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Six athletes from the North Shore get scholarships

\$30,000 Awarded to Young Hockey Athletes: Breaking Barriers for the Future

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Thirteen talented young hockey players, including several from Saint-Eustache, Sainte-Thérèse, Lachute, and Boisbriand, received a transformative opportunity at the Sports Rousseau store in Laval. These student-athletes were awarded scholarships through the Le BUT Foundation, in collaboration with the Aleo Foundation. Standing in front of a wall of NHL jerseys, they were welcomed into the Aleo family by Pierre Gendron, the founder of Le BUT Foundation. Each athlete received a personalized jersey and a \$1,500 scholarship, propelling them toward their athletic dreams while eliminating barriers that might otherwise stand in their way.

Elli Allard, a 16-year-old right winger from Saint-Eustache, is a standout recipient. Studying in the sport-study program at École secondaire Saint-Gabriel, Elli won gold at the 2022 Quebec Games with her hockey team. She dreams of working in sports psychology, combining her passion for the game with her desire to help other athletes succeed mentally and physically.

Noah Duverger, a 13-year-old defenseman from Sainte-Thérèse, is also making waves. A student in the sport-study program at École secondaire Saint-Gabriel, Noah was invited this past summer to the Hockey Etcetera mentorship camp, which gathers the top 13-year-old players in North America. In addition to excelling in hockey, Noah is an outstanding baseball player, having competed in the World Series in San Francisco. His dream is to become a hockey equipment design engineer.

Delphine Labonté, a 15-year-old forward from Lachute, stood out with her gold medal win at the Quebec Games. Currently studying at École secondaire régionale Laurentian, Delphine dreams of a career in sports. Her remarkable achievements continue to inspire her as she progresses through her hockey journey.

Amélia Lebrun, a 13-year-old goalie from Saint-Eustache, also received a \$1,500 scholarship. A student at École secondaire des Patriotes, she was particularly inspired by her experience at the prestigious Quebec International Pee-Wee Hockey Tournament. Amélia aspires to study architecture, another passion of hers.

Justin Plouffe-Côté, a 10-year-old defenseman from Boisbriand, studying at École Le Sentier, was selected for the M13 AAA team for the 2024-2025 season. His dedication to the sport has earned him recognition as one of the top young players in his category.

Catherine Proulx, a 19-year-old forward from Mirabel, received a \$2,000 scholarship through the "Pay it Forward" program. A student in preschool and elementary education at the Université de Montréal, Catherine was named to the second All-Star team in her last two years of college hockey.

These scholarships are part of a broader initiative by the Le BUT Foundation and Aleo Foundation to remove barriers and provide young athletes with the support they need to succeed. This program is especially impactful for youths from regions like Saint-Eustache, Mirabel, and Sainte-Thérèse, where financial constraints can often impede the progress of talented players.



Jonathan Collin, Coordinator, Bursary programs at the Aléo Foundation, Elli Allard, Justin Plouffe Côté, Noah Duverger, Catherine Proulx, Amélia Lebrun and Pierre Gendron, founder and president of the Le BUT Foundation. (Photo: Bernard Brault)



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SWLSB chair Paolo Galati drops out of Nov. 3 school board race

Candidates to replace him are already emerging – including Ward 7’s James Di Sano

MARTIN C. BARRY
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Sir Wilfrid Laurier School Board chairman Paolo Galati says he will not be running for re-election as the board’s chairman on Nov. 3, so that a brewing controversy involving his other role – as a Laval city councillor – doesn’t impact the SWLSB.

“Various media outlets have reported on reimbursement claims made by Paolo Galati in his capacity as a municipal councillor for the City of Laval,” the board said in a statement issued on Sept. 19.

“None of these reports involve the Sir Wilfrid Laurier School Board, of which Mr. Galati is the Chairperson,” added the statement, attributed to Galati, citing reports raising questions about municipal research budget spending practices.

Seeks expenses review

“I have represented the people of my electoral district in Laval

and the Sir Wilfrid Laurier School Board with pride and integrity for over a decade,” said Galati.

“To date, I have an unblemished record in the public service. I have asked that my expenses as a municipal councillor be reviewed once again by the City of Laval’s financial services. Once they have pronounced on the matter, I will act accordingly.

“However, in the current environment, I do not wish for my role as a municipal councillor to impact the Sir Wilfrid Laurier School Board, to which I have devoted much energy over the past decade and which I love,” he continued.

“I have therefore decided not to be a candidate in the upcoming school board elections that will be held on November 3, 2024. Furthermore, to avoid being a distraction to the governance and administration of the Sir Wilfrid Laurier School Board, I will, for the time being, be stepping back from certain public functions associated with my role as Chairperson of the board.”

Apple Watch, iPad Pro

The Montreal daily tabloid *Journal de Montréal* published the results of an access-to-information investigation on Sept. 18, claiming among other things that Galati and the municipal opposition party he belongs to had used a research budget from the city to buy him an Apple Watch, an iPad Pro tablet, an iMac desktop, a MacBook Pro, as well as a sofa bed and food purchases at Costco.

As might perhaps be expected when a disruption like this has taken place, candidates to replace Paolo Galati are beginning to be heard.



New candidates emerging

On Sept. 24, Laval-area SWLSB commissioner and executive-committee member James Di Sano announced he will be in the running for the position.

“As someone who is wholeheartedly dedicated to the success of our students, families, and communities, I view this as a crucial opportunity to further develop an inclusive, innovative, and nurturing educational environment,” Di Sano wrote in a press release.

