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Rosemère council adopts PPU amid divisions and heated debate over golf lawsuit

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Rosemère's council chamber was once again filled to capacity on Wednesday, October 1, as the town officially adopted its long-debated special urbanism plan (PPU) for the regional hub, setting the stage for major changes at Place Rosemère. The decision, years in the making, came after extensive public consultations that Mayor Eric Westram described as both democratic and representative of local opinion. "This process showed the true thoughts of the residents, and we tried to keep those considerations in mind all while following our original idea that the status quo of Place Rosemère was not feasible," Westram said. He closed his remarks with a forward-looking appeal: "Together let's continue to build the Rosemère of tomorrow."

The PPU's adoption, however, was not unanimous. Councillor René Villeneuve took the floor with a personal statement opposing the project. "Who are we adopting this PPU for if not for the citizens?" he asked, arguing that Rosemère

should not become "an extension of Laval and Montreal" with dense housing developments. Some in the audience applauded his stance, though Councillor Marie-Elaine Pitre pushed back, pointing out that Villeneuve had worked on the plan with council for two years without a complaint before switching sides. She emphasized that residents had been consulted and that the project was still evolving. The chamber erupted in applause again, this time from her supporters.

The debate reflected the broader divisions that continue to shape the future of Place Rosemère. Resident Antoine Chaloux, speaking during the first question period, challenged the council's decision to move ahead with new housing and condo projects at the mall site. As an architect, he criticized the plan as a poor fit for the area. Westram responded that consultations had been underway for years and that regulatory deadlines required the town to act now.

Beyond the PPU, the meeting also carried a sense of transition. Councillors Philip Panet-Raymond and Marie-Andrée Bonneau who had already announced they would not seek



The council kicks off the final meeting before the upcoming November election. (Photo: Dylan Adams Lemaçon, North Shore News)

re-election, were thanked warmly by colleagues and the mayor for their years of service. Panet-Raymond, reflecting on his decades in Rosemère, urged residents to embrace community service "to ensure a brighter future for the kids."

This October session marked the last council meeting before the November municipal elections.

But the evening's most intense moments came once again during the second question period, as residents returned to the long-running lawsuit over the Rosemère golf course. Louise Allard, a familiar presence at recent meetings, brought court documents and accused the mayor of siding with developers. Westram pushed back firmly, reminding her that he had "gone through the judicial process and fought for the city." The exchange escalated, with Allard raising her voice

and the mayor repeatedly insisting that question period was "not a debate."

Resident Marie-José Longpré followed with pointed criticism of the mayor's calculations on the golf land's value, at one point asking mockingly if he wanted her to "write it down" for him. She also pressed on election-related concerns, questioning her ability to engage on social media without being censored. The back-and-forth further fueled the already tense atmosphere, with visible frustration from Westram, who at one point put his hands on his face in discouragement.

As the evening drew to a close, the mayor urged residents to look beyond divisions. With the golf lawsuit unresolved and the PPU now on the books, he concluded by asking citizens to vote in November "to move forward."

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Elections Québec takes special measures because of Canada Post strike

Voter reminder cards may not be arriving as usual with postal service out

MARTIN C. BARRY

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Quebec's Chief Electoral Officer Jean-François Blanchet has made a special decision to allow municipalities to deliver election-related documents by means other than direct delivery to voters during the 2025 municipal general election. Blanchet says the decision was necessary given the current disruption to postal services.

"Postal services are a key element of the electoral process," Blanchet said in a statement issued by his office.

"In the current context, municipalities, responsible for organizing their elections, will have to make considerable additional efforts to find other solutions," he said. "I urge voters to be understanding and take the time to contact their municipality to obtain all the information they need to exercise their right to vote."

Alternative measures

Blanchet said his decision would not prevent municipalities from delivering their documents by mail if the strike ends quickly and postal services resume as normal. But in the meantime, the chief electoral officer's office is proposing various alternative measures.

If municipalities are able to, they are being encouraged to prioritize a solution that will ensure the delivery of two documents to voters' doors, in accordance with the spirit of the electoral act: the notice of registration on the voters' list and the reminder card.

The municipalities are being told they can use another delivery service or rely on their staff or a group of volunteers, for example. If they are unable to distribute personalized registration notices in the name of each voter, they can distribute a non-personalized notice to each door.

They should then allow voters to verify in person their registration on the voters' lists, but also by telephone or online. They can also disseminate general information through posters, advertisements and their websites. If municipalities with 20,000 or more inhabitants are unable to deliver their reminder cards to voters' doors, they must allow them to verify their polling place by telephone, according to the chief electoral officer.

Mandatory Mailings

Under the legislation respecting elections and referendums in Quebec's municipalities, all towns and cities are required to send a notice of registration by mail to all addresses in their

territory. This notice indicates the names of the electors registered on the lists of electors at each address. It may also indicate that no one is registered at that address. It also indicates where and when the board of revisors will sit. This notice should be sent between October 6 and 15, depending on the municipality.

Nearly 92 per cent of Quebec's approximately 6.4 million electors are registered on the list of electors. Nearly 98 per cent of them are registered at the correct address. Between October 11 and 21, each municipality must hold at least two electoral list revision meetings to allow voters to register or change their registration if necessary. The locations, dates and times vary from one municipality to another.

Owners and co-owners

Élections Québec invites voters to use its online service to check their registration on the provincial electoral list. The majority of people registered on this list are also registered at the same address on their municipality's electoral lists. However, this is not the case for people who are eligible to vote as owners or co-owners of a building or as occupants or co-occupants of a business establishment within the municipality.

In addition, anyone who has changed their address and modified their registration on

the electoral list since September 5, including through the Quebec Change of Address Service (SQCA), must contact their municipality to make this change of address, even if the information is up to date on the Élections Québec website.

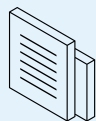
Make sure you are registered

Voters should not assume that they are registered on their municipality's electoral lists, even if they voted in the last federal election, since the electoral lists used in the upcoming election are separate. No one will be able to make changes to the electoral rolls on election day. This is an important difference between federal and municipal elections.

To be eligible to vote in the 2025 municipal elections, you must meet these five conditions on the November 2, election day: Be registered on the electoral lists of your municipality; Be 18 years of age or older; Be a Canadian citizen; Be in one of the following situations: domiciled in the municipality and, for at least 6 months, in Quebec; Be the owner of a building in the municipality or the occupant of a business establishment located within the municipality for at least 45 days. 5. And still have the right to vote (unless it has been revoked because of non-residency or other reason).



The Municipal Election Is on the Horizon!

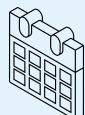


Are you on the list of electors?

Most electors are entered on the list of electors at their domiciliary address and do not need to take any action.

To be sure, you can confirm your entry on the list with your municipality.

On election day, you will not be able to register or make any changes.



Where and when can you vote?

To find out the address of your polling place, check with your municipality.

Advance polling:

Sunday, October 26, from 12:00 p.m. to 8:00 p.m.

Election day:

Sunday, November 2, from 10:00 a.m. to 8:00 p.m.

In certain municipalities, there are other days to vote.



What do you need to bring to vote?

The following pieces of ID are accepted:

- Health insurance card
- Driver's license
- Canadian passport
- Indian status card
- Canadian Forces identification card

You do not need any other document to vote.

