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ELECTIONS 2026




Whose vision will win Quebec?

The plans of the five parties seeking to lead the province

See
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8-9

On August 27, 2026, the Lieutenant-Governor dissolved the Assemblée nationale. A general election will be held on Monday, October 5, 2026. The call for an election ended the 43rd Legislature. At the time of dissolution, the seats were divided as follows:
Coalition avenir Québec: 79 seats | Quebec Liberal Party: 18 seats | Québec solidaire: 11 seats
Parti québécois: 7 seats | Independent Members: Parti conservateur du Québec: 1

Quebec Liberals meet in the Lower Laurentians

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Minister of Industry Mélanie Joly answering media questions. (Photo: Alessandro Commisso, The North Shore News)

Blainville honours Angelo D'Almeida



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From left: Florence D'Almeida, Cécile D'Almeida, Francis D'Almeida, Chante-Bois councillor Nicole Ruel, Mario D'Almeida, Suzanne D'Almeida, Côte-Saint-Louis councillor David Malenfant, José Duarte Borges, Blainville Mayor Liza Poulin, Lurdes D'Almeida, Maurice D'Almeida, Mariette D'Almeida and Augustino D'Almeida.



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Canada's new favourite pastime?

ALESSANDRO COMMISSO

Local Journalism Initiative Reporter
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In Canada, when you think of the country's most popular sports, hockey, soccer, and basketball probably come to mind right away. Those are the obvious choices, right?

But what if there was another sport quietly stealing the spotlight?

What if I told you it's accessible to all ages, relatively inexpensive to play, and has a learning curve that's easy enough for almost anyone to pick up?

That sport is pickleball. After surging in popularity during the COVID-19 pandemic, it has become one of the fastest-growing sports in the country.

With more than 1.9 million players nationwide, pickleball is now Canada's fastest-growing sport. Over the last five years, participation has grown by 337 per cent, transforming what was once considered a niche pastime into a mainstream recreational activity.

That growth is now being felt all across the North Shore.

Increasing demand

From Rosemère to Blainville and beyond, municipalities and private businesses are looking for ways to accommodate the increasing number of residents picking up a paddle. Community clubs dedicated to the sport have emerged throughout the region, while cities are exploring new investments in dedicated pickleball facilities.

In Rosemère, demand for additional courts became significant enough that residents launched a petition asking the municipality to expand local pickleball infrastructure.

According to the city's communications department, Rosemère currently offers six courts that are shared with tennis players. However, municipal officials acknowledge that pickleball's rapid growth has created increasing pressure on existing recreational facilities.

"The sport is experiencing exceptional growth throughout Quebec," the city said in a statement. "This popularity is placing significant pressure on municipal sports infrastructure, a reality many cities are facing."

In response to that demand, Rosemère's five-year capital investment plan, adopted by council earlier this year, includes the construction of four new courts dedicated exclusively to pickleball at Parc Bourbonnière. Construction is currently expected to begin in 2027.

But will it be enough?

Across the North Shore, pickleball clubs continue to attract new members while municipalities evaluate how best to expand access to the sport. The growing demand reflects what many enthusiasts already know: once people try pickleball, they tend to keep coming back.

Part of that appeal comes from the sport's accessibility. Unlike some sports that require expensive equipment or years of development before newcomers can become competitive, pickleball can be learned quickly and played by people of virtually any age.

For many players, that's exactly what makes it so addictive.

Influx of new players

One of the latest projects looking to capitalize on that enthusiasm is Royal Padel, a new pickleball and padel facility currently under construction in Blainville.

The project is being led by Rosemère native Lucas Malhotra and his friends Antoine Rizkalla and Sheldon Le Houillier, three 23-year-old entre-



Antoine Rizkalla (left) and Lucas Malhotra (right) stand on one of Royal Padel's newly built padel courts in Blainville.

preneurs who hope to introduce even more North Shore residents to the rapidly growing racket sports.

While pickleball has become increasingly familiar to Canadians, padel remains relatively new in Quebec.

Pickleball is often described as a combination of tennis, badminton, and table tennis. It is played on a smaller court using solid paddles and a light-weight perforated plastic ball.

Padel, meanwhile, blends elements of tennis and squash. Typically played in doubles, the sport takes place on an enclosed court where surrounding walls are incorporated into gameplay, creating longer rallies and a unique strategic element.

"We just want to expose pickleball and padel to as many people on the North Shore as possible," he said. "I fell in love with padel when I went on a school trip to Spain. I just couldn't get enough of it. We played almost every single day."

That experience would eventually help inspire the creation of Royal Padel.

According to Malhotra, the team wanted to create something different from traditional pickleball centres by focusing on both the sporting and social aspects of the experience.

"We wanted to build something different from the pickleball centres in Montreal," said Malhotra. "Our goal is to create a sort of hangout place. A place where you can just chill with your friends, play pickleball or padel and even host events."

The facility itself was designed with players in mind.

One of the most common complaints among indoor pickleball enthusiasts is ceiling height. Because the ball can travel high during rallies, many players find lower ceilings disruptive to gameplay.

To address that issue, the Royal Padel team prioritized vertical space.

"To properly play pickleball or padel, you need to have 35-foot ceilings," said Malhotra.

The decision reflects the founders' desire to create a facility that caters to serious players while remaining welcoming to newcomers.

As participation continues to rise, many facilities have focused on maximizing the number of courts they can fit into a single building. Malhotra says that's not necessarily the approach they want to take.

For him, introducing people to the sport and building a community around it is more important than maximizing capacity.

"We were obsessed with playing," he said. "Eventually, we want to host tournaments here so everyone can have the chance to try pickleball and padel."

That community-focused vision mirrors what is happening across the North Shore, where clubs, municipalities, and entrepreneurs are all responding to the same trend.

Whether it's residents petitioning for more courts in Rosemère, municipalities investing in new infrastructure, or young entrepreneurs launching new facilities in Blainville, pickleball's explosive growth is becoming impossible to ignore.

And if the growing number of players, clubs, and planned facilities is any indication, the pickleball boom on the North Shore is only just beginning.

Quebec Liberal caucus meets in the Lower Laurentians

ALESSANDRO COMMISSO

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After three days of meetings, site visits and discussions across the Lower Laurentians, Quebec's 44 Liberal Members of Parliament wrapped up their caucus retreat Thursday in Rosemère.

Their message was clear; economic growth, regional development and protecting Canadian businesses from the impact of American tariffs.

Hosted by Rivière-des-Mille-Îles MP Linda Lapointe, the retreat brought MPs from across Quebec together to discuss federal priorities while showcasing the strengths and challenges facing the region. The gathering concluded with a press conference featuring Lapointe, President of the Quebec caucus Jean-Yves Duclos and Minister of Industry Mélanie Joly.

For Lapointe, the retreat was an opportunity to introduce her colleagues to a region she believes is often overlooked despite its economic importance.

"I have the chance to host all my colleagues from the Quebec Liberal caucus here in Rivière-des-Mille-Îles," Lapointe said. "I'm very honoured to host them."

Throughout the three-day event, MPs toured a number of local businesses and organizations, including Vignoble du Chêne in Saint-Eustache, aerospace manufacturer ABIPA and PMG Technologies.

The visits were designed to highlight both the diversity of the local economy and the concerns being raised by employers.

"Our regions have a lot to offer, but they face real challenges," Lapointe said. "Our companies want to invest, grow and they're looking for workers. They want to remain competitive in a world that's changing very quickly."

The retreat's itinerary reflected those concerns. While agriculture, manufacturing and innovation were highlighted during the visits, discussions among MPs also focused heavily on labour shortages, economic uncertainty and the effect of ongoing trade tensions with the United States.

Lapointe said the conversations went beyond politics and allowed MPs to hear directly from residents, workers and business owners.

"These three days have allowed us to speak honestly with each other and listen to the people we serve," she said.

Lapointe added that she believes the value of the retreat will ultimately be measured by what comes next.

"The most important thing isn't what we do over these three days, but what we do after them."



Minister of Industry Mélanie Joly answering media questions.
(Photo: Alessandro Commisso, The North Shore News)



Linda Lapointe, Rivière-des-Mille-Îles MP, delivering her opening speech on the third day of the retreat. (Photo: Alessandro Commisso, The North Shore News)

Large investment in Via Rail

That theme of turning discussion into action was echoed by Duclos, who used the press conference to connect the retreat's conversations to a major federal announcement made earlier that morning.

The Quebec lieutenant highlighted Ottawa's newly announced investment in VIA Rail, which the federal government is calling the largest in the Crown corporation's history. The initiative will see 115 new passenger rail cars built in Canada, with significant portions of the manufacturing expected to take place in Saint-Bruno-de-Montarville and La Pocatière, Quebec.

"We announced it this morning, but we just invested the biggest investment in VIA Rail history to construct 115 new vehicles that will be constructed here in Canada and a good portion of it in Quebec in Saint-Bruno-de-Montarville and La Pocatière," Duclos said.

For the federal government, the announcement represents more than a transportation investment. It also aligns with a broader effort to strengthen domestic manufacturing and create jobs at a time when economic uncertainty continues to affect businesses across the country.

Duclos argued that decisions such as the VIA Rail investment are the result of advocacy from Quebec MPs rather than isolated government announcements.

"These announcements don't come from anywhere," he said. "They are the result of the leadership and dedication of Quebec's 44 extraordinary MPs."

The minister also emphasized the connection between regional prosperity and national economic growth.

"To have a strong Canada, we need a strong Quebec, which means we need our regions to be strong," he said.

Tariffs remain key concern

Trade and tariffs quickly emerged as another dominant theme of the press conference.

With the United States continuing to impose tariffs on a range of Canadian products, Joly faced multiple questions about Ottawa's negotiating strategy and what support remains available for businesses affected by the measures.

While declining to discuss details of ongoing negotiations with Washington, Joly said the federal government remains focused on protecting Canadian interests.

"Our objective is to defend Canadian interests," she said. "We're always