“During my six years as a Commissioner, I have committed myself to ensuring that every student has the access and support necessary to thrive,” he said.

“The recent successful establishment of new facilities, such as Heritage Elementary School in St-Lin/Laurentides, has shown me the immense value of teamwork and a unified vision for educational advancement.”

Di Sano seeks SWLSB chair

Di Sano said he is seeking the SWLSB chair’s position “because I am passionate about creating a space where every opinion is valued, where we can enhance connections among our schools, parents, and staff, and where we maintain our obligations to the communities we support.

“My vision is one that embraces continual innovation, modernizes learning environments, and guarantees the success of every child, irrespective of their background,” he continued. “In the weeks ahead, I am eager to connect with all of you, hear your thoughts, concerns, and aspirations for our school board. Together, we can continue the essential work of shaping a bright future for our students’ education.”





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Blainville Fire Stations Open House

Family Fun and Firefighter Demos

MARIA DIAMANTIS

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On October 5th, 2024, from 10:00 AM to 3:00 PM, Blainville's Fire Safety Service invites the public to an open house event at two local fire stations. This event, geared toward families and children, offers a rare behind-the-scenes look at the essential work done by firefighters and the infrastructure that supports them.

Located at Station 7 (310 chemin du Bas-de-Sainte-Thérèse) and Station 8 (790 rue de la Mairie), these firehouses will be open to the community, providing a chance to explore firefighting equipment, including the iconic fire trucks, and get a first-hand look at the daily operations of firefighters. The event is designed to be fun and engaging, with a variety of activities planned. Children can enjoy face painting, explore a giant inflatable slide, and interact with a mascot. There will also be a prevention trailer on-site, offering interactive experiences aimed at educating the public on fire safety.

The civic importance of this event extends far beyond the entertainment. Open house events like these foster community engagement by demystifying the role of firefighters and emphasizing the importance of fire prevention.

Attendees will have the opportunity to directly ask firefighters questions about safety measures in the home, fire prevention strategies, and emergency preparedness. This direct interaction with local heroes helps build trust between the community and the fire department, highlighting the crucial role firefighters play in ensuring public safety.

Moreover, this open house serves as a powerful educational tool. By introducing children to fire safety concepts in a fun and relaxed environment, it encourages early awareness about how to respond in case of emergencies. Additionally, parents and other attendees can gain practical knowledge about fire prevention strategies, making their homes safer and more prepared for potential risks.

In a broader civic sense, events like these promote a sense of unity and shared responsibility within the community. Residents have the chance to meet the people who are on the front lines of safety every day, gaining a deeper appreciation for their service. As citizens, understanding the role and responsibilities of firefighters is a vital aspect of community cohesion and resilience.

For those interested in more details, the Blainville Fire Safety Service is available via



email or phone at 450-434-5201. Don't miss this opportunity to connect with your local fire-

fighters and learn valuable safety information while enjoying a day of family fun!

Boisbriand Launches Zero Tolerance Campaign Against Violence

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The City of Boisbriand has initiated a "Zero Tolerance for Violence" campaign, aimed at raising awareness within the community about the importance of treating municipal employees and elected officials with respect and kindness. The campaign emphasizes that regardless of the context, respectful interactions between citizens, municipal employees, and elected officials are crucial to maintaining a harmonious environment.

Boisbriand's zero-tolerance stance means that any form of violence, whether physical or verbal, will not be tolerated under any circumstances. This initiative highlights the city's commitment to fostering a respectful atmosphere, ensuring that both employees and officials are treated with dignity during all exchanges with the public.

As a responsible employer, Boisbriand is dedicated to providing a safe and healthy

work environment for its entire staff. Incidents of incivility or violence can have significant negative effects on the workplace, and the city is determined to prevent such behavior. Any actions that compromise the safety and well-being of municipal workers are taken seriously, and residents are encouraged to report inappropriate conduct.

The city extends its gratitude to those citizens who already contribute positively to the municipal climate, encouraging everyone to reflect on their actions and interactions. By working together, the community can create a more respectful and considerate environment for all.

Through this campaign, Boisbriand aims to remind its population that mutual respect and kindness should be at the forefront of all dialogues, whether in person or through other forms of communication. The message is clear: a respectful community is a thriving one, and Boisbriand is committed to ensuring that this principle is upheld for the benefit of all its residents and municipal workers.



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OPINION & Editorial



Our obsession with convenience is harming us and our planet

"Comfort is the worst addiction." - Marcus Aurelius

The stickiness of the Internet and social media is largely due to our obsession with convenience. (read: instant gratification) The digital world offers an unimaginably massive and convoluted buffet of conveniences. 24/7/365 access to news and information, instant messaging, unlimited entertainment, and online shopping is accessible through your hand-held device, which is not much bigger than a credit card. In all its forms, the Internet capitalizes on the relationship between convenience and increased consumption.

Advertisers and marketers lost no time capitalizing on the golden opportunity the Internet's convenience provides to intensify our wasteful 1st world consumerism. Consequently, our world is increasingly dominated by tech companies and apps, enabling us to order take-out, have anything delivered to our doorsteps, and swipe left, hoping to find our soulmate.

As we become more addicted to the convenience of shopping from the comfort of our homes, we're inadvertently harming ourselves psychologically and environmentally. The Sears Catalogue, founded in 1887, was the Amazon that never grew. 137 years ago, our forefathers could've gotten everything by mail. This would've made sense since cars weren't around to make shopping and transporting purchases easy.

So why wasn't the convenience of shopping from a mail-order catalogue widely adopted?

I don't know. Was it the 6 to 8 weeks it took to receive your order?

Lately, there's a lot of talk about loneliness and isolation. The U.S. Department of Health and Human Services released in April 2023 a report titled *Our Epidemic of Loneliness and Isolation*, which found that even before the COVID-19 pandemic, about half of U.S. adults reported experiencing measurable levels of loneliness.

Would it be a stretch to assume the rise in loneliness is a consequence of our taking advantage of the Internet's many *stay-at-home* conveniences? Not so long ago, malls—marketplaces and shopping districts before them—were community-like hubs, akin to town squares, where you met your friends, ran into neighbours, and even made new acquaintances. You saw people, you connected.

Malls don't only offer a plethora of retail outlets; they also provide social experiences, an experience many people are abandoning, instead opting to shop in the most environmentally damaging way humanly possible: shopping online. Rather than going to the store to try a jacket on to see how it fits and looks, many people now order five jackets online and return four.

Ordering online has a significant negative environmental impact. That 'must-have' avocado slicer you bought online will arrive in a box the size of a doghouse, packed with enough bubble wrap to protect a mini fridge.

Those over 50 can remember when shopping wasn't a daily, let alone a 24/7/365 activity. People used to write something called a *shopping list*. Then, they went to the store or mall and gathered all the items on their list at once. Then, they took their purchases home, put everything in its place, and felt the satisfaction of a job well done. On the other hand, when you order online, robots and humans, who are treated like robots, pack your Tim Hortons Original Coffee blend, Single Serve Keurig K-Cup Pods, in an oversized box and deliver it to your home along with three other giant boxes, each containing one item, which likely could have been purchased locally. Then we appease ourselves—claim we're concerned about the environment—by stuffing all that packaging into blue bins like they're a portal

to plastic heaven. According to the Government of Canada website (www.Canada.ca), only 9% of Canada's plastic waste is recycled; the rest ends up in landfills, waste-to-energy facilities or the environment, such as the ocean.

Shopping online for stuff you likely don't need, knowing its negative impact on the environment, while crying about the environment is sheer hypocrisy. Every time you click buy it now, a tree gets its wings.

No one wants to think about the child labour in Bangladesh who made the Nike hoodie they ordered off Amazon, the ship, air, rail and truck that transported it, or the landfill the hotdog toaster they bought on impulse—prompted by an ad you saw on Facebook—will eventually end up. We just want that t-shirt that says "Mindful."

Online shopping is wreaking havoc on our planet's environment. The kicker is we've sold ourselves the false narrative that online shopping is eco-friendly. Making a list, getting off the couch, and getting it is much better for our environment and has the added benefit of meeting people and maybe even finding your soul mate.

Thanks to the Internet, you can go days or weeks without speaking to anyone. Time spent online is time spent being sedentary and not having real-life interactions. Online shopping reduces our social and community interactions, leading to loneliness. I'm sure you've noticed, as I have, that social skills, especially amongst the Millennials, Generation Z, and the current Generation Alpha, are deteriorating. You can't experience all life has to offer sitting on a couch—I know there are exceptions.

Another reason to avoid shopping online is privacy. Going to a store is buying and leaving without creating a trail of cookies and tracking/analyzing.

Nick Kossovan

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Slow Down, Share the Road, and Make a Difference

Together for Safer Streets!

MARIA DIAMANTIS

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As the school year is in full swing, our streets are bustling with children traveling to and from school each day. Unfortunately, reports of dangerous behaviors on the road, especially in areas frequented by young students, have raised concerns among community leaders and safety advocates.

Road safety is a matter that often stirs strong emotions. Motorists, pedestrians, and cyclists alike must share the public space, which requires a heightened sense of awareness and mutual respect. Ensuring that everyone can safely move through our streets is a shared responsibility.

In response to these growing concerns, the City of Rosemère has launched a public

awareness campaign to promote road safety. Supported by the Société de l'assurance automobile du Québec and the Association des communicateurs municipaux du Québec, the campaign aims to promote positive road behaviors without stigmatizing bad habits. The focus is on reminding people of the small, thoughtful actions that can make a big difference—actions like slowing down, sharing the road, and being mindful of others.

As part of this initiative, the Régie intermunicipale de police Thérèse-De Blainville will be present in key locations, including school zones, to raise awareness and remind road users of their responsibilities. These efforts reinforce the importance of working together for a safer environment for everyone, particularly the youngest members of our community.

At the heart of the campaign is a simple yet powerful message: slowing down, sharing, and considering others is not only beneficial to overall safety, but it also fosters a sense of community and well-being. Whether driving, cycling, or walking, we should all take a moment to appreciate the present and make choices that contribute to a safer, more harmonious public space.

Let's stay vigilant and work together to make our roads safer for everyone.



Uncovering Deux-Montagnes' History

The Journées de la culture Adventure!

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As part of the Journées de la culture taking place on September 28 and 29, the City of Deux-Montagnes invites its residents and visitors to participate in a unique event designed to connect the community with its rich heritage. Through an open-air interpretation circuit, participants will have the opportunity to explore the city's historical landmarks, learning about significant moments that have shaped the local identity. This event underscores the importance of civic engagement and cultural preservation, encouraging everyone to take pride in the city's legacy.

This initiative reflects the city's ongoing commitment to promoting cultural awareness and fostering a sense of belonging among its residents. The interpretation circuit covers approximately five kilometers, making it accessible by foot, bicycle, or car, and is designed to be explored independently. Participants will visit eight historically significant locations around Deux-Montagnes, each marked with panels containing valuable insights about the city's past. The information provided on these panels serves as a foundation for the multiple-choice questionnaire that forms part of the event, encouraging participants to engage actively with the material.

This event is more than a leisurely tour; it is an opportunity for citizens to deepen their

understanding of their community's historical landscape. From the exterior of the library to the gazebo at City Hall, and from Parc Bélaïr, home to an old locomotive, to the Petite école jaune, each location has been carefully selected for its historical significance. As participants move through the circuit, they will gain a broader appreciation for how these landmarks contribute to the city's cultural narrative.

To add to the excitement, participants can enter a draw to win one of three gift sets by submitting their completed questionnaires. Submissions are due by October 4 and can be handed in at the library or sent via email. This small but meaningful gesture serves as an additional incentive for participants to engage fully with the event while offering a reward for their efforts.

The city's dedication to preserving and celebrating its history is evident in the organization of this event, which combines education, recreation, and civic pride. In doing so, Deux-Montagnes ensures that its cultural heritage remains a vital part of community life, inspiring future generations to value and protect their shared history. The winners of the gift sets will be announced during the week of October 7, but the true reward lies in the enriched understanding of local heritage.



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Ex-LJA administrator charged by UPAC was 'Outstanding Principal' six years ago

Alan Simoneau, two others, are accused of 'false billing' Sir Wilfrid Laurier School Board



Seen here in 2015 at SWLSB headquarters in Rosemère is former LTMHS principal Alan Simoneau (Photo: Martin C. Barry, Newsfirst Multimedia)

MARTIN C. BARRY
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If anyone felt blindsided last week when a specialized unit of Quebec's Unité permanente anticorruption (UPAC) announced it was pressing charges against three people – including a former SWLSB school principal from Laval – it may well have been a national selection committee at Learning Partnership Canada.

Former Laval Junior Academy principal Alan Simoneau was one member of the trio named in a communiqué issued on Sept. 12 by UPAC's Commissaire à la lutte contre la corruption (CLCC).

Alleged billing fraud

In its release, the CLCC named Simoneau, as well as SWLSB employee Rajesh Awasthi, and Barbara Tomasini, identified as the owner of Édu-Vation, a company the CLCC claims was being used as a front to send invoices for services which were never delivered.

The province's online Registraire des entreprises (business registry) confirms Tomasini, a Dollard des Ormeaux resident, as the owner of the company, which also did business under Photographie Moments/Moments Photography. However, Édu-Vation's corporate charter, according to the registry, expired long ago.

A 2018 'Outstanding Principal'

Simoneau was the principal of Lake of Two

Mountains High School in 2018 when the Toronto-based Learning Partnership Canada selected him among others to receive their Canada's Outstanding Principal award, according to *Newsfirst Multimedia* files dating from back then.

Simoneau was one of 40 principals judged as outstanding across Canada – three of whom were in Quebec – for demonstrating innovation and exemplary leadership within their schools. "Mr. Simoneau's profound impact on our students, teachers and community makes him perfect for this distinguished award," Guy Gagnon, who was the commissioner for the SWLSB's Ward 3 on the North Shore, said at the time.

Gagnon said that Simoneau at LTMHS had "surpassed expectations by being an exceptional administrator, a dynamic leader and a visionary pedagogue for our learning community. It's a well-deserved recognition."

Was praised for his skills

The Learning Partnership said Alan Simoneau was recognized for his skills, results-based approach, and student-first perspective to change the culture at LTMHS. They said he sought out grants, community partnerships and foundations to make changes.

In a September 2018 post on the SWLSB's Facebook page, which drew attention to Simoneau's Learning Partnership award, Rajesh Awasthi (who was mentioned in a

December 2018 issue of the North Shore publication *Community Connections* as an administrative technician at LTMHS) wrote, "Congratulations Alan Simoneau. Your hard work and dedication to LTM the past 5 years has not gone unnoticed!"

Simoneau was also honored by the SWSLB in 2015, after LTMHS was awarded two grants of \$10,000 each by the National Bank of Canada for student science projects. He was presented by the SWLSB commissioners with a Certificate of Achievement at the board's February 2015 meeting at SWLSB headquarters in Rosemère.

Alleged breach of trust

In its release, the UPAC unit said that Simoneau faces a charge of breach of trust, one count of fraud of more than \$5,000 and a charge of possession or trafficking of a forged document. Some of the charges were also authorized against Awasthi and Tomasini, the latter being described in the CLCC's statement as involved in a relationship ("en relation") with Awasthi.

"The investigation, led by the CLCC, attempts to demonstrate that from March 8, 2016 to May 16, 2019, Alan Simoneau, with the help of his accomplices, put into place a system of false billing through a front company to the detriment of the SWSLB, his employer at that time," the CLCC stated. "The scheme seemingly consisted of paying sums of money to Édu-Vation."



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Rosemère Harvest Day

A Celebration of Community, Giving, and Local Culture

MARIA DIAMANTIS

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Rosemère's *Harvest Day* was a vibrant gathering that brought together families and neighbors for a day filled with entertainment, workshops, and local culinary delights. The event served not only as a festive occasion to celebrate the season's bounty but also as a meaningful opportunity for community engagement.

A key aspect of this year's event was the food drive in partnership with *Moisson Laurentides*, a regional food bank that provides vital services across the Laurentian region. During the celebration, 47 kilograms of food were collected, a significant contribution that will help support local families facing food insecurity.

The Civic Importance of Harvest Day

Harvest Day holds a special civic significance for Rosemère. It fosters a sense of community, bringing people together to celebrate the region's agricultural heritage and promoting sustainable, local food systems. Such festivals play an essential role in bridging the gap between consumers and producers, emphasizing the importance of supporting local agriculture.

In addition to showcasing local produce, Harvest Day also encourages environmental stewardship and highlights the benefits of sourcing food sustainably. The event provides

a platform for local artisans, farmers, and small businesses to connect directly with the community, helping to strengthen the local economy.

Moisson Laurentides: Fighting Food Insecurity

The collaboration with *Moisson Laurentides* added a deeper dimension to this year's celebration. As the largest food bank in the Laurentians, *Moisson Laurentides* supports over 83 community organizations and helps provide food for more than 20,000 individuals each month. Its work is crucial in addressing food insecurity, particularly in regions where access to affordable, nutritious food can be limited.

In addition to distributing food, *Moisson Laurentides* is dedicated to promoting food equity and sustainability. The 47 kg of food donated at Rosemère's Harvest Day will contribute to these efforts, ensuring that many individuals and families across the region have access to essential resources.

Looking Ahead

As an annual event, Rosemère's *Harvest Day* continues to grow in importance, not only as a celebration of the season but also as a platform for community support and local action. The successful partnership with *Moisson Laurentides* is a reminder of the collective impact such gatherings can have on the well-being of the community.

Harvest Day remains a testament to the spirit of collaboration and the shared responsibility of ensuring that no one in the community is left behind.



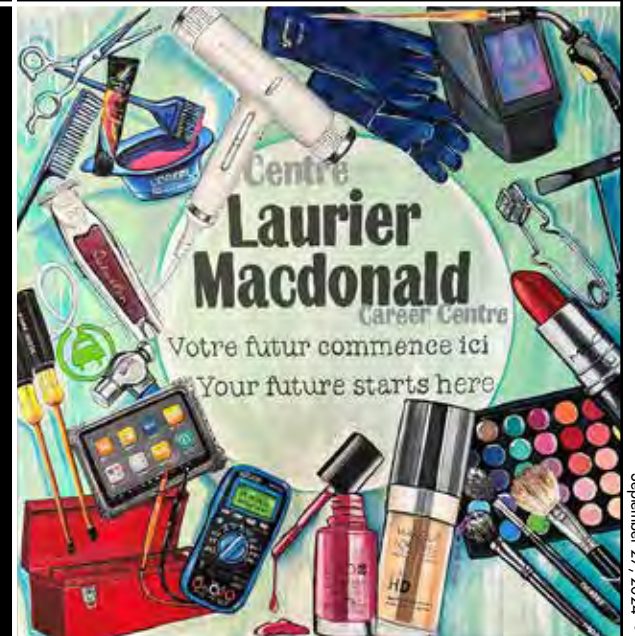
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Quebec among provinces with lowest healthcare expenditure, how does the rest of Canada compare?

Study reveals the provinces spending the most on healthcare

PRESZLER INJURY LAWYERS

- Quebec ranks tenth, spending \$8,785 per person on both public and private healthcare annually
- Nunavut takes the top spot, spending an estimated \$23,652 per person
- Ontario spends the least on healthcare, at \$8,245 per person each year

Healthcare spending is a crucial aspect of public policy and quality of life in Canada, and the expenditure per person varies significantly across provinces.

New research has revealed the Canadian provinces and territories spending the most money on healthcare per person each year, with **Quebec** ranking tenth.

Alberta personal injury lawyers, Preszler Injury Lawyers, analyzed data from the Canadian Institute for Health Information to determine how much each of the provinces and territories spends on healthcare per person in a year, taking into consideration the costs of both public and private healthcare.

Taking the top spot is **Nunavut**, spending an estimated \$23,652

annually per person on both public and private healthcare. The territory's remote location and harsh climate could contribute to these high costs. There is also a higher prevalence of certain diseases in Nunavut such as heart failure and lung cancer due to its higher number of smokers, requiring more specialized care than other regions of Canada.

In second place is the **Northwest Territories**, with an estimated yearly healthcare spend of \$21,750 per person. Similarly to Nunavut, the Northwest Territories are more secluded, meaning they don't have the same access to healthcare as Canadians living in urban centers. This can sometimes mean patients have to be transported to more specialized facilities, costing more money.

Next on the list is **Yukon**, spending \$15,696 per person on healthcare each year. The high cost could reflect the territory's efforts to provide comprehensive medical services across its large, sparsely populated area, which inevitably brings costs up.

Newfoundland and Labrador spends an estimated \$10,333 per person in a year. The province's aging population and high rates of chronic diseases could contribute to the high healthcare costs. Its geographic location also requires higher spending on medical transport and specialized treatments.

The Canadian provinces spending the most money on healthcare per person each year

Rank	Province	Estimated healthcare spend per person (\$)
1	Nunavut	23,652
2	Northwest Territories	21,750
3	Yukon	15,696
4	Newfoundland and Labrador	10,333
5	Nova Scotia	9,737
6	British Columbia	9,182
7	Saskatchewan	9,112
8	Alberta	9,041
9	Prince Edward Island	9,036
10	Quebec	8,785
11	Manitoba	8,616
12	New Brunswick	8,413
13	Ontario	8,245
Canada as a whole		8,740

Fifth is **Nova Scotia**, spending roughly \$9,737 per person in a year. Similarly to Newfoundland and Labrador, Nova Scotia has an older population and a high prevalence of chronic diseases, requiring more healthcare services, and therefore more money spent per person.

Following is **British Columbia**, spending around \$9,182 on healthcare per person each year. The province has a significant elderly population, which could increase the demand for healthcare services.

With an estimated yearly healthcare spend of \$9,112 per person, **Saskatchewan** ranks seventh. The need to provide services across both densely populated urban centers and remote rural areas could contribute to this cost.

Next up is **Alberta**, spending an estimated \$9,041 per person. While it has a large population, which can strain the healthcare system, the province is efficient with preventative care measures and advanced technology.

In ninth place is **Prince Edward Island**, spending \$9,036 per person on healthcare each year. This lower expenditure could be due to its smaller population, reducing the demand for healthcare services. The province also has a relatively high ratio of primary care providers to residents, emphasizing preventive care and reducing the need for more expensive emergency services.

Tenth is **Quebec**, with an annual healthcare cost of \$8,785 per person. There are a few factors that could contribute to the slightly lower cost in this province; it has a well-developed network of community health centers that provide accessible, cost-effective care. Quebec's pharmaceutical policies, such as the regulation of drug prices, also help to keep costs down.

Manitoba has the third lowest healthcare spend, at \$8,616 annually. The province places a strong emphasis on preventive care and community health programs, which reduce the incidence of chronic diseases and the need for more expensive treatments.

New Brunswick is next, spending an annual \$8,413 per person on healthcare. Its smaller and more stable population could allow for a more manageable demand for healthcare services, leading to efficient resource distribution and cost control.

The province spending the least on healthcare each year is **Ontario**, at just \$8,245 per person. There are several factors that could contribute to this, from better preventative measures to advanced technology and telemedicine.

A spokesperson from Preszler Injury Lawyers has commented: "It is fascinating to see which provinces are spending the most on healthcare. Factors such as population size, geographic location, and the prevalence of chronic diseases likely play significant roles in these differences.

"On top of that, differences in health policies between provinces, the efficiency of healthcare systems, and the emphasis on preventive care can also have an impact on overall cost.

"Understanding these differences and the reasons for them can help policymakers tailor more effective healthcare solutions across the country."

This information was provided by Preszler Injury Lawyers, Alberta personal injury lawyers.

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DIRECT ANSWERS

FROM WAYNE & TAMARA

MAN'S BEST FRIEND

Q My mother-in-law has lived with us four years. She baby-sits our son, 4, and takes him back and forth to school three days a week.

She also helps getting our 8-year-old ready in the morning. We pay her for her services. She pays no rent or bills and buys no groceries.

My problem is she has no motivation, no goals, and doesn't want anything in life. She has nothing of her own, nor does she want anything. I suggested a part-time job so she could have extra money and do something with her life. She doesn't want to. She is happy having nothing and doing nothing.

It bothers me to come home from a long day at work and see her watching television day and night. If she weren't in my house it wouldn't matter, but I don't understand how she could be happy making \$100 a week. My wife acts like she can't live without her mother and doesn't mind that we take care of her.

All I want her to do is get out in the world, better herself, and maybe after she gets on her feet, help us out a little. All she does is watch the kids, and by that I mean they do anything they want except hurt themselves. When we get home from work, she has plenty of time to go to bingo or visit her friends. If she has time to do all that, why doesn't she have time to help herself?

Stan

A Stan, your arguments contradict one another. In the opening of your letter you are concerned your mother-in-law is a recluse and possibly depressed. Then you are angry at supporting her. Finally you hope she can get out in the world and help you out. You go on to mention she has no life, but complain she has time for bingo and friends.

What's the essence of what's going on? Having your mother-in-law live with you is like owning a dog. She plays with the kids, she's a drain on your income, and your wife is really attached to her. But you don't especially like dogs. If she was a working breed, it would be another matter.

Do you think you can teach this old dog new tricks? Not likely. You can't change a lapdog into a working breed, and you can't turn your mother-in-law, at her age, into what you wish her to be. She could get a job and help you out. But she won't. Stop thinking that way. She's not her son-in-law's best friend.

This issue could drive a wedge between you and your wife, but is it worth it? The only real power you have is the power to frame what you see.

You won't get positive attention from your wife by focusing on her mother. But if you focus on your wife and children, can you see the benefits you will reap? Your mother-in-law is taking your focus from where it should be. If you can't stop focusing on her, you will be the one in the doghouse.

Wayne & Tamara

FROM THE HEART

Q In the name of love please do one thing for me, and I promise never to bother you again. If you publish the following letter in the newspaper, I would be most grateful.

Dear Karen, This day, now and forever, I would tell you how I feel. I love you beyond all limits. I love you more than I can express. Never will I leave you. Never will there be anyone besides you. Always,

Joseph

A Joseph, only one thing endures: love. In a famous poem Leigh Hunt wrote, "Jenny kissed me when we met, Jumping from the chair she sat in.... Say I'm weary, say I'm sad, Say that health and wealth have missed me, Say I'm growing old, but add, Jenny kissed me."

Tamara

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

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

or email: GetInTouch@WayneAndTamara.com

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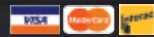
News

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COMMISSION SCOLAIRE SIR-WILFRID-LAURIER
SIR WILFRID LAURIER SCHOOL BOARD

PUBLIC NOTICE OF ELECTION
November 3, 2024, School Election

PUBLIC NOTICE is hereby given to the electors of the Sir Wilfrid Laurier School Board by Lorraine Sperano Gauthier, returning officer, that:

- The following positions are open for nominations:
 - Chairperson of the school board
 - Commissioner – Electoral division 1
 - Commissioner – Electoral division 2
 - Commissioner – Electoral division 3
 - Commissioner – Electoral division 4
 - Commissioner – Electoral division 5
 - Commissioner – Electoral division 6
 - Commissioner – Electoral division 7
 - Commissioner – Electoral division 8
 - Commissioner – Electoral division 9
- Nomination papers for this position must be filed at the office of the returning officer on the following days and times, by appointment:
 - September 24, from 1 p.m. to 5 p.m.
 - September 25, from 9 a.m. to 5 p.m.
 - September 26, from 2 p.m. to 8 p.m.
 - September 29, from 1 p.m. to 5 p.m.
- If two or more candidates are nominated for the same position,
 - a poll will be held on November 3, 2024, from 10 a.m. to 8 p.m., and
 - an advance poll will be held on October 27, 2024, from noon to 8 p.m.
- Dennis Gosselin was appointed to act as the Election Clerk.
- An elector who does not have a child admitted to the educational services of the English school board or the French school service centre serving their domicile may choose to exercise or revoke their right to vote within their English school board. This choice is made by sending a notice in writing to the returning officer of the English school board from September 20 to October 15, at 10 p.m.
- You can reach me or my assistants at the following coordinates:

Returning officer

Lorraine Sperano Gauthier
235, montée Lesage
Rosemère (Québec) J7A 4Y6
450 621-5600, extension 3420
lsperano@swlauriersb.qc.ca

Election Clerk

Dennis Gosselin
235, montée Lesage
Rosemère (Québec) J7A 4Y6
450 621-5600, extension 3420
elections@swlauriersb.qc.ca

Assistant authorized to receive nomination papers

Lise Bonenfant
235, montée Lesage
Rosemère (Québec) J7A 4Y6
450 621-5600, extension 3420
elections@swlauriersb.qc.ca

Given at Rosemère on September 20, 2024.

Lorraine Sperano Gauthier

Returning Officer
Lorraine Sperano Gauthier

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RCMP reminds Canadians about violent online groups targeting youth

(NEWSFIRST) - The RCMP National Security Program is working with the National Child Exploitation Crime Centre to protect youth from the threat of violent online groups.

These online groups have ties to known Ideologically Motivated Violent Extremist (IMVE) entities and are targeting youth online with the intention of getting them to record or live-stream acts of self-harm, suicide, animal torture and/or produce child sexual abuse material. The footage is then circulated among online networks and used to further control

and extort the young victims. In many cases, perpetrators are minors themselves. Victims may end up being encouraged or coerced into victimizing others.

Key motivators for members of these groups are to spread their ideology, gain notoriety, collect extreme violent online content, and rise in status within their groups.

They operate on publicly available platforms, including gaming platforms, social media sites and mobile applications that are popular with youth (Roblox, Discord, Minecraft, Twitch,

Telegram, Steam, etc.). This type of offence usually starts with a direct message through gaming platforms and can move to more private chatrooms on other virtual platforms, typically one with video enabled features, where the conversation quickly becomes sexualized or violent.

One of the tactics being used by these actors is sextortion, however, they are not using it to extract money or for sexual gratification. Instead they use it to further manipulate and control victims to produce more harmful and violent

content as part of their ideological objectives and radicalization pathway.

One IMVE group targeting children is commonly known as the 764 network (or “the com”) but goes by various monikers. Some of the largest sub-groups are known as: CVLT, Court, Kaskar, Harm Nation, Leak Society, 7997, 8884, 2992, 6996, 555, Slit Town, 545, 404, NMK, 303, and H3ll.

There are many major crimes being committed by these groups. Most concerning is the sexual exploitation, harm inflicted on children and animals, and aim to get victims to commit suicide on camera.

Warning signs

The following are some key indicators that your child could be the target of an IMVE group creating child sexual abuse and violent content online:

- They are on the mobile application Discord, Telegram or other encrypted communications platforms and for which you have no visibility as a parent.
- They are receiving anonymous gifts, items delivered to your home, currency, gaming currency or other virtual items.
- They are demonstrating an interest or affinity to extreme messaging online, including conspiracy theories, anti-government rhetoric, or sympathy/support toward extreme messaging or online propaganda.
- They are demonstrating a newfound and abrupt interest in questioning or rejecting moral constraints on their behaviour, together with an interest in Nazism, school shootings, serial killers, or occultism.
- Family pets or other animals are being harmed or die suspiciously.
- You notice a family pet is uncharacteristically avoiding or fearful of your child or you.
- Writing in blood or what appears to be blood.
- They have a new online “friend” or network they seem infatuated with and/or scared of.
- They are covering their skin in unusual ways.
- They are going through more bandages, or showing evidence of cuts, carvings on their skin, stab wounds and more.
- They are more quiet than usual and uncharacteristically withdrawn.
- They are excessively moody and on edge.
- Their grades are dropping.
- They are spending more time on the internet, unsupervised or alone in their room.
- They are spending more money online or asking for money more often than usual.
- They are scrawling names and/or numbers in notebooks, diaries, loose papers.

Note: These indicators alone may not be significant, however when considering them in clusters or with the totality of circumstances, could have more meaning and reason for concern.

Help us take action

Canadian victims have come forward and there are likely more victims across the country.

We ask parents, guardians and adults in positions of authority to keep an eye out for indicators that a child or youth is being targeted or exploited and report the information to Cybertip.ca or your local police. If you believe someone is in immediate danger, please call 9-1-1.

Your report could be the missing piece to preventing more harm.

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HOROSCOPE

Week of SEPTEMBER 29
TO OCTOBER 5, 2024

The luckiest signs this week:
SCORPIO, SAGITTARIUS AND CAPRICORN

ARIES
This week, you'll work hard to reach an agreement or conclude a transaction at work. Despite moments of anxiety and insomnia, your hard work will pay off. Success is on the horizon!

TAURUS
You may be given a management position at work. However, you must carefully consider if it's the right fit for you. You must learn to regulate your emotions and communicate effectively to maintain a healthy balance.

GEMINI
Adopting a new diet and exercising regularly will achieve satisfying results. This will lead to personal satisfaction and well-deserved pride. You'll be happy you took on the challenge.

CANCER
You have a gift for saying out loud what others are thinking. However, make sure your comments don't come across as overly critical to avoid hurting or shocking others. It's crucial to maintain a balanced communication approach.

LEO
If you're struggling financially, carefully review your bills for any errors that could save you money and alleviate your worries.

VIRGO
You'll throw yourself into a competitive activity and strive to win first place. You'll earn well-deserved recognition and warm applause as a testimony to your success.

LIBRA
If you're feeling tired, consider changing your lifestyle. Trying a new diet and getting out more could give you a much-needed energy boost and help restore balance.

SCORPIO
When managed effectively, stress can serve as a motivating factor to accomplish remarkable feats. Balancing various aspects of your life to channel your energy and reach your maximum potential is essential.

SAGITTARIUS
The stars will align to help you launch your own business or be promoted at work. Take the opportunity to explore new talents and open yourself to promising opportunities.

CAPRICORN
If you have plans for a holiday, it's wise to start preparing early, such as getting your passport and vaccinations, even if the trip is a few months away. You don't want to forget any vital details!

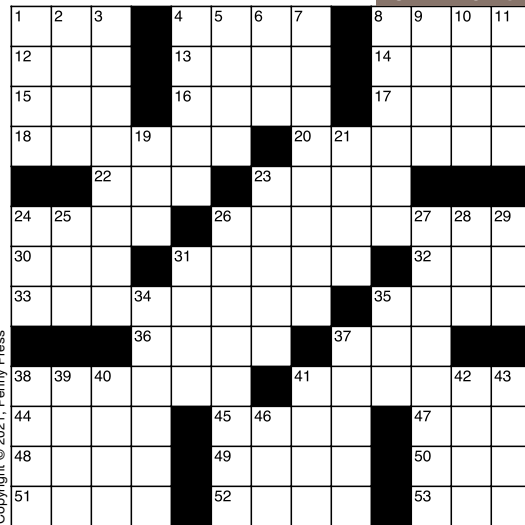
AQUARIUS
If you discover an injustice, your protective instincts will kick in. You'll play an essential role in re-establishing harmony and suggesting the necessary changes to make things right.

PISCES
When faced with injustice, try to be less judgmental and approach the situation more delicately. A more nuanced approach can help you better manage the situation.

Coffee Break

CROSSWORDS

PUZZLE NO. 181



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ACROSS

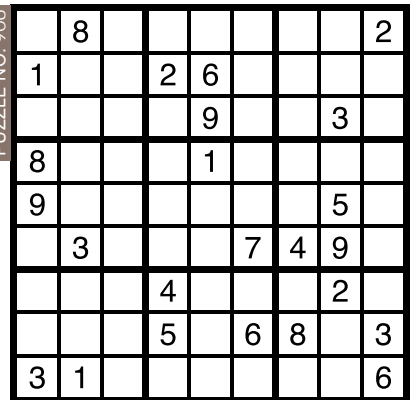
1. "___ a Living"
4. Soft light
8. ___ the fat (chat)
12. Cougar, e.g.
13. Calendar period
14. Traveled by train
15. Significant period
16. Long-nosed fish
17. Exude
18. Emphasize
20. Bed linen
22. Sunbeam
23. Eight-sided sign
24. Roasting bar
26. Bouncing back
30. Valuable mineral
31. Embroidered
32. Connecting link
33. Library patron
35. Mourned
36. Not nearby
37. Twain's Sawyer
38. Roe

DOWN

10. Ready for print
11. Dampens
19. Have a taco
21. Clasp
23. Woodcutter
24. Weep
25. Master
26. Gave a bonus to
27. Listed
28. Sip
29. Comprehend
31. Love seat
34. Brought up
35. Romance
37. Ringlet
38. Taxis
39. Soothing plant
40. Wind direction indicator
41. Small lump
42. Find pleasing
43. Pour forth
46. Historic period

Sudoku

PUZZLE NO. 906



HOW TO PLAY:

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

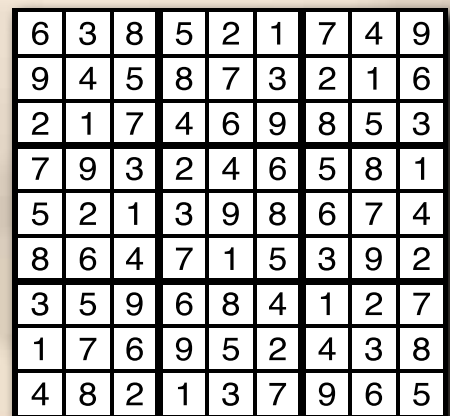
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.

Last Issue's Answers

CROSSWORDS



Sudoku



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- Leek (QC)
- Broccoli (QC)
- Butternut Squash (QC)
- Fresh Tumeric (organic) (Peru)
- Green Beans (organic) (QC)
- Sweet Potatoes (3) (QC)
- Green Cabbage (small) (organic) (Québec)
- Green Zucchini (2) (QC)
- Lemons (2)
- Green Apples (3)
- Bananas (4-5)
- Lettuce (QC)
- Tomatoes (pack) (QC)
- Garlic (Spain)
- Pineapple

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