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OPINION & Editorial



Expectations of citizens from their next municipal administration

As cities prepare for their municipal election on November 2, 2025, many stand at a crossroads. Citizens across the electoral districts are not just choosing a mayor and council—they are expressing their hopes, frustrations, and aspirations for the future of Quebec. The next administration will inherit cities grappling with urban growth, infrastructure challenges, environmental concerns, and a demand for greater transparency and community engagement.

Urban development with a human touch

Quebec cities have seen rapid development in recent years, with new residential and commercial projects reshaping the landscape. However, many residents are calling for smarter urban planning that prioritizes livability. Citizens want green spaces preserved, traffic congestion addressed, and public transit expanded.

Affordable housing and inclusive communities

Housing affordability remains a pressing issue. With rising property values and rental costs, many residents—especially young families and seniors—are struggling to find suitable housing. Voters expect the next municipal government to implement policies that promote affordable housing.

Climate action and environmental stewardship

Environmental concerns are top of mind for many citizens. From flooding risks in low-lying areas to the need for better waste

management and cleaner air, residents are demanding bold climate action.

Transparency, accountability, and civic engagement

Trust in local government is fragile. Citizens want more transparency in decision-making, clearer communication from elected officials, and genuine opportunities to participate in shaping their communities. The next mayor and councils must commit to open governance, regular consultations, and accessible platforms for feedback and dialogue.

Public safety and community well-being

Safety is a foundational concern. Residents expect continued investment in public safety services, including police, fire, and emergency response. They expect from their police force to be more efficient against crime. They need to feel that sense of security and nothing less.

Infrastructure renewal and mobility

From aging roads to outdated water systems, the infrastructures across Quebec need attention. Citizens are calling for strategic investments that improve mobility, reduce commute times, and enhance the quality of public services. The next administration must prioritize long-term infrastructure planning while addressing immediate concerns. Citizens are for bicycles, but they want the rules of the road to be obeyed to the fullest. Riding a bike has as much responsibility as driving a vehicle.

Support for local businesses and economic resilience

The pandemic and economic shifts have impacted the business community. Residents across the province want their leaders to champion local entrepreneurs, attract sustainable investment, and create jobs that reflect the evolving economy. Economic development must be inclusive, resilient, and forward-looking.

Respect for anglophones

The anglophone community—many of whom are bilingual and deeply integrated into the social fabric—expect recognition, respect, and equitable access to services. Recent provincial policies, such as Bill 96, have raised concerns about the erosion of English-language rights and access to information.

Citizens in these communities want the next municipal administration to ensure that communication, public services, and civic participation remain inclusive and linguistically accessible. This includes supporting cultural organizations, and acknowledging the unique challenges faced by linguistic minorities.

Looking ahead

The next municipal administration will not only manage budgets and bylaws—it will shape the future of a city that is dynamic, diverse, and full of potential.

On November 2, voters will cast their ballots not just for candidates, but for a vision of what their city can become.

George Guzman
Co-publisher, *The North Shore News*

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Deux-Montagnes honours Robert Slovick for heroic actions during October 2024 fire

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The Town of Deux-Montagnes acknowledged its resident Mr. Robert Slovick, who has been awarded a 2025 Citation of Recognition by the Quebec Ministry of Public Security. The citation was presented in recognition of his courageous actions during a major fire on October 19, 2024, and formally conferred on October 5, 2025 during the National Day of Recognition for Firefighters event at the Palais Montcalm in Québec City.

A decisive response in an emergency

On October 19, 2024, Mr. Slovick intervened promptly when a significant fire erupted in his condominium building in Deux-Montagnes. He showed notable composure, spirit of initiative, and leadership by helping to evacuate all occupants and coordinating with the municipal fire department, thereby easing the work of first responders and preventing what could have become a much more tragic situation.

In the press release on the National Day of Recognition, the Government of Québec states: "For his part, citizen Robert Slovick showed an incomparable spirit of initiative on October 19, 2024, by helping the occupants exit his condominium building where a major fire had broken out, and by communicating effectively with his municipality's fire safety service, which greatly facilitated the work of the emergency services."



The same source also quotes Ian Lafrenière, Québec's Minister of Public Security, during the ceremony:

"I congratulate Mr. Robert Slovick, who demonstrated remarkable courage and dedication in a context that demanded a great deal of insight and speed, in order to evacuate all occupants of the building and hand them safely over to the arriving rescue personnel. ... A huge thank-you to all these brave honourees and congratulations for your meritorious acts!"

The press release further notes that rather than waiting safely outside, Mr. Slovick returned into the burning building to assist, despite the danger.

A veteran of 40 years in firefighting

Mr. Slovick is a retired firefighter, having served 40 years in the profession, including time as a lieutenant, primarily with the Deux-Montagnes / Sainte-Marthe-sur-le-Lac Fire Service. He retired approximately five years ago from active service.

His long career and continued commitment to community safety made him a fitting recipient for this provincial recognition.

The provincial citation and ceremony

The Citation of Recognition 2025 is part of the Québec government's observance of the National Day of Recognition for Firefighters, held annually to highlight acts of bravery among firefighters and citizens. During the October 5 ceremony at Palais Montcalm in Québec City, Minister Lafrenière and other officials formally honoured Mr. Slovick and fellow recipients.

In announcing the awards, the government indicated that several heroes from the Laurentides region (including Slovick) were to be recognized.

Community coverage and acknowledgment

The Ville de Deux-Montagnes municipal Facebook page posted about the October 19, 2024 fire and specifically mentioned Mr. Slovick's intervention:

"Le 19 octobre 2024, M. Slovick a fait preuve d'un esprit d'initiative et d'un sang-froid remarquable lors d'un incendie majeur survenu dans son immeuble en copropriété à Deux-Montagnes."

Another municipal post (in follow-up) publicly recognized the citation awarded to Mr. Slovick: "reconnaissance attribuée à M. Robert Slovick, citoyen de Deux-Montagnes, qui a reçu une Citation de reconnaissance du ministère de la Sécurité publique."

Significance of the recognition

This provincial recognition underscores how a citizen's prompt and courageous response in a life-threatening emergency can complement the efforts of professional first responders. In Mr. Slovick's case, his experience as a former firefighter likely informed his calm, effective intervention under pressure. The award also serves as a model for civic duty and community solidarity.



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Deux-Montagnes council closes mandate with REM update, new regulations and farewell to councillor Mendes



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The municipal council of Deux-Montagnes held its final meeting of the mandate on Thursday, October 2, drawing more than 20 citizens to town hall on chemin d'Oka. The evening mixed routine agenda items with concerns from residents, updates on infrastructure and a moment of recognition for a departing councillor.

Mayor Denis Martin began the session by once again addressing the long-awaited arrival of the REM commuter train. He joked that he had now been told for the "sixth time" that service was coming soon, but added this time the assurances seem more serious. "They seem very serious about starting November," Martin told the crowd, striking a cautiously optimistic note.

Council quickly moved through the adoption

of several agenda items, including confirming the 2026 schedule of council meetings. Starting next year, meetings will be held on the second Thursday of each month, with a new 7 p.m. start time instead of the usual 7:30 p.m. The mayor also shared encouraging news on the city's financial position, saying Deux-Montagnes is currently in surplus and expressing hope it will remain that way through year's end.

Fraud was also amongst one of the talking points for the council. Some citizens in Deux-Montagnes had been sold fake bus and grocery cards, prompting the city to step in with support.

In the question period, residents raised a variety of concerns. Former councillor Martin Bigras took the floor, expressing unease about a building near his business that was the site of a shooting in late September. Citing years of problems in the area, he worried the incident

could hurt nearby businesses, including his own.

