUS

As you approach a career shift or retirement, organize your thoughts. By setting a plan, milestones and priorities, you'll have the clarity you need to design a future aligned with your real desires.



CAPRICORN

A new course of study or area of expertise will accelerate your professional progress. When you encounter challenges, your strongest allies will be patience and curiosity. You'll turn every learning opportunity into a career springboard.



AQUARIUS

Deep reflection will lead you to modify your living environment. You'll be better able to meet the needs of you and your family by making a change, such as reorganizing your space or possibly relocating. New surroundings will better support your projects.



PISCES

Your agreeability is causing the pressure to mount. Before making a new commitment, take time to consider the details, constraints and your own limits. Good decisions will spare you from overwhelm and regret.

Coffee Break

CROSSWORD

GRID N° 313

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
			18	19			20			
21	22	23				24				
25					26			27	28	29
30				31			32			
33				34			35			
		36	37			38				
39	40					41				
42					43			44	45	46
47					49			50		
51					52			53		

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ACROSS

1. Hunch
5. Sickly
8. Muscle strain
12. Floor coverings
13. Muck
14. Urge
15. Beer barrels
16. Set free
18. Once ____ a time ...
20. Words of consent
21. Music lover's equipment
24. Finest
25. Edmonton player
26. Went ahead
27. On the ____ (in hiding)
30. Provide for
31. Sign of triumph
32. Kid's wheels
33. Circle portion
34. Price mark
35. Bottle dweller

36. Easy gait
38. Natural capability
39. Pigpens
41. Opinion sample
42. Arrow shooter
44. Crown of light
48. "It ____ Me Babe"
49. Gorilla
50. Had a debt
51. Tree-trunk growth
52. Ruby-hued
53. Tennis's Sampras

DOWN

1. Exasperate
2. Librarian's date
3. Omelet need
4. Confident
5. Icy abode
6. Cut of pork
7. Throw softly
8. Land units
9. Shore
10. Dislike strongly
11. Former spouses
17. Spotted
19. Through
21. Couch
22. Stadium part
23. Public votes
24. Hive builder
26. Part of a trip
28. Related
29. Bump into
31. Tub
32. Hotel employee
34. Prepare a salad
35. Lassie
37. Takes a nap
38. Hauled
39. Ripoff
40. Small ensemble
41. Bishop of Rome
43. Soap or candy unit
45. Astonishment
46. Authorize
47. "____ on Melancholy"

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.

GRID N° 1006

			3		8			2	5
4				2	3	1		6	
9	6			7		3			
			3		2	6	5	4	
		5		6	7	2	8		
1			5						9
2	7			5	6		9		
	3								
	8			2	3				6

LAST ISSUE'S ANSWERS

CROSSWORD

P	E	E	P	S	P	A	A	N	T	S
A	C	R	E	P	A	L	S	O	R	E
C	H	A	R	A	R	C	S	E	E	N
T	O	S	S	E	D	O	M	E	L	E
				O	N	E	S	H	O	T
T	W	I	N	S	T	O	N	E	B	B
H	O	T		N	A	I	L	S	S	E
Y	E	S		A	D	E	T	E	S	T
				P	R	O	S	P	E	R
H	O	M	I	E	R	A	R	E	N	A
A	M	E	N		N	E	T	C	O	L
V	E	N	T		E	A	T	T	U	T
E	N	D	S		D	R	Y	S	N	O

Sudoku

3	7	6	8	1	2	4	9	5
1	9	2	5	3	4	6	7	8
4	5	8	6	9	7	1	2	3
2	3	9	4	6	8	7	5	1
7	1	5	3	2	9	8	4	6
6	8	4	7	5	1	2	3	9
8	6	3	2	7	5	9	1	4
9	4	7	1	8	3	5	6	2
5	2	1	9	4	6	3	8	7



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