

A2 AUTO
PROFESSIONAL AUTO BODY REPAIR & PAINTING
 Insurance Work Accepted • All Work Guaranteed
 Expert Color Matching • Factory Genuine Parts
 Import Car Specialists • Major & Minor Repairs



514 476-4565
 1385, Boul. des Laurentides,
 Local 103, Vimont, Laval

THE NORTH SHORE News

Blainville, Boisbriand, Bois-des-Filion, Deux-Montagnes, Lorraine, Rosemère,
 Pointe-Calumet, Sainte-Marthe-sur-le-Lac, Sainte-Thérèse, Saint-Eustache

For info regarding documents:
www.emsb.qc.ca/wagar

WAGAR
 ADULT EDUCATION CENTRE

Sign up for English or French Classes today!

A CENTRE FOR THE COMMUNITY



ONGOING REGISTRATION 5785 Ave Parkhaven,
 Cote St. Luc, H4W 1X8
 (514) 488-8203

Commission scolaire English-Montréal
 English Montreal School Board

Adult Education & Vocational Services

newsfirst
 MULTI-MEDIA

Vol. 20-16

August 30, 2024

450-978-9999

www.ns-news.com

editor@newsfirst.ca

Page 2



Hit-and-run in Rosemère

Page 3



Ensuring a safe return to school

Pages 5-7

GET READY FOR SCHOOL




Best Choice
Since 1983
WELCOME
 AT OUR STORES

At IGA extra Daigle, we always take our time to serve you better.

Our services

- Packers
- Delivery service

Looking forward to serving you

Opening Hours: Monday to Friday from 8am - 9pm. Saturday and Sunday from 8am - 8pm.

450, Blainville Str. East
 Sainte-Thérèse
 450-435-5500

220, Saint-Charles Str.
 Sainte-Thérèse
 450-435-1370

2605, D'Annemasse Str.
 Boisbriand
 450-433-6226

Visit us at igadaigle.com and make wonderful discoveries!
 Subscribe to our info letter!




Hit-and-Run Incident with Injury in Rosemère: Suspect Arrested

MARIA DIAMANTIS

Local Journalism Initiative Reporter for The North Shore News
info@newsfirst.ca

In the early hours of Friday, August 16, just before 7:50 AM, a hit-and-run incident shocked the quiet residential streets of northern Rosemère. Officers from the Thérèse-De Blainville Intermunicipal Police Authority (RIPTB) swiftly responded to an emergency call, where a 28-year-old man had been struck by a vehicle that fled the scene immediately after the collision.

Upon arriving at the scene, the RIPTB officers quickly administered first aid to the injured pedestrian. Despite the traumatic event, the man remained conscious and was promptly transported to a nearby hospital for further medical treatment. His injuries, while serious, were not life-threatening, and he has since been reported to be in stable condition.

The rapid response of the police and the collaboration of local residents played a crucial

role in the subsequent investigation. Witnesses at the scene provided detailed accounts of the incident, including a description of the vehicle that fled. These critical observations allowed the police to narrow down their search and identify the vehicle involved in the hit-and-run.

Lieutenant-Detective Michel Duchesne, who led the investigation, emphasized the importance of teamwork in resolving the case. "This was truly a team effort, and it was the collective work that made the difference in this case. Thanks to the telecommunications operators, the quick response of the patrol officers, the effective handling of the case by the investigators, and the involvement of witnesses, we were able to arrest the suspect," he stated. Duchesne's remarks highlight the coordinated efforts across different departments and the vital role that community members played in ensuring the suspect was brought to justice.

Following the identification of the vehicle, the police were able to track down and arrest the suspect, a 27-year-old woman from the local

area, at her home. The suspect is now facing serious charges, including hit-and-run and impaired driving. According to police reports, alcohol was a contributing factor in the incident, which not only exacerbates the severity of the charges but also underscores the ongoing issue of impaired driving in the community.

To ensure a comprehensive investigation, a reconstruction officer from the Sûreté du Québec was dispatched to the scene. The officer conducted a thorough analysis of the site, gathering evidence and reconstructing the events leading up to the collision. This step is crucial in piecing together the exact sequence of events and will provide essential information for the legal proceedings that are likely to follow.

The victim, despite the traumatic experience, is currently in stable condition, and medical professionals do not fear for his life.

The RIPTB took the opportunity to remind the public of the seriousness of impaired driving. "Human life is at the core of our actions, and impaired driving is a serious crime that poses



a significant threat to public safety," the police stated. They also reiterated the legal responsibility of drivers involved in accidents to remain at the scene and provide assistance to those in need. Fleeing the scene of an accident is not only illegal but also morally reprehensible, as it leaves victims without the help they might desperately need.

Deux-Montagnes Responds to the Impact of Storm Debby and Torrential Rains

MARIA DIAMANTIS

Local Journalism Initiative Reporter for The North Shore News
info@newsfirst.ca

On August 9, 2024, the community of Deux-Montagnes, along with other parts of Quebec, faced significant challenges due to the heavy rainfall brought by Storm Debby. The severe

downpour led to considerable property damage and other difficulties for many residents in the area.

In a statement from the City of Deux-Montagnes, it was reported that emergency response teams, led by the city's General Director, were quickly mobilized as the storm began to impact the region. These teams worked to clear streets, assist residents, and deploy pumps to manage the flooding. The General Director, alongside blue-collar workers, firefighters, and police officers from the Régie de Police du Lac des Deux-Montagnes, remained active on the ground late into the night of August 9th and into the early hours of August 10th.

Mayor Denis Martin, speaking on behalf of the municipal council, expressed deep concern for the affected residents. He noted that city officials had been actively present in the community since the night of the storm, engaging with citizens and seeking ways to support those impacted by the disaster.

The city implemented several recovery measures in response to the flooding. As of August 10th, a deposit site was opened at the municipal garage, allowing residents to dispose of debris free of charge. Containers were placed at strategic locations, and a large-scale debris

collection operation was initiated, which would continue as long as necessary. Additionally, psychosocial support teams from the CISSS des Laurentides were deployed at the city's request to assist those affected.

To ensure the city was included on the list of disaster-stricken areas, Deux-Montagnes officials communicated with the Ministry of Public Security. The city emphasized the importance of an inclusive provincial relief program. Urban planning inspectors were assigned to assess and document the damages, assisting residents in filing claims with the ministry. The city also announced that renovation permits for affected properties would be issued free of charge.

Mayor Denis Martin also highlighted ongoing infrastructure projects designed to enhance the city's resilience to future storms, including the construction of a stormwater retention basin and a dedicated stormwater pumping station, expected to be completed by the end of the year.

In closing, Mayor Denis Martin expressed his gratitude to all municipal employees for their efforts during the crisis, noting the strong sense of community and mutual aid that was evident throughout the recovery efforts. The city underscored both the challenges posed by the storm and its commitment to supporting residents in the aftermath.

MEDIA-TREK®

NOW OFFERING TOP BRANDS OF APPAREL!

SPECIAL OF THE MONTH

36 shirts for \$14^{ea}

including logo embroidery or silk screen



48 shirts for \$12^{ea}

XS to XL no additional cost

while quantities last

mediatrek.ca | (450) 978-0070 | info@mediatrek.ca



Ensuring a safe back-to-school transition

MARIA DIAMANTIS

Local Journalism Initiative Reporter for The North Shore News
info@newsfirst.ca

As the new school year begins, the Sûreté du Québec is taking proactive measures to enhance safety around school zones. From August 26 to September 6, 2024, police officers will be increasing their presence near schools to help manage the influx of traffic and ensure that students can return to their studies in a safe environment.

The start of the school year brings a noticeable increase in road traffic, primarily due to the greater number of school buses, pedestrians, cyclists, and crossing guards on the streets. This surge in activity around school zones highlights the need for heightened vigilance and adherence to traffic safety rules. By following these rules, drivers, cyclists, and pedestrians can all contribute to a safer environment for everyone, particularly for children who are more vulnerable near roadways.

One of the most critical aspects of ensuring safety in school zones is strict compliance with speed limits. Speeding in these areas can have serious consequences, as children may unexpectedly step into the road or be less visible to drivers. During school hours, which are defined as 7 a.m. to 5 p.m., Monday through Friday, from September to June, the penalties for speeding in school zones are significantly increased. Fines are doubled to emphasize the importance of driving at safe speeds where children are present.

In addition to obeying speed limits, it is essen-

tial for drivers to understand and respect the rules regarding school buses. When a school bus or minibus activates its flashing red lights or extends its stop sign, all vehicles, including cyclists, must come to a complete stop at a distance of at least five meters. This rule is in place to ensure that children can safely enter and exit the bus without the risk of being struck by a passing vehicle.

The role of crossing guards and traffic controllers is also crucial in maintaining order and safety around schools. Their signals and instructions must be followed without exception, even if they differ from standard traffic signs. These individuals are positioned to manage the flow of traffic in response to the specific needs of school zones, and their guidance is designed to protect the lives of students and other pedestrians.

Furthermore, drivers must exercise caution when approaching pedestrian crosswalks. If a pedestrian signals their intention to cross, vehicles must stop to allow them to pass safely. Pedestrian crosswalks are often located near schools, where children are likely to cross the street, making it even more important for drivers to be attentive and prepared to stop.

Parents also play a vital role in maintaining safety around schools. When dropping off their children, they should do so in designated areas that are specifically set up to manage the flow of traffic and prevent dangerous maneuvers. Avoiding double parking or stopping in no-parking zones helps to minimize risks and ensures that other drivers can see and avoid pedestrians, especially young children who may be harder to spot.



For those seeking further information on traffic regulations and safety measures in school zones, the SAAQ (Société de l'assurance automobile du Québec) provides comprehensive resources.

By visiting their website at SAAQ Road Safety, parents, drivers, and community members can access guidelines that will help keep everyone safe during this busy back-to-school period.

North Shore mayors criticize Quebec's inadequate Debby storm relief program



MARIA DIAMANTIS

Local Journalism Initiative Reporter for The North Shore News
info@newsfirst.ca

Mayors from the North Shore of Montreal, including Denis Martin of Deux-Montagnes, are raising their voices in frustration over the inadequacy of the Quebec government's aid program for victims of the recent storm Debby. On August 9th, the storm unleashed torrential rains that resulted in widespread flooding across the region. However, the majority of those affected by the disaster are being left out of the government's compensation program due to restrictive eligibility criteria.

Premier François Legault had initially suggested that the government would expand its compensation program to accommodate more victims. Yet, the guidelines released last week reveal a different reality: only those whose

damages were caused by sewer backups linked to the overflow of natural watercourses will qualify for aid. For cities like Deux-Montagnes, where most flooding occurred due to overwhelmed sewers far from any rivers, this exclusion has been particularly devastating.

Denis Martin, the mayor of Deux-Montagnes, expressed his disappointment with the government's approach, stating that the vast majority of the flooding in his city was due to heavy rainfall that turned streets into torrents, causing sewage systems to back up and flood basements.

The Quebec government has justified its stance by pointing out that private insurers typically cover damages from sewer backups. Public Security Minister François Bonnardel emphasized that the government does not intend to replace private insurers and will only consider cases where sewer backups are directly caused by a river overflow. This decision has left many

residents, especially those in areas like Deux-Montagnes, struggling to cover the costs of repairs. Denis Martin and other North Shore mayors argue that this narrow definition of eligibility fails to reflect the realities of the disaster.

They are calling for a reassessment of the government's disaster relief program. They argue that it must be adapted to the increasing frequency of severe weather events caused by climate change, which are now impacting areas far from traditional flood zones. The current criteria, they say, leave too many people vulnerable and unsupported in the face of such disasters.

Denis Martin and his colleagues are pushing for immediate changes to the program, stressing that the government must act swiftly to address the gaps in aid and provide meaningful support to all victims of storm Debby, regardless of the source of the flooding.

DON'T WAIT LAST MINUTE! RESERVE NOW!

We repair:

- Cracks
- Pot holes
- Edges of garage entrances and foundations
- Replacement of drains



with **MAINTENANCE AND REPAIR OIL BASED SEALER PROTECTION**

Call Natale for a **FREE ESTIMATE**
(514) 777-3774



BEFORE

AFTER

Scellant Propre



Publishers:

George Bakoyannis
George S. Guzman

General Director:

George Bakoyannis

VP Sales & Marketing:

George S. Guzman
sales@newsfirst.ca

Graphic Design:

Lareine Zakhour
Elena Molter
Thomas Bakoyannis

Advertising:

Jean Paul Chamberland

Editorial Staff:

Martin C. Barry
Maria Diamantis
Renata Isopo

The views, opinions and positions expressed by columnists and contributors are the author's alone. They do not inherently or expressly reflect the views, opinions and/or positions of our publication

Layout: MEDIA TREK

Distribution: DIFFUMAG

Printing: TC. TRANSCONTINENTAL

Project funded in part by

Canada



ISSN number : 1923-0648

Annual subscription : \$97³⁸ tax incl. • Per copy : \$1

Publishers' Liability for Error: The publishers shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The publishers' liability for other errors or omissions in connection with any advertisement is strictly limited to publication of the advertisement in any subsequent issues or the refund of any monies paid for the advertisement. Articles published reflect writers' opinions, but not necessarily the opinion of this newspaper.

ENTIRE CONTENTS COPYRIGHT 2024

OPINION & Editorial



Students scarred by COVID-19 policies may never catch up

We need to start addressing the severe "COVID hangover" that is endangering the future of an entire generation of students

Students are facing a brutal "COVID hangover" that continues to wreak havoc on their education and mental health. The pandemic didn't just disrupt classrooms temporarily – it left deep, lasting scars that have yet to heal. As grades plummeted, parents were left bewildered, teachers overwhelmed, and students struggling with shattered confidence and resilience. The impact stretches far beyond the classroom, and society, is paying the price.

The rapid shift to remote learning in early 2020 was a shock to the system. Schools closed almost overnight, forcing students and educators into virtual classrooms with little preparation. For students, this meant a sudden need for self-discipline and the ability to manage learning without the structure of a physical classroom. The challenges were immense, especially for those from disadvantaged backgrounds.

The pandemic also exacerbated existing inequalities, exposing the harsh reality of the digital divide. Students from low-income families and rural areas faced limited access to the technology needed for online education, widening the gap in educational access and quality. This wasn't just a temporary setback – these disparities created long-lasting educational gaps that will take years to close.

Teachers, too, faced unprecedented challenges. Many had little to no experience with digital platforms and had to rapidly adjust their teaching methods. The lack of in-person interaction made it nearly impossible to gauge student understanding, provide real-time feedback, or maintain engagement. Add to this the blurring

of personal and professional boundaries, and it's no surprise that teacher burnout skyrocketed.

The damage to student learning has been profound, particularly for younger students. Studies show significant learning loss in core subjects like math and reading. But the impact goes beyond academics – students' social and emotional development has been severely affected. The isolation, anxiety, and uncertainty of the pandemic led to widespread mental health issues, which further hindered academic performance and deepened the overall decline in student well-being.

As schools gradually returned to in-person learning, the long-term consequences of the pandemic became more apparent. Learning losses won't recover quickly, especially for those already struggling. The gap between high- and low-achieving students has widened, raising serious concerns about the effectiveness of online education. Addressing these disparities must be a top priority for educators and policymakers.

To make matters worse, schools lowered achievement standards and inflated grades to account for the disruptions in learning. Remote instruction made it difficult for teachers to accurately assess student performance, resulting in grades that often didn't reflect the student's actual understanding. This has led to confusion and frustration among parents and students alike.

The toll of the COVID-19 policies on students' mental health has been severe. The isolation of remote learning weakened their confidence

and resilience, leaving many struggling to stay motivated. This has resulted in low self-esteem, poor academic performance, and increased behavioural issues. The absence of consistent, in-person learning has left lasting effects on students' social and emotional development, making it harder for them to cope with stress and challenges. Mental health support and rethinking traditional education models are crucial if we hope to prepare students for a post-pandemic world.

Addressing these widespread issues requires more than just patchwork solutions. Continuous monitoring of both cognitive and emotional progress is essential. Educators, parents, unions, and government must collaborate closely to rebuild an education system that meets students' needs as they recover from the pandemic. While Alberta has taken some steps with new achievement measures, far more is needed to create a truly intelligent and responsive education system.

COVID-19 has left an indelible mark on an entire generation of students, and its effects will ripple through society for years to come. The lack of resilience among recent graduates is already affecting universities and employers. Society must confront the serious "COVID hangover" that threatens the future of these students. Reform is urgently needed, and it must be a shared responsibility across all levels of the education system if we are to prevent a lost generation.

Dr. Perry Kinkaide

ANGRY? FRUSTRATED? ANNOYED?

You've got a place to vent!

Send a letter to the editor and get your opinion heard **loud and clear.**

editor@newsfirst.ca

GET READY

Sleep schedule: strategies for transitioning from summer

Shifting from a relaxed summer sleep schedule to a structured school routine can be challenging for children and parents. Here are some strategies to make the transition smoother:

ENCOURAGE PHYSICAL ACTIVITY

Regular exercise can help children fall asleep faster and enjoy deeper sleep. Encourage outdoor play or physical activities during the day, but avoid vigorous exercise close to bedtime.

GRADUALLY ADJUST BEDTIME

Adjust your child's bedtime and wake-up times about a week before school starts, shifting them earlier by 15 to 30 minutes each night until you reach the desired schedule. This gradual transition will help your child's body adjust to the new routine without feeling too abrupt.

Sticking to the same schedule on week-ends is essential to maintain a consistent sleep pattern!

LIMIT SCREEN TIME BEFORE BED

Encourage your child to power down electronic devices at least an hour before



bedtime to reduce exposure to blue light, which can disrupt sleep patterns. If your child must use electronic devices before bedtime, consider using blue light filters or adjusting the brightness settings to reduce the impact on sleep.

CREATE A CALMING BEDTIME ROUTINE

Establish a consistent bedtime routine to signal your child that it's time to wind down and prepare for sleep. This includes activities like reading, bathing or listening to soft music. Try to create a relaxing environment in your child's bedroom by adjusting the lighting and temperature to promote better sleep.

These tips can help your child ease into a new sleep schedule and start the school year feeling well-rested and ready to learn.



The Sacred Heart School of Montreal
L'École Sacré-Cœur de Montréal

Preparing Girls to Change the World
Préparer les filles à changer le monde

2024 OPEN HOUSE
PORTES OUVERTES 2024

SEPTEMBER 27TH
& OCTOBER 9TH

27 SEPTEMBRE
ET 9 OCTOBRE



Certificate of Eligibility Not Required
Certificat d'admissibilité à l'enseignement en anglais n'est pas requis
sacredheart.qc.ca | admissions@sacredheart.qc.ca



Start your life!
Live your dream!



OUR PROGRAMS



Accounting



Starting a Business



Secretarial and Legal Studies



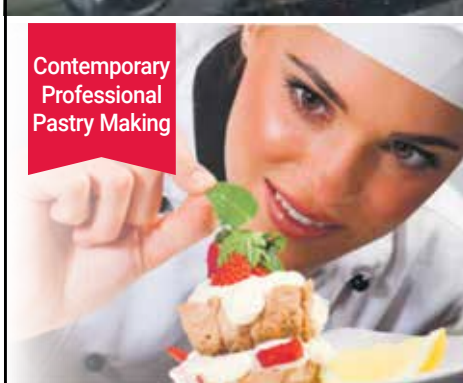
Sales Representation
Professional Sales



Hotel Reception



Professional Cooking



Contemporary Professional Pastry Making



Food & Beverage

REGISTER TODAY 514-381-5440

PIUSCENTRE.COM

9955, Papineau Ave., Montreal, QC H2B 1Z9



FOLLOW US ON



GET READY FOR SCHOOL



Continuing Education

Continuing education offers an opportunity to acquire skills in the workplace, so that you can develop your abilities, gain new knowledge, or obtain a qualification certificate. There are many training programs offered on the job or online.

ON-THE-JOB-TRAINING

On-the-job training lets you upgrade your skills, acquire new ones, or get ready to practice a new career. The programs that offer that kind of training help you acquire skills on-the-job through work placements. There are on-the-job training programs for workers in many business sectors, and they are available for many occupations.

On-the-job training programs offer various benefits, including the possibility of earning a vocational qualification certificate, or other certificates, and the advan-

tage of receiving a salary while continuing your education.

ONLINE TRAINING

Many online training programs are also available in a wide variety of sectors. These short-term programs allow workers to acquire new skills for their career.

Online programs are a convenient way to pursue education, especially if you are a caretaker or if you are limited on time, since they don't require commute or preparation to go out. Instead of worrying about things like the weather, what time the bus comes by, or how much gas is going to cost you in the long run, they allow you to pursue your studies from the comfort of your own home, or wherever you prefer to get work done, in the space of your choosing.

Of course, online studies might not offer the same valuable resources as the in-person training programs do. Being in a



different environment can cause distractions, classmates are harder to reach, and teachers can't necessarily provide you with personalized help.

Both trainings have their pros and cons. In the end, choosing which type of training you want depends on your specific needs and priorities.

ADULT LEARN LINE

Established in 2002, the Adult Learn Line is a confidential, toll-free telephone service that can be accessed anywhere in Québec.

It provides assistance and referrals for anyone seeking information on vocational training in secondary school or technical training at the college level.

Just dial 1-888-488-3888, no matter where you live. Easy, convenient and free!

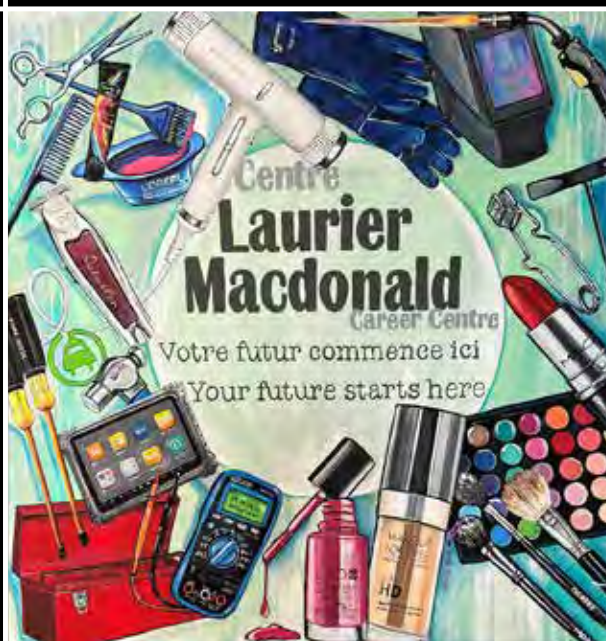
CENTRE DE FORMATION PROFESSIONNELLE LAURIER MACDONALD VOCATIONAL TRAINING AND CAREER CENTRE



INSCRIPTION EN COURS REGISTER NOW

LMACCAREERCENTRE.COM
5025 RUE JEAN-TALON E.
(514) 374-4278

- ESTHÉTIQUE / AESTHETICS
- COIFFURE / HAIRDRESSING
- SOINS DE BARBE ET TECHNIQUES DE COUPE / BARBERING
- ÉPILATION / HAIR REMOVAL
- MÉCANIQUE DE VÉHICULES ÉLECTRIQUES / ELECTRIC VEHICLE MECHANICS
- MÉCANIQUE AUTOMOBILE / AUTOMOBILE MECHANICS
- ESTHÉTIQUE DE L'AUTOMOBILE / AUTOMOTIVE DETAILING
- SOUDAGE - MONTAGE / WELDING AND FITTING



SÉCURITÉ
SPARTAN
SECURITY

25 years
at your
service!

*Wishing a great year
to all students returning to school!*

(514) 289-8585

Burglar • Fire • Cameras • Intercoms



INSCRIPTION EN COURS
REGISTER NOW
5025 JEAN-TALON EST
514.374.4278

**ESTHÉTIQUE
AESTHETICS**

**NOUVEAU GROUPE DÉBUTE
NEW GROUP STARTING
AOÛT 26 AUGUST SOIRÉES/EVENINGS**



LMACCAREERCENTRE.COM

514.374.4278

GET READY FOR SCHOOL



Four tips to help you choose a trade

If you look through the program offerings provided by trade schools, you'll quickly realize that there are dozens upon dozens of possible vocations you might pursue. Here are some tips to guide you as you explore your options.

1. LOOK TO YOUR HOBBIES FOR INSPIRATION

For many, the answer can be found in things they already love to do. Like to sew your own clothes? A fashion-related trade like pattern making or sewing machine operation might be a good fit. Or, if you already spend your weekends tinkering



under the hood of an old hot rod, a career as an automotive technician could very well be appropriate. Examine your hobbies, interests and skills for inspiration.

2. CONSIDER YOUR PREFERENCES AND AVERSIONS

Do you prefer routine or variety? Do you like to work alone, or do you prefer being part of a team? Are you comfortable with dirt and noise? How do you feel about heights? Depending on your likes and dislikes, certain trades may be more or less suited to your personality.

3. Determine market demand in your area

If you're planning on living in a particular locale, try to find out which industries are thriving in that area. Though the demand for skilled trade workers in Canada is high overall, individual communities have a greater or lesser need for specific skill-sets.

4. RESEARCH

The more informed you are, the better equipped you'll be to choose a trade that's well suited to your unique needs and desires. Consider pay scale, opportunities for advancement and daily duties performed for each of the vocations that pique your interest. Use the internet and your local library to gather information. Speaking to people who are currently employed in the trades you're looking into is another valuable way to glean real-life facts about the job.

Green skilled trades

Working with your hands every day has always been an honest way to earn a living, but when that work contributes to practices that protect the environment, it's downright honourable. Green trades are an up-and-coming field, and demand for workers is expected to rise in the coming years. Some eco-friendly trade jobs can be accessed via specific training, while others require a combination of more traditional trade skills and a hefty dose of ingenuity.

WIND TURBINE TECHNICIAN

Canada has the seventh largest fleet of wind turbines in the world, and while wind energy comprises only four per cent of the total national energy production, the demand is expected to grow. Wind turbine technicians are responsible for all aspects of repairing and maintaining wind turbines, including inspecting, cleaning, calibrating and correcting any malfunctions. A number of trade schools offer vocational programs for those interested in pursuing this green trade.

SOLAR PHOTOVOLTAIC TECHNICIAN

While the solar power industry isn't growing quite as quickly as the wind energy sector, it's still on the rise. By 2025, five per cent of Canada's energy is expected to be harvested from solar power. Solar photovoltaic techs install, maintain and repair solar panels at both a residential and commercial level. These workers are

often electricians who've taken additional training courses.

GREEN ROOF INSTALLER

Green roof initiatives are increasing in popularity in urban centres across the country. These rooftop gardens improve air quality, moderate the urban heat island effect and provide habitats for wildlife. In addition, they can substantially increase a building's energy efficiency. Green roof installation can become a specialization for roofing contractors, construction workers and landscapers.



Green skilled trades are on the rise in Canada.



INSCRIPTION EN COURS
REGISTER NOW
5025 JEAN-TALON EST
514.374.4278

BARBERING / SOINS DE BARBE
ET TECHNIQUES DE COUPE

NOUVEAU GROUPE DÉBUTE LE
NEW GROUP STARTING
AOÛT 26 AUGUST



LMACCAREERCENTRE.COM



514.374.4278



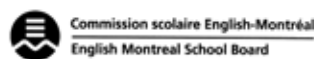
PROGRAMME DE
SOUDEGE-MONTAGE
WELDING & FITTING
PROGRAM

COURS DE JOUR ET SOIR DISPONIBLE, 3 SEPTEMBRE & 11 NOVEMBRE
DAY AND EVENING CLASSES AVAILABLE, SEPTEMBER 3 & NOVEMBER 11

INSCRIPTION EN COURS

APPLIQUEZ EN LIGNE OU APPELEZ
APPLY ONLINE OR CALL

REGISTRATION IS ONGOING



WWW.LMACCAREERCENTRE.COM
6065 BOUL. DES GRANDES-PRAIRIES



514.374.4278

Boisbriand Launches Partage Club App to Promote Sharing and Sustainability

MARIA DIAMANTIS

Local Journalism Initiative Reporter for The North Shore News
info@newsfirst.ca

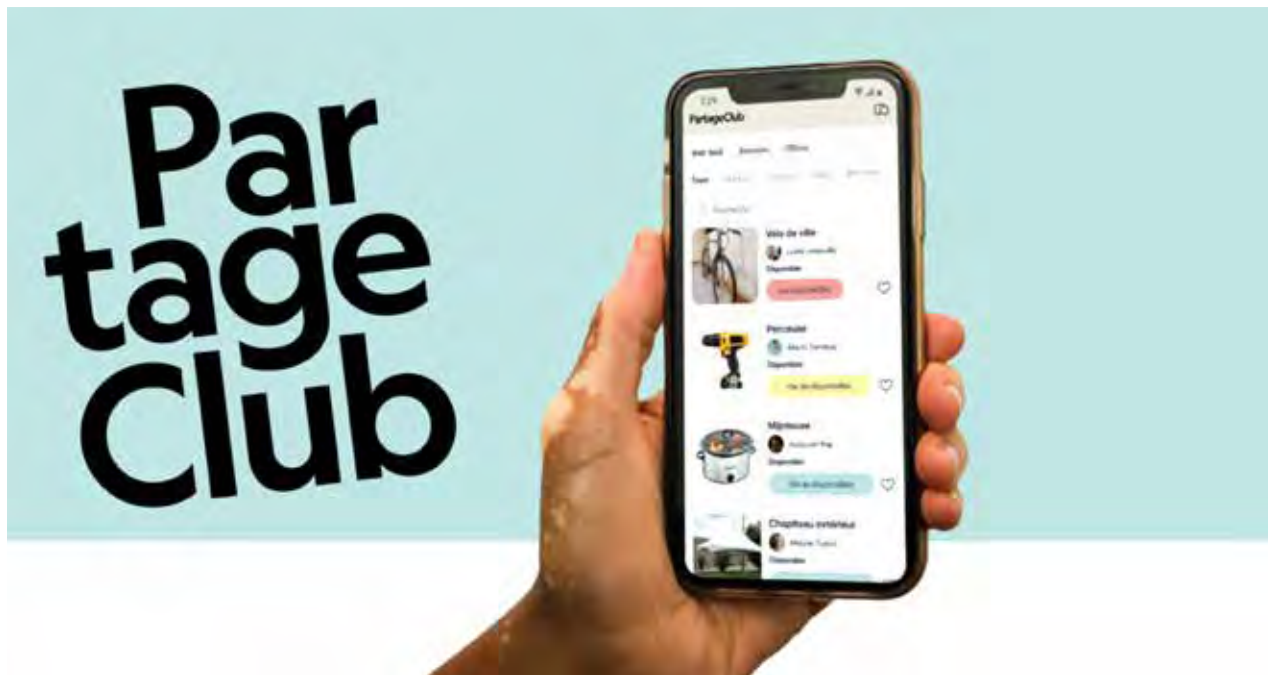
Residents of Boisbriand now have a new way to share goods and connect with their neighbors thanks to the launch of a groundbreaking app called Partage Club. Developed in partnership with the cooperative Tricentris, this innovative platform promotes the sharing of items among community members, making Boisbriand the first municipality to offer this service free of charge to its citizens.

Partage Club is designed to facilitate connections between those who have items to lend and those who are looking to borrow. According to information provided by the City of Boisbriand, users of the app can list items they are willing to lend, browse available items for borrowing, or make specific requests within their community for items they need. This system not only fosters a sense of community but also addresses broader environmental and economic goals.

“Partage Club allows users to make a real environmental impact by promoting reduction and reuse. Additionally, it strengthens economic and social ties within the community,” the City of Boisbriand stated. The app has already shown impressive results, with the average value of borrowed items at \$150, and 80% of requests being fulfilled within 24 hours.

For Tricentris, the cooperative partner in this initiative, Partage Club aligns perfectly with their mission to support regional development and sustainability. The app’s focus on reusing items instead of purchasing new ones directly contributes to reducing waste and promoting responsible consumption—a key part of Tricentris’s broader objectives.

Boisbriand’s administration, led by Mayor Christine Beaudette, sees Partage Club as a valuable tool that aligns with the city’s recently launched Sustainable Development Plan. This plan, introduced in the spring, aims to improve waste management and increase environmental awareness among the city’s population.



The app is seen as a practical step toward achieving these goals by encouraging residents to rethink their consumption habits and embrace a culture of sharing.

“We are delighted to offer this ecological and economical solution to all our citizens and to encourage the creation of a sharing community in our city,” said Mayor Christine Beaudette.

In addition to the app, Tricentris will be rolling out Partage Club as part of a summer pilot project with the “Brigade des bacs.” This initiative will see the brigade traveling throughout Boisbriand, using recycling bins as a starting point for promoting the app and

encouraging responsible recycling practices. The combination of the brigade’s efforts and the benefits of Partage Club highlights the importance of proper waste sorting and emphasizes the need to reduce and reuse before even considering recycling.

“By consolidating the efforts of the Brigade and the advantages of Partage Club, this project emphasizes the importance of changing consumption habits and taking proactive steps to reduce waste by promoting sharing and reuse. The 3R hierarchy—Reduce, Reuse, Recycle—begins with actions upstream of the recycling bin,” the City of Boisbriand noted on its website.



LAVAL-DES-RAPIDES BUNGALOW

This inviting home features 3+1 cozy bedrooms with abundant natural light each with plenty of space and large windows, 2 full bathrooms, one with walk-in shower. Large dining area adjacent to the living room with cathedral ceilings. The landscaped garden provides a peaceful retreat with a patio area for outdoor dining.

Step into the comfort of this beautiful renovated bungalow, a perfect blend of modern updates and classic charm. Perfect for entertaining or relaxing with family. Located in a desirable neighbourhood, close to everything. Easy to visit! Must see!



VOULA KOTTARIDIS
(514) 993-5010
AGENTVK@GMAIL.COM

EXCELLENT SERVICE | EXCEPTIONAL RESULTS



ROYAL LEPAGE
HUMANIA CENTRE

AGENCE IMMOBILIÈRE 450.682.2121



DIRECT ANSWERS

FROM WAYNE & TAMARA

MISADVENTURE

Q I am a male, 32, in a relationship with a nice girl for five years. Over the last half year we've discussed whether we are meant to be life mates, and we've even gone through counseling to solve some nagging issues. At this stage, though I love her dearly, I'm not feeling passion or convinced we are soul mates.

I was just back home visiting family. As I checked out at the local organic grocery store, the cashier and I agreed we looked familiar. In a brief exchange at the register we realized we went to school together. Later that day I remembered my huge crush on the girl who sat behind me.

She was so different than the other girls I knew, a brilliant combination of kindheartedness, intelligence, beauty and coolness. Even at that age she had direction and purpose in life. Anybody who knew her had the sense she was going to do good in this world someday.

That premonition was dead-on accurate. After finishing college she spent a few years in the Peace Corps and is now finishing nursing school. I tell you this to demonstrate what a tremendously gifted and kind person she is. That night I was flooded with emotions, remembering my big crush and falling in love with the idea of who she had become.

Next morning these emotions ruled every second of my being. Despite butterflies in my stomach and nervous adrenaline, I went back to the grocer. I said I was fascinated to hear more of her life and offered to buy her a cup of tea. She gave me her number, and we agreed to meet.

Unbeknownst to her, I postponed my departure on her account. I called hoping to see her that evening, but she said she'd got her days mixed-up and promised to visit her fiancé's parents. I don't believe she made the story up, but I was crushed. On the phone I was dumbstruck and couldn't find another time before my departure.

My life has been plagued by personal and

family misfortune, and I thought this chance meeting was no mere accident. It was fate. I thought finally in life I was catching a break and something great was about to happen.

Would it be appropriate to send her a letter? I want to tell her how remarkable she is, how amazing she is to help mankind, and, of course, how I had and have a crush on her. But then what purpose would it serve? Is it fair to disrupt her engagement considering I haven't seen her in 15 years? Or do I have an obligation to my own fate to connect with her?

Adam

A Adam, there are two ways of interpreting what happened. Let's call them the Tolkien theory and the law of parsimony. The Tolkien theory, named for the author of "The Lord of the Rings," suggests a mystical union of time and space brought you and your former classmate together. A thousand things came into play for this to happen, and like Frodo, you are now on a heroic quest upon which much depends.

The law of parsimony, however, suggests the simplest explanation is usually correct. Your former classmate crossed your path to show you what you didn't learn in counseling. You don't want to be with your girlfriend.

While we don't exclude the possibility of the miraculous, we're inclined to go with the obvious. When a cop pulls you over for speeding in a school zone, it doesn't mean you're supposed to become a policeman. It means you're not supposed to endanger schoolchildren.

You haven't dated this woman, slept with her, met her family or lived with her quirks. You cannot think "I'll straighten out my life if I get to have her." But you should think "I need to end sexual contact with my girlfriend and stop telling her 'I love you.'"

Wayne & Tamara

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

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

or email: GetInTouch@WayneAndTamara.com

WAYNEANDTAMARA.COM

Doggie Daycare

- Boarding/Home Environment
- No cages
- Interacts with our family and pets

Julie's Pet Sitting Services

Will walk your dog or take care of your animals in your home while you are away.

(*Price may vary on location and pet)

Call Julie Laver
450.491.7637

CLASSIFIEDS • CAREERS • JOBS

News PARC-EXTENSION THE LAVAL news Call 450 978.9999 Payment:

WE BUY GOLD AND DIAMONDS

- For over 38 years -

450-681-1363



Before selling elsewhere, come see us!

Mon. to Wed. - 10am to 5:30pm
Thurs. and Fri. - 10am to 7:00pm
Saturday - Closed
Sunday - Closed

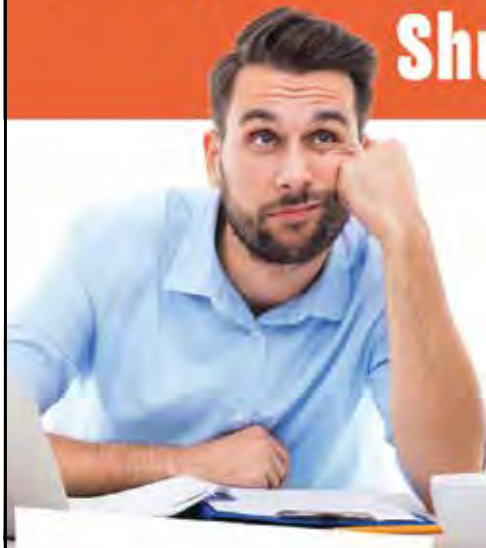
achatorlaval.ca

Same address since 1989

1799, boul. Curé-Labelle,
Chomedey (North of St-Martin)



Is Your Ad Design Company Shutting Down?



NO WORRIES.
Don't miss a beat.

You can have seamless *uninterrupted service* for all your print and web ads, all of your marketing and promotional materials and even page design set-up and running within a few hours. And your ads will look terrific, guaranteed!

- Prices well below what you've been paying elsewhere. Save money!
- Same day service on most ads if submitted in the morning.
- No charge for changes and corrections before approval.
- No charge for stock photos.
- Professional design service.

MEDIA-TREK

Our 20th year serving more than 315 newspapers and magazines each week.

You're in good hands.

Meeting deadlines and exceeding expectations is our business!

mediatrek.ca

(450) 978-0070 | info@mediatrek.ca

304-3860 boul. Notre-Dame, Laval, QC H7V 1S1



BASKET OF *Fruits and Vegetables*

16 to 20 VARIETIES

THURSDAY ONLY from 10am to 7pm

In-Store with no reservations needed!

Fresh of the day at amazing prices!

Reserve yours today!



A value of
\$70+
at the supermarket
You pay only
\$40

*Fresh products!
Nice variety!
Excellent value!*

Our weekly customers

save
\$1,700
up to
per year

THIS WEEK'S BASKET:

- Spinach (Québec)
- Sweet Green Grapes
- Pineapple
- Sweet Potatoes (2-4)
- Blueberries (Québec)
- Cauliflower (Québec)
- Onions (~2lbs) (Québec)
- Cherry Tomatoes (Québec)
- Lettuce (Québec)
- Avocados (2)
- Parsley (Québec)
- Garlic (Espagne)
- Bananas (4)
- Mango
- Clementines (5-7)
- Apples (3) (Québec)

(514) 244-9885
panierdufermier@gmail.com

VISITOURFACEBOOKANDINSTAGRAMPAGE!

  @PANIERDUFERMIER

Sainte-Marthe-sur-le-Lac
(Bocaux & co.)
2949 Boul. des Promenades
Local 105, J0N 1P0

Mascouche
(Eco-Boutique
un Monde à vie)
160 Mnt Masson, J7K 3B5

Saint-Eustache
(Pasta Deliziosa!)
148, 25e Av.
J7P 2V2

Sainte-Anne-des-Plaines
(Dubeau Vrac)
196 Boulevard Ste Anne
J5N 3P2

2 EASY STEPS:

- 1** Book your basket online or by phone from Monday to Thursday
- 2** Pickup Thursday, Friday or Saturday. Delivery available

PANIERDUFERMIER.CA



HOROSCOPE

Week of SEPTEMBER 1 TO 7, 2024

The luckiest signs this week:
SCORPIO, SAGITTARIUS AND CAPRICORN

- 
ARIES
 You'll have a lot of work and urgent details to sort out at home and work this week. Don't hesitate to ask your family for help. They'll be happy to lend a hand!
- 
TAURUS
 Well-meaning friends might invite you to exercise regularly to stay in shape over winter. This will help you feel good about yourself and stay healthy.
- 
GEMINI
 This week, you'll devote your time to your home and family. You'll also spend time talking on the phone and being happy with the results. The New Moon will bring action into your life.
- 
CANCER
 You'll be on the go this week or play taxi driver for your nearest and dearest, which will take some time. You'll also spend time talking on the phone and being active on social media. You'll be curious and easy to talk to.
- 
LEO
 A mountain of files awaits you at work. This will cause some stress but bring in much-needed extra income, so you may need to double-check some invoices.
- 
VIRGO
 Your friends will want to go shopping with you. Although you'll suggest various activities, you may end up going on an adventure on your own. You could play a sport or do another fun activity.
- 
LIBRA
 Take a step back to relax and gain a better perspective. This will help you determine how to make your personal or professional life more interesting.
- 
SCORPIO
 Your friends may ask you to join them for a relaxing weekend retreat, or your partner could take you on a romantic getaway. Either way, you'll have fun in a rejuvenating atmosphere.
- 
SAGITTARIUS
 You might be given new responsibilities at work, requiring a few extra hours to complete your projects. However, this could lead to better job opportunities in the future.
- 
CAPRICORN
 A training course suggested by your boss will open doors to a more promising future, with possible advancement after graduation. A celebratory trip is in the cards. Lots of fun ahead!
- 
AQUARIUS
 September is a time for new beginnings — a new school year for students and a return to work for others. Take this opportunity to think about what you want to do with your life and start working toward it.
- 
PISCES
 You'll be responsible for organizing a big event despite feeling uncomfortable in crowds. This will show you that stepping outside your comfort zone can help you succeed and accomplish your goals.

Coffee Break

CROSSWORDS

PUZZLE NO. 179

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	
48					49				50	
51					52				53	

Copyright © 2021, Penny Press

ACROSS

1. Saucepan
4. Manhandle
8. Celebrity
12. Wood chopper
13. And
14. Be sympathetic
15. Ballpoint, e.g.
16. Mementos
18. Responds
20. Fold
21. Rustic shelter
22. Modernize
23. Bird's noise
26. Failure
27. Oath
30. Mom's sister
31. Dense mist
32. Slangy assent
33. Through
34. Derby, e.g.
35. Catch ___ winks
36. Unlatch
38. Often-dried fruit

DOWN

1. Mama's spouse
2. Farm animals
3. Perfect scores
4. Cosmetics
5. Observant
6. Employs
7. Sever
8. Burn with hot water
9. Gain control: 2 wds.
10. Domain
11. Relax
17. Hastened
19. Hone
22. Floor covering
23. Beret, e.g.
24. Tinge
25. Registered
26. Speck
28. Type of bran
29. Common question
31. Loyal admirer
32. Type of exercise
34. Thyme, e.g.
35. Best
37. Pares
38. Deadly
39. Feel pain
40. "Since You've ___ Gone"
41. Naked
42. Nibbles
43. Opera feature
44. Garden starter
46. Game official, for short

Sudoku

PUZZLE NO. 904

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

HOW TO PLAY:

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

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

Last Issue's Answers

CROSSWORDS

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

Sudoku

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



\$244^{ea}
Fast Delivery!
 Volume pricing available

RETRACTABLE BANNERS

The lightweight pull up banner comes with a lightweight swivel foot unit, 3 piece interlocking pole, carrying bag and a 1 sided 33"x79" vinyl banner installed.

mediatrek.ca

info@mediatrek.ca

MEDIA-TREK
 Communications - Promotions - Marketing

Place your order today !

Call us for more information **450.978.0070**

Return to school!
more connected than ever!



Contest

NEAR
\$2,500
IN
PRIZES



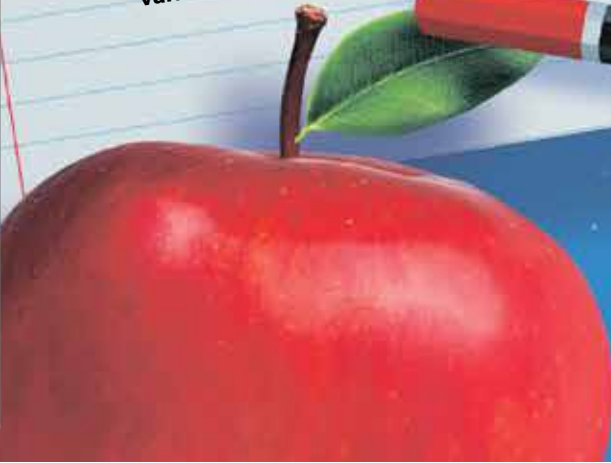
The Best Choice
Since 1983

Win:

3 iPads

iPad Air • 10.9 inches Wi-Fi
128 Gb
value (\$799 ea)

From Thursday, August 22 to
Wednesday, September 11, 2024.
Draw Wednesday, September 18.
One per store (3 stores)
value of nearly
\$2,500 in prizes.



Visit igadaigle.com to learn more

220, rue Saint-Charles — Sainte-Thérèse
450-435-1370

2605, rue d'Annemasse — Boisbriand
450-433-6226

450, rue Blainville Est — Sainte-Thérèse
450-435-5500

Details and regulations on the website igadaigle.com