Other concerns were more local in nature. A resident warned that pickleball courts situated next to a baseball field posed a safety risk, noting that a friend had been struck by a ball. Mayor Martin responded that protective nets were supposed to be installed already and assured those present that they should be going up shortly.

The meeting closed on a more personal note. With municipal elections looming, Mayor Martin said he was proud of the work accomplished with his current team and expressed his hope for re-election. He offered a special thank you to councillor Michel Mendes, who will not be seeking another mandate. Recalling the early basement meetings where their political movement first took shape, Martin presented Mendes with a gift and warm words of appreciation.

The applause that followed marked both an

ending and a transition, as Deux-Montagnes looks ahead to the next chapter in its municipal life.

Furthermore, two sets of regulatory changes were adopted during the evening. One amends the tariff bylaw, setting new rental fees for community spaces such as the Salle Annette-Savoie and the Salle des Vétérans, as well as introducing a rate for hosting children's parties in the arena's off-ice room — \$325 for residents and \$400 for non-residents. The bylaw also revises rental costs based on duration of use, with longer events now facing higher fees. A second amendment updates the internal rules governing how council meetings are conducted, ensuring the city's regulations align with provincial law.



Mulcair: First Nations claims 'not settled'

Former NDP leader and Chomedey Liberal MNA Tom Mulcair continues to advocate for indigenous Canadians' rights more than seven years after leaving politics.
(Photo: Martin C. Barry, Newsfirst Multimedia)

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Are Canada's national anthem sung at the beginning of major sports events and the "land acknowledgment" recited at the start of many public gatherings to recognize Canada's indigenous peoples at odds with one another?

The question was one that former federal NDP leader and Chomedey Liberal MNA Tom Mulcair answered following a talk he gave on legal issues affecting indigenous rights and the environment in Canada on September 25 as a Jurist-in-Residence program guest at Concordia University.

Indigenous issues advocate

Over the course of his political career — especially at the federal level — Mulcair advocated strongly for respect for court rulings and international obligations towards Canada's indigenous peoples, according to an iPolitics summary of the NDP's positions under Mulcair's leadership published in 2013, two years before the 2015 election.

According to CTV News report a few months before the election in which Mulcair and the NDP would suffer a major setback after finishing in a distant third-place, he advocated for a "nation-to-nation" relationship between the First Nations and the federal government.

Hollow statements

But as one attendee at Mulcair's lecture pointed out, land acknowledgment statements, which typically refer to "unceded" lands or territory originally belonging to First Nations, tend to ring hollow in the context that no further action is being taken to reconstitute the First Nations.

She also suggested that some of the words in O Canada and in land acknowledgments stand in contrast if not outright contradiction to each other.

She recalled recently being at a recent hockey game in western Canada where some fans from First Nations sitting next to her were appalled that a land acknowledgment was recited just before everyone stood up for the country's national anthem.

'It's not settled,' said Mulcair

While Mulcair conceded that land acknowledgments have no binding legal effect, he maintained they still have the ability to keep within people's minds the understanding that "this is not ours as of right — this is something that belonged to people who were there before," he said.

"Land acknowledgments are a way of putting into the general public's mind that we should be thinking about this stuff — that it's not settled and that there's still a lot that has to be done," he continued.

"That's the best way to look at it." While insisting that land acknowledgments are helpful, Mulcair had nothing more to say in terms of taking the statements a step further.

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Rosemère council formally adopts redevelopment plan for Place Rosemère sector

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Rosemère's municipal council has formally adopted its Special Planning Program (PPU) for the redevelopment of the Place Rosemère sector — a decision that defines the town's vision for one of its most strategic urban areas through 2040.

The new plan amends the town's urban by-law (800-06) to integrate a long-term strategy aimed at transforming the regional commercial hub into a greener, more diversified mixed-use district. The measure was passed at the council meeting held October 1 and concludes nearly seven years of planning and consultation.

From study to adoption

According to the Town, the PPU is the product of a process that began in 2018 and intensified this year through public consultations that attracted roughly 360 participants. The most recent session, held on September 10, led to several adjustments. Among them:

- The minimum commercial space required

on ground floors was reduced from 50 per cent to 40 per cent, giving developers more flexibility for mixed-use projects.

- A 200-metre protection zone was established along Bouthillier Boulevard, where building heights will now be limited to preserve the existing streetscape.

These modifications were incorporated into the final version of the plan that council approved on Tuesday night

A strategic redevelopment area

The Place Rosemère sector — which includes a large commercial centre and adjoining lands — plays a key role in the town's tax base. The municipality argues that the site's renewal is essential not only for economic activity but also for improving environmental conditions.

Officials emphasize that increasing vegetation cover and reducing paved surfaces are central to the project. The area currently represents the town's largest urban heat island, and the PPU seeks to address that through "greening" measures.

At the same time, the mixed-use model

promoted in the plan aims to introduce housing options for different age groups and create a more walkable, community-oriented environment.

Next steps and oversight

The adoption of the PPU does not mean immediate construction. The document serves as a framework; the next stage will involve the adoption of concordance zoning by-laws, which must align the town's regulatory framework with the new vision.

These by-laws are expected to be developed and tabled by the incoming municipal council after the November 2 election, with additional public consultations scheduled for spring 2026.

In the meantime, the Town has stated that no building permits will be issued unless infrastructure studies confirm adequate capacity and the economic viability of projects is assured

A plan aligned with regional objectives

The Place Rosemère PPU is consistent with



by-law 24-02 of the MRC Thérèse-De Blainville, in effect since January 2025, which sets out planning priorities for regional hubs. Rosemère's plan now provides the detailed framework for development up to 2040, including land-use, transportation, and environmental parameters

For residents, the adoption marks the conclusion of one phase and the beginning of another — moving from design to implementation. The coming months will determine how this long-anticipated vision for the town's main commercial artery begins to take shape.



Happy Thanksgiving!

How to have an eco-friendly Thanksgiving

The holiday season is upon us and good times and great food undoubtedly lie ahead. Unfortunately, there's an environmental toll to pay for our annual celebrations. Here's how to make your Thanksgiving more environmentally friendly.

- **Make your meal from scratch.** Instead of buying pre-made stuffing, canned pumpkin puree and gravy from a package, try your hand at making these things yourself. This will cut down on the amount of packaging used and tends to be less expensive and tastier to boot.

- **Don't toss your leftovers.** Ask your dinner guests to bring reusable containers with them so that they can take home a portion of the leftovers. To use up what gets left behind, find recipes that allow you to reinvent your Thanksgiving dishes. And don't toss the turkey carcass or vegetable trimmings either. Use them to make soup broth instead.

- **Buy locally sourced food.** Head to your favorite farmers' market for locally grown fruits and vegetables. Purchase your turkey from a farm or butcher



shop in the area.

- **Skip the disposables.** Use regular plates, glassware, silverware and serving dishes instead of disposable ones. If you don't have enough dishes for all your guests, borrow some or head to a local thrift shop to pick up what you need.
- **Use "green" decorations.** Repurpose things you already have around the house when creating your centerpiece and other decorations. Alternatively, head outside to gather leaves, acorns and pinecones to create something that's charmingly rustic and results in zero waste being created.

By taking these small but impactful steps, you'll reduce your carbon footprint and help make Thanksgiving a little more environmentally friendly.

*Joyeuse Action de grâce !
Happy Thanksgiving!*



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Ottawa faces blowback over request Supreme Court set limits on 'notwithstanding' clause

'It's a direct attack on Bill 21,' says Quebec's Secularism Minister Jean-François Roberge

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Provincial leaders from Quebec and other parts of the country reacted poorly last week after federal Justice Minister Sean Fraser announced that the Liberal government is asking the Supreme Court of Canada to set limits on how the Canadian Charter of Rights and Freedoms' "notwithstanding" clause is used to override conflicting provincial laws.

"As Attorney General of Canada, I have filed a factum with the Supreme Court of Canada outlining Canada's position on constitutional issues raised by the use of the notwithstanding clause," Fraser said in a statement.

"The Canadian Charter of Rights and Freedoms is a pillar of our democracy and a reflection of our shared values," he said. "It guarantees fundamental freedoms, including freedom of thought, belief, expression, religion, and association.

Decision's lasting impact

"It also guarantees equality before the law, and the right to life, liberty and security of the person. The Charter protects these rights for everyone in Canada, and they are at the heart of our democratic society.

"This case is about more than the immediate



Federal Justice Minister Sean Fraser faces sharp criticism from several premiers of Canada's provinces after asking the country's Supreme Court to set limits on the in the Charter of Rights and Freedoms's "notwithstanding" clause.
(Photo: Courtesy of Sean Fraser, Facebook)

issues before the Court," Fraser added. "The Supreme Court's decision will shape how both federal and provincial governments may use

the notwithstanding clause for years to come."

The notwithstanding clause has proven to be controversial since its inclusion in the Charter of Rights, which was part of the Constitution of Canada enacted by Prime Minister Pierre Elliott Trudeau's Liberal government in 1982. The clause was included as a political compromise to obtain the support of the provinces for the constitution and charter.

Deal broke a deadlock

The inclusion of the clause is widely viewed by political scientists and analysts today as a deal struck to break a deadlock between the federal government and the provinces during the constitutional negotiations, allowing legislatures to pass laws that temporarily override certain Charter rights if necessary.

Some, but not all, Charter rights are subject to the notwithstanding clause. The clause authorizes governments to temporarily override the rights and freedoms in sections 2 and 7 through 15 for up to five years, subject to renewal.

The notwithstanding clause has been used

most often by Quebec to justify legislation deemed necessary to safeguard the French language, as well as by Alberta, which invoked notwithstanding to enshrine a definition of marriage as being exclusively heterosexual.

'Attack on Bill 21,' says CAQ

In Quebec within just a few hours of Fraser's announcement, members of the Coalition Avenir Québec government weren't mincing words when reacting to Ottawa's intervention – especially regarding its potential impact on Bill 21, the province's "religious symbols" secularism law.

Quebec Justice Minister Simon Jolin-Barrette accused the federal government of not only attacking Quebec, but also of attacking the parliamentary sovereignty of the legislative assemblies of all of Canada.

"They want to break the deal that they had," Jolin-Barrette told journalists in Quebec City, alluding to the federal government's original intention for including the notwithstanding clause.

Quebec's Secularism Minister Jean-François Roberge, went further, accusing the Carney government of hypocrisy.

He said the federal government claims to not be against the secularism law, while opposing the measure put in place to safeguard it. "It's a direct attack on Bill 21," he said. In a statement, Fraser emphasized that his request for limits is not only about Quebec's secularism law.

'Overreach,' says Ontario's Ford

In Ontario, Premier Doug Ford warned that Ottawa's bid to curb the province's use of notwithstanding would be an overreach his government would not tolerate, as he also maintained that provincial governments have the full political backing of voters.

"It's way overreach with the courts," Ford told The Toronto Star. "Again, parliament – federal parliament, provincial parliament – they're supreme because the people are supreme, not judges ruling on stuff that shouldn't even be in front of the courts."

Jolin-Barrette appeared to agree with Ford. "These people have been elected by people of each province," he said, while maintaining that the federal government was trying to use a back door in its arguments to try and rob the provincial legislatures of their powers.

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Thérèse-De Blainville police launch October campaign to support breast cancer efforts

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MARIA DIAMANTIS
info@newsfirst.ca

The Régie intermunicipale de police Thérèse-De Blainville (RIPTB) is launching a new month-long fundraising campaign for breast cancer initiatives. Beginning today, residents may notice a change to officers' uniforms: several will wear a special patch throughout October to draw attention to the disease and encourage donations. The service says the effort is also intended to highlight that breast cancer can affect men, a fact that remains lesser known to the public.

The initiative was prompted by an officer's desire to act following the death of a close family member. RIPTB has set a fundraising target of \$2,500 for this first edition, and reports that all proceeds will be directed to the Quebec Breast Cancer Foundation (*Fondation cancer du sein du Québec*). Citizens who wish to contribute are invited to donate during the campaign period,

according to the police service. The Quebec Breast Cancer Foundation describes itself as a Quebec charity dedicated entirely to the fight against breast cancer.

October is widely recognized as Breast Cancer Awareness Month in Canada, a period used to promote screening, share information and mobilize fundraising across the country.

For context, the Canadian Cancer Society estimated that in 2024 about 30,500 women in Canada would be diagnosed with breast cancer, representing roughly a quarter of new cancer cases among women that year. The Society also notes that men are diagnosed with breast cancer, with approximately 290 Canadian men expected to be diagnosed in 2024.

RIPTB serves the municipalities of Boisbriand, Lorraine, Rosemère and Sainte-Thérèse in the Laurentides region. Residents in these communities can expect to see the awareness patch during routine patrols and community policing activities this month.

Thinking of breast cancer victims on this national month of awareness



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Sending my support to those dealing with breast cancer on this annual awareness month.



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Canadians enter the fall with heightened anxiety about stability and the future

BY EDDIE SHEPPARD & DAVID COLETTO

For many Canadians, September is a time to reset. Kids and students head back to school. Parliament resumes after the summer break, and now troubling headlines about a slowing economy and rising unemployment fill news reports. These moments, while familiar, feel different this year. They come against a backdrop of deepening uncertainty, where families are being forced to make harder choices and where even small disruptions can create cascading effects on household budgets and future plans.

Earlier this year, we introduced the concept of a precarity mindset: a growing feeling that stability is fragile and the next disruption always feels close at hand. Our recent release revealed how this mindset has taken root, showing a sharp rise in the number of Canadians reporting high and extreme levels of perceived precarity.

This follow-up looks at how that growing sense of precarity is playing out in the day-to-day lives of Canadians. It explores what families are feeling as back-to-school costs pile up, how financial fragility is forcing people to delay major life milestones, and how anxiety about the future is leaving many feeling emotionally exhausted as the fall political season begins.

What we find is clear: precarity is no longer just a set of economic indicators or a mood in the polling numbers – it is a lived, daily reality for millions of Canadians. And as Parliament returns, leaders will face the challenge of not just managing short-term crises, and building for the long-term, but rebuilding confidence that the systems Canadians depend on are strong enough to weather what comes next.

Affording the basics

For many Canadians, precarity isn't an abstract concept, it's a lived, daily reality that shows

If you lost your main source of income tomorrow, how long could you maintain your current standard of living?

If their main source of income was lost, nearly 1 in 2 Canadians would only be able to maintain their current standard of living for 3 months (or less).



(BASE) U11-66

PRECARITY INDEX | ANALYSIS DATA

If you lost your main source of income tomorrow, how long could you maintain your current standard of living?

ABILITY TO WITHSTAND INCOME LOSS

Column %	TOTAL	AGE				INCOME				CHILDREN				PRECARITY INDEX				
		18 to 29	30 to 44	45 to 59	60 and over	< \$20k	\$20k - \$30k	> \$30k	No. Ch.	0/3	1/3	2/3	3/3	Low	Mid	Extreme	High	Extreme
NET: Less than a month + 1-3 months	47%	54%	55%	54%	49%	42%	48%	31%	31%	53%	43%	30%	31%	41%	41%	43%	53%	51%
Less than a month	24%	30%	29%	27%	14%	19%	17%	27%	25%	26%	21%	14%	16%	23%	26%	29%		
1-3 months	23%	29%	26%	26%	13%	24%	29%	16%	26%	30%	19%	18%	17%	25%	19%	26%		
3-6 months	18%	20%	19%	18%	17%	18%	13%	14%	21%	10%	17%	12%	16%	21%	13%	24%		
More than 6 months	25%	11%	10%	21%	41%	14%	25%	37%	19%	21%	15%	14%	16%	26%	19%	16%		
NET: 3-6 months + More than 6 months	43%	32%	31%	39%	60%	27%	43%	57%	38%	52%	32%	36%	37%	47%	35%	40%		
Not sure	10%	9%	10%	8%	11%	11%	8%	5%	12%	5%	4%	10%	12%	7%	11%	10%		

(BASE) U11-66

PRECARITY INDEX | ANALYSIS DATA

In the past month, how often have you worried about your ability to afford the basics (housing, food, utilities, transportation)?

3 in 5 Canadians have, at least occasionally, worried about their ability to afford the basics over the last month



(BASE) U11-66

PRECARITY INDEX | ANALYSIS DATA

In the past month, how often have you worried about your ability to afford the basics (housing, food, utilities, transportation)?

CONCERNS ABOUT ABILITY TO AFFORD THE BASICS IN THE LAST MONTH

Column %	TOTAL	AGE				INCOME				CHILDREN				PRECARITY INDEX					
		18 to 29	30 to 44	45 to 59	60 and over	< \$20k	\$20k - \$30k	> \$30k	No. Ch.	0/3	1/3	2/3	3/3	Low	Mid	Extreme	High	Extreme	
NET: Daily + Several times a week + Occasionally	62%	61%	57%	62%	63%	55%	62%	56%	66%	54%	69%	44%	37%	46%	56%	54%	66%		
Daily	15%	20%	18%	17%	6%	21%	14%	6%	17%	18%	13%	6%	10%	10%	19%	19%			
Several times a week	18%	25%	23%	19%	4%	24%	16%	13%	21%	24%	19%	13%	11%	9%	17%	19%			
Occasionally	29%	37%	27%	27%	36%	26%	31%	26%	38%	32%	30%	26%	7%	31%	24%	34%			
Rarely	18%	11%	17%	21%	21%	19%	24%	17%	18%	18%	22%	25%	24%	21%	15%	15%			
Never	20%	8%	17%	10%	31%	20%	20%	17%	15%	14%	10%	12%	10%	10%	22%	13%			

(BASE) U11-66

PRECARITY INDEX | ANALYSIS DATA

up every time they open their wallets. Nearly two-thirds (62%) report worrying, at least occasionally, about their ability to afford the basics in the past month, and one in three (33%) say this worry strikes several times a week.

This anxiety cuts sharply across age, income, and family life. It's highest among younger Canadians – 81% of those 18–29 and 70% of those 30–44 worry regularly about covering essentials. Families with children under 12 are also deeply affected (74%), especially during back-to-school season when added costs for supplies and activities spike stress. Lower-income households (73%) face similar strain, highlighting how financial pressure hits hardest for those already struggling.

The link to precarity levels is unmistakable. Among Canadians with a high level of perceived precarity, nearly three-quarters (74%) worry about affording the basics, while that figure jumps to 84% among those in feeling extreme

precarity. These numbers reveal how economic unease is concentrated most heavily among those already living closest to the edge, where even small disruptions, like a missed paycheck or unexpected expense, can quickly spiral into crisis.

Fragile financial security

When asked how long they could maintain their current standard of living if their main source of income was lost, almost half of Canadians (47%) say less than three months. This financial fragility is greatest among younger Canadians – 59% of those 18–29 and 55% of those 30–44 say they could not sustain their lifestyle beyond that window. Lower-income households earning under \$50,000 are even more exposed, with 62% reporting they could not last three months.

▶ Continued on page 11



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◀ Continued from page 10

Here again, the precarity lens sharpens the picture. Those in our high precarity (55%) and extreme precarity groups (51%) are far more likely to acknowledge their limited financial runway, showing how precariousness translates into an immediate sense of insecurity about the future.

This financial fragility underscores how precarity is not just about attitudes – it reflects a very real vulnerability to economic disruption.

Life on hold: how precarity delays major decisions

The current economic, political, and social climate is causing many Canadians to put their lives on pause. Across the country, 27% say they've avoided making a major purchase, 12% have delayed buying a home, and 11% have postponed changing jobs or careers due to uncertainty.

However, a closer look at the data reveals that younger Canadians and young families are feeling this pressure most acutely. Among those aged 18–29:

- 23% have postponed starting or growing their family.
- 23% have postponed moving to a new city or province.
- 21% have delayed buying a home.
- 21% have held off on changing jobs or careers.

- 19% have delayed pursuing higher education or skills training.

The same trend is seen among households with young children, highlighting how today's environment is disproportionately impacting those at pivotal life stages. For young adults and parents alike, precarity isn't just about day-to-day stress – it's reshaping the milestones that define adulthood, forcing many to hold off on decisions that could shape their futures.

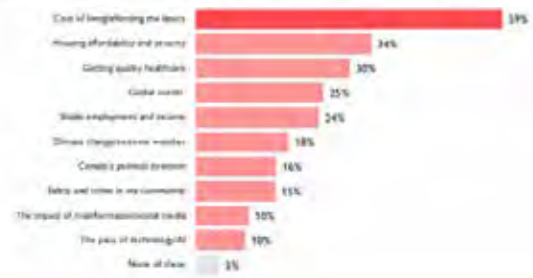
What keeps Canadians up at night

When Canadians think about their family's future, cost of living looms largest – 59% cite it as their greatest source of anxiety. Housing affordability and security follows at 34%, alongside concerns about access to quality healthcare (30%), global events (25%), and stable employment or income (24%).

Demographic divides show how different generations process risk. Canadians aged 45–59 are most likely to worry about the rising cost of living (66%), while those 60+ are significantly more concerned with healthcare (44%) and global instability (34%). By contrast, younger adults (18–29) express higher levels of concern about employment and income security (36%).

Overlaying the precarity index reveals sharper differences. Canadians in high precarity are most likely to highlight cost of living (66%) and housing affordability (40%) as pressing issues. Those in extreme precarity are distinct: alongside cost of living, they express significantly

Cost of living is the biggest cause of anxiety when considering one's family's future, along with housing affordability/security, and getting quality healthcare.



(BASE) n=1,088

PRECARITY INDEX | ANXIOUS

CONCERNS ABOUT YOUR FAMILY'S FUTURE

Column %	TOTAL	AGE					INCOME				CHILDREN			PRECARITY INDEX				
		18 to 29	30 to 44	45 to 59	60 and over	No. kids	< \$10k	\$10k-\$19k	\$20k-\$29k	\$30k+	0 to 4	5 to 17	18+	Low	PM	High	Extreme	
Cost of living/affordability	59%	55%	57%	66%	53%	41%	59%	47%	59%	50%	52%	62%	65%	60%	57%	61%	59%	
Housing affordability and security	34%	41%	31%	30%	37%	40%	33%	33%	35%	30%	37%	30%	38%	33%	30%	40%	33%	
Getting quality healthcare	30%	28%	33%	44%	29%	28%	30%	27%	30%	32%	30%	28%	31%	27%	30%	30%		
Global events (wars, U.S. elections, etc.)	25%	24%	21%	24%	34%	28%	24%	23%	25%	27%	26%	25%	26%	24%	25%	27%		
Stable employment and income	24%	36%	21%	21%	14%	23%	22%	24%	23%	21%	22%	19%	20%	24%	27%	22%		
Climate change/terrorism/war	18%	15%	15%	16%	32%	15%	16%	16%	16%	17%	13%	22%	16%	14%	20%	13%		
Covid-19/pandemic	16%	14%	16%	19%	10%	17%	16%	17%	16%	16%	17%	15%	17%	15%	15%	19%		
Safety and crime in my community	11%	20%	10%	17%	12%	14%	14%	17%	17%	22%	13%	12%	14%	14%	14%	20%		
The impact of misinformation/news	11%	7%	10%	7%	13%	10%	7%	13%	7%	12%	14%	11%	13%	14%	10%	13%		
The pace of technological change	10%	10%	7%	8%	10%	11%	7%	10%	12%	8%	9%	8%	11%	8%	11%	12%		

(BASE) n=1,088

PRECARITY INDEX | ANXIOUS

heightened concern about climate change (33%), reflecting how their anxieties extend beyond immediate economic stress to broader long-term risks.

The emotional toll of precarity

This climate of insecurity leaves a heavy emotional mark. Most Canadians report feeling worried about the year ahead (43%), while roughly a quarter say they feel exhausted (27%) or powerless (27%). Yet there is still resilience – 29% say they feel hopeful about what's to come.

These emotions map closely to levels of precarity. Those in extreme precarity are most likely to feel worried (55%) and powerless (39%). Canadians in high precarity mirror that worry (55%) but are also more likely to report exhaustion (36%). By contrast, those in low precarity are significantly more optimistic, with 36% saying they feel hopeful about the year ahead.

The balance between worry and hope is defined by how secure – or exposed – Canadians feel in today's uncertain climate.

The upshot

As Parliament prepares to resume, kids head back to school, and headlines about a slowing economy dominate the news, Canadians are entering the fall with a growing sense of uncertainty. What began as concern over rising prices and was disrupted by fears of Trump's tariffs, has evolved into something deeper: a precarity mindset, where stability feels fragile and the

next disruption always seems close at hand.

For households, especially those with young children, precarity has become part of everyday life. Rising costs and fragile finances are forcing families to make difficult trade-offs, while even small disruptions can quickly throw carefully balanced budgets into chaos. This uncertainty goes beyond day-to-day stress; it is reshaping the milestones that define adulthood. Many young adults and families are putting their futures on pause, delaying decisions about buying a home, changing careers, or growing their families because the future feels too unpredictable.

For the economy, this creates a ripple effect. When households focus on survival rather than growth, they spend less, take fewer risks, and hold back on investments, slowing recovery and deepening the very vulnerabilities that caused the hesitation in the first place.

Taken together, these forces signal a pivotal moment. The return to Parliament comes at a time when Canadians are not just grappling with temporary shocks, but with a deeper question: whether the systems they rely on – housing, healthcare, jobs, and education – are strong enough to withstand what comes next. How leaders respond in the months ahead will shape whether this period of heightened precarity becomes a lasting source of division and distrust, or a turning point that restores confidence and stability.

One quarter of Canadians have delayed making a large purchase in the past year due to the economic, political, or social environment.



(BASE) n=1,088

PRECARITY INDEX | ANXIOUS

One quarter of Canadians have delayed making a large purchase in the past year due to the economic, political, or social environment.

Column %	TOTAL	AGE					CHILDREN				PRECARITY INDEX				
		18 to 29	30 to 44	45 to 59	60 and over	No. kids	0 to 4	5 to 17	18+	Low	PM	High	Extreme		
Making a large purchase (e.g., car, renovations)	27%	26%	26%	29%	22%	26%	34%	32%	25%	15%	18%	25%	18%	19%	
Buying a home	12%	11%	10%	10%	24%	13%	11%	16%	8%	14%	10%	15%	12%		
Changing jobs or careers	11%	11%	12%	11%	14%	10%	16%	14%	2%	10%	8%	13%	13%		
Moving to a new city or province	11%	12%	12%	12%	12%	10%	16%	14%	4%	8%	7%	12%	10%		
Starting or reducing work hours	10%	10%	11%	10%	10%	10%	11%	11%	8%	2%	8%	7%	12%		
Pursuing higher education or skills training	9%	10%	12%	7%	13%	10%	10%	9%	4%	2%	7%	12%	10%		
Starting or growing a family	8%	11%	11%	4%	8%	11%	10%	8%	4%	4%	7%	11%	13%		
Getting married or entering a long-term relationship	7%	10%	12%	2%	5%	11%	10%	7%	3%	5%	6%	8%	7%		
Starting or expanding a business	6%	11%	11%	3%	1%	14%	7%	2%	2%	2%	4%	11%			
Fear of loss	3%	2%	4%	2%	3%	4%	1%	2%	4%	4%	4%	2%	2%		
None of these	45%	45%	45%	45%	45%	45%	45%	45%	45%	45%	45%	45%	45%		

(BASE) n=1,088

PRECARITY INDEX | ANXIOUS



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“Firefighter for a Day”: 17 students experience the heat of real firefighting



MARIA DIAMANTIS
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On October 1, 2025, 17 Grade-3 students from Blainville and Rosemère elementary schools were selected to take part in the Firefighter for a Day contest — a unique public-education initiative organized by the Blainville Fire Department.

The young participants enjoyed a full day of hands-on activities, discovering the excitement, discipline, and teamwork that define the firefighting profession.

A fair and educational selection process

Each school was invited to participate by submitting online registration forms. From those, one lucky student per school was chosen

by random draw, ensuring fairness and equal opportunity for all.

According to the City of Blainville’s official website, the goal of the program is not only to entertain but also to raise awareness about fire prevention among young students in a dynamic, real-life setting.

A day packed with discovery

The “junior firefighters” spent the day at the Blainville Fire Department’s facilities, guided by professional firefighters. The day included:

- Tours of fire trucks and equipment bays, allowing students to explore the same tools and vehicles used in emergency operations.
- Hands-on demonstrations, where participants tried on firefighter protective gear — including helmets, gloves, boots, and breathing apparatus.



- Fire prevention workshops, teaching children how to react in case of fire, how to safely evacuate a building, and how to handle small fires using portable extinguishers.
- Simulated rescue exercises, where they practiced locating “victims” in a controlled smoke environment.

Every child wore a firefighter helmet and left the station smiling, visibly proud of their achievement — an image that the City of Blainville later shared on its social media pages.

A broader mission: inspiring awareness and safety

The “Firefighter for a Day” initiative is part of the department’s larger commitment to fire prevention and civic education.

Blainville’s annual Fire Prevention Report highlights that education programs like this are crucial for reducing fire risks and building a stronger safety culture among residents.

Other educational programs offered by the department include:

- The “Feu Follet Brigade”, an interactive awareness program for 2nd-grade students.
- “Maison ToutRisque”, a mobile safety house used to teach 4th-graders about home fire hazards.
- Annual evacuation drills conducted in

schools, daycare centers, and senior residences.

By teaching fire safety early, the city hopes to cultivate both responsibility and curiosity — and perhaps even inspire a few future firefighters.

Ongoing program and professional training

The Firefighter for a Day contest is held annually for students in both municipalities. For 2025, registration closed on September 14, and the event took place at the Blainville Fire Department headquarters on October 1.

Blainville is also home to the Blainville Fire Training Centre (CFIB) — established in 2006 and recognized by Quebec’s École nationale des pompiers — which offers professional certification programs to firefighters and private organizations. The center’s proximity adds an extra dimension to the city’s commitment to safety education.

Lighting sparks for the future

Beyond the excitement of wearing a firefighter’s uniform and climbing aboard a fire truck, the day gave children something far greater: a glimpse into the courage, teamwork, and community spirit that define this essential profession.



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LOVE'S BEGGAR

Q I am 20. Five months ago I started dating a coworker, 29. We work in separate departments, so we are not on top of each other every day. When we started dating, I told him I was looking for a relationship. He said he had just gotten out of a two year relationship four months before.

We talk on the phone every day and see each other at least twice a week. I thought we were on our way to making it official as a couple—at least until two days ago. That's when he confessed this new girl at work wants to get back together with him. That was a shocker.

Before we started dating he dated her for a month, but she broke it off because he was moving too fast. Now he says he is stuck in the middle because he has feelings for both of us and doesn't want to hurt either of us. I told him he was too late because he is already hurting me by leaving me to get together with her.

I said I was beginning to fall in love with him, which is true, and if he cared as much as he said he did, he would stay with me. Well, he told me he wanted to be with me and he would tell her his decision. And he did.

Problem solved, right? Wrong! While I was on the phone with him, she shows up at his house, and they have a long talk. He tells me she said he is confused, and now he doesn't want to talk about it anymore because he's stuck in the middle of a situation he doesn't want to be in.

I hurt so much when I realize I could lose him, because I have strong feelings for him. I want to be with him, and I already told him how I feel. What else am I to do?

Shauna

A Shauna, some stories stick with us because they condense a truth in an unforgettable way. For us, one such story was a news item about a pilot guiding a large ship into port. When the ship collided with the pillar of a bridge, gravely damaging both the bridge and the vessel, the first words out of the pilot's mouth were, "Don't tell anybody."

People aren't honest naturally. We are animalistic. Our self-preservation mechanism is still so strong that a lie is the first thing which tries to come to our lips. Only our good character can stop it.

Your boyfriend is weak and a coward. When you jumped up and down, arguing with him, he didn't have the courage to say he doesn't want to be with you. Instead, he threw his hands in the air and said, "I'm confused." But he doesn't love you. He can't explain why he doesn't, he just doesn't.

No man can tell any woman exactly why he loves her. Love is an unmeasured quality, beyond factors and reasons. With a man who cares about you, you don't have to beg. But when you beg, you know for sure you are not loved. Arguing will not change that.

You think you have to make this relationship work because you are hungry for love. That is the first misstep in falling down a long staircase. When you find yourself tripping on the first step, you must grab the rail so you don't fall all the way down the stairs.

What railing are we talking about? The railing of reality. Grab hold of reality and say I've dated him five months, I told him how I feel, he doesn't love me, and I'm not going to beg any man to be with me.

Treat yourself as a person of value. Prize yourself, as the one who loves you will prize you. You need to be some man's first choice, his right choice.

Wayne & Tamara

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

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AVIS PUBLIC est par la présente donné que :

- Conformément à l'article 278 de la Loi sur l'instruction publique, le **budget** de la Commission scolaire Sir-Wilfrid-Laurier pour l'année scolaire 2025-2026 sera présenté lors de la séance ordinaire du conseil des commissaires le 29 octobre 2025 à 19 h 30.
- Conformément à l'article 286 de la Loi sur l'instruction publique, les **états financiers** et le rapport du vérificateur externe pour l'exercice 2024-2025 de la Commission scolaire Sir-Wilfrid-Laurier seront présentés lors de la séance ordinaire du conseil des commissaires le 10 décembre 2025 à 19 h 30.

Le sommaire des états financiers 2024-2025 sera affiché sur le site Web de la commission scolaire (www.swlauriersb.qc.ca) au plus tard le 2 décembre 2025.

Les réunions du Conseil se tiennent dans la salle 32A du centre administratif situé au 235, montée Lesage, Rosemère (Québec) J7A 4Y6, et seront diffusées en ligne. Les membres du public qui souhaitent assister aux réunions du Conseil à distance peuvent le faire sur le site Web suivant : <http://bit.ly/swlsbcouncil>. Les procédures pour poser des questions lors de ces réunions se trouvent sur le site Web de la Commission scolaire.

Fait à Rosemère (Québec)
2 octobre 2025
M^e Anna Sollazzo, secrétaire générale

PUBLIC NOTICE is hereby given that:

- In accordance with section 278 of the Education Act, the **budget** of Sir Wilfrid Laurier School Board for the 2025-2026 school year will be presented at the regular meeting of the Council of Commissioners on October 29, 2025, at 7:30 p.m.
- In accordance with section 286 of the Education Act, the 2024-2025 **Financial Statements** and external auditor's report of Sir Wilfrid Laurier School Board will be presented at the regular meeting of the Council of Commissioners on December 10, 2025, at 7:30 p.m.

A summary of the 2024-2025 Financial Statements will be available on the Sir Wilfrid Laurier School Board website at www.swlauriersb.qc.ca no later than December 2, 2025.

The regular meetings of the Council are held in room 32A of the administration centre located at 235, montée Lesage, Rosemère (Québec) J7A 4Y6, and broadcast online. Members of the public who wish to attend Council meetings at a distance may do so on the following website: <http://bit.ly/swlsbcouncil>. The procedures for asking questions at these meetings can be found on the school board's website.

Given in Rosemère (Québec)
October 2, 2025
M^e Anna Sollazzo, Secretary General

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Rosemère marks International Seniors Day with a community brunch

MARIA DIAMANTIS
info@newsfirst.ca

The Town of Rosemère marked International Seniors Day on October 1 with a community brunch that brought together local older adults for conversation and information about services available to them. The event was organized by the Town and held in collaboration with Association Horizon Rosemère, the community organization serving residents aged 50 and over. Announced in September on the Town's French

and English web pages, the invitation specifically welcomed Rosemère residents aged 65 and over to "share a delicious meal in friendly company." The Town framed the brunch as part of its annual recognition of the international observance, aligning local programming with a broader message of inclusion and well-being for older adults.

Association Horizon Rosemère's public calendar likewise listed "*1^{er} OCTOBRE : BRUNCH DES AÎNÉS (POUR LES CITOYENS DE ROSEMÈRE SEULEMENT)*"; confirming the partnership and



the audience for the event. Horizon Rosemère is a longstanding community association that offers courses, workshops, social activities and talks for residents aged 50+, and is referenced in Quebec's public directory of health and social resources.

On the day itself, the Town amplified the message on social media, thanking participants and underscoring the convivial tone of the gathering. Posts on the Town's official accounts emphasized that the brunch was an opportunity to reconnect, exchange, and discover available community services—consistent with the municipal description on its website.

The timing reflects the United Nations' International Day of Older Persons, established by the UN General Assembly on December 14, 1990 (Resolution 45/106), and observed each year on October 1. The UN highlights the day

as a chance for governments and civil society to recognize older persons' contributions and to promote policies that support healthy ageing—context that municipalities like Rosemère draw upon when planning local outreach.

While the Town's notices focus on invitation and appreciation rather than detailed programming, the collaboration with Horizon Rosemère indicates a service-oriented approach: the association's mandate includes social connection, information sharing, and activities tailored to older adults—elements that typically feature in municipal Seniors Day events across Quebec. The public record for this year's brunch does not include attendance figures or a full agenda, but the Town's acknowledgement and Horizon's listing together verify the date, partners, and purpose of the event.

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PSYCHOLOGY FOR ALL
Emmanuel Aliatas, MA, Psychologist emmanuelaliatas@gmail.com

Seasonal Affective Disorder (S.A.D)

S. A. D. (Seasonal Affective Disorder) is a disorder that tends to begin around the month of October. It is what we call a situational depression which should be addressed with your doctor or a qualified professional who understands it. I have been working with such patients for many years in my private practice and have witnessed how devastating this disorder can be firsthand. I am writing this article to enlighten people to the fact that it exists and requires attention.

This is simply a depression brought on by the lack of light that we experience during the winter months. There are exceptions where someone is already depressed, and this season enhances that depression to a state where it is hard to deal with.

There are ways to deal with it with your family doctor or psychologist. There have been improvements in treatment for depression over the past several years. Given this is an illness that affects many Canadians, consulting and understanding it with qualified guidance is essential.

I will state just some of the symptoms people may experience when depression begins to set in around October: there is a lack of sleep leaving the patient with chronic fatigue making it hard to get through the day. There can be a loss of weight and paradoxically weight gain in the process depending on the capabilities of the individual.

The person who stays under a blanket in front of the television all day may experience weight gain and may be suffering a lot more than the active person who gets up and with the weight of the world on their shoulder has

to get the kids to school, go to work, and then get the kids home for the regiment they have enacted for their evenings. This means that they cannot sit on the couch and watch TV all night. There is homework that needs to be done, dinner must be prepared and regardless of the help the individual has, it is still extremely hard for them; however, they must do what needs to be done until bedtime.

This is the time that they are alone with their thoughts and most wonder if they will get a good night's sleep and wake up rested the next morning. The never-ending optimist hopes so and come springtime with longer daylight this will occur. I have noticed this pattern in my office for several years. It is hard in October to tell someone to wait until March or April to feel better.

Nevertheless, there are treatments that you can consult with your doctor and get such as light therapy; ultraviolet lights that have been known to alleviate the symptoms of this depression. Another highly successful way to deal with S.A.D is exercise. Attending a gym on a regular basis may be one of the best treatments I know. I understand how hard that can be, and I empathize with the suffering but one may weigh the benefits of a gym membership over the couch and comfort food. The answer is obvious.

In conclusion, I have to say that this is a real issue for many people. I would advise anyone suffering with symptoms described above to see your doctor or a qualified professional. There is medication that can be prescribed to alleviate the symptoms and help you get through the winter blues.

HOROSCOPE

Week of October 12 to 18, 2025

The luckiest signs this week:
VIRGO, LIBRA AND SCORPIO

♈ ARIES
This week, you'll realize how important you are to your employer. This will translate into a well-deserved raise and exciting new opportunities. In your love life, you'll take meaningful steps to plan experiences that reflect the depth of your feelings.

♉ TAURUS
You'll make your days at work better by sharing happy moments and using your energy to have engaging conversations. Don't hesitate to share your ideas; they'll energize your discussions and strengthen your connections.

♊ GEMINI
If you're facing financial challenges, negotiating the terms of a loan could result in a solution that improves your quality of life. Additionally, by paying more attention to your partner, you will strengthen your relationship and create a sense of peace between you.

♋ CANCER
In your love life, focus on fairness by considering your partner's needs when you're making decisions. At work, pay close attention to details; the smallest things can make all the difference.

♌ LEO
Prioritize sleep this week. Sufficient rest is crucial to maintaining focus and staying healthy. When your body has the rest it needs, it will boost your creativity, making you better able to achieve impressive results.

♍ VIRGO
Many friends will reach out to you this week. You may find yourself distracted by social media. A family commitment will help you refocus. You'll also discover a new art form that will captivate your interest and awaken your senses.

♎ LIBRA
Work emergencies could pile up this week. However, your family will step up to help lighten your load at home. You'll create a warm, inviting atmosphere and spread joy with your infectious smile.

♏ SCORPIO
Before diving into a new project, gather all the necessary information to set yourself up for success. Although you haven't planned a romantic weekend getaway, a tempting and unexpected adventure could arise.

♐ SAGITTARIUS
You must show courage to succeed in your career. Commit to ongoing training and adapt to your changing work environment. These adjustments will ensure stability and drive your professional growth.

♑ CAPRICORN
Small details matter. Your appearance and how you present yourself will directly impact your career advancement. You'll treat yourself to a few personal indulgences this week. Your friends will encourage you to spoil yourself with these well-deserved treats.

♒ AQUARIUS
You'll receive very positive news about your health this week. A new treatment or medication will improve your well-being. You'll be given various urgent tasks at work. Fortunately, you'll handle them with grace.

♓ PISCES
You'll attract fascinating individuals with your undeniable charm, increasing your romantic prospects. At the same time, you'll successfully expand your client base, which will delight your boss. Thanks to your charisma, the company's sales revenue will double.

Coffee Break

CROSSWORDS

PUZZLE NO. 289

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							54			
55							56			
57							58			
							59			

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ACROSS

- Broadway bust
- Drill attachment
- Become tattered
- Deputy
- Important timespan
- Role model
- Harness-racing gait
- Jumped the track
- More uncanny
- Orchestra
- Trampled
- Bind again
- Monarch
- Find a sum
- Set of two
- Clever
- Fire fuel
- BPOE member
- Wonder
- Wanting
- Old
- Furniture wood
- ___ and flowers

DOWN

- Most posh
- Sulk
- Slacken
- Sal, for example
- So long, in Liverpool: 2 wds.
- Tennis great Arthur ___
- Have a look-see
- Self-satisfied
- Destiny
- Italian money, once
- Perfume
- Short and slender
- Boudoir
- Rage
- Waterproofed canvas cover
- Snowy
- Long fish
- Is, pluralized
- Closet bar
- Publicize
- Does wrong
- Playwright's offering
- Soft mineral
- Fan's favorite
- "Jagged ___"
- Ancient garden
- Stubborn animal
- ___ fun at
- Justly
- Cedar, e.g.
- Adjusts
- Gift receiver
- Shaggy ox
- Beer containers
- Ramble
- Ballet skirt
- Fawn's father
- Sailor's domain
- "How the West ___ Won"
- Bat wood
- Maple-sugar base

Sudoku

HOW TO PLAY:

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

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

PUZZLE NO. 982

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

Last Issue's Answers

CROSSWORDS

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

Sudoku

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



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- Green beans (Quebec)
- Peppers (3) (Quebec)
- Lettuce (Quebec)
- Tomatoes (pack) (Quebec)
- Sweet Potatoes (5) (Quebec)
- Potatoes (~3lbs) (Quebec)
- Leek (Quebec)
- Mushrooms (Quebec)
- Garlic (Egypt)
- Corn (3) (Quebec)
- Beets (~2lbs) (Quebec)
- Radishes (Quebec)
- Organic Apples (3) (Quebec)
- Clementines (6-7) (Morocco)
- Carrots (2lbs) (Quebec)
- Kale (Quebec)
- Cantaloupe (Quebec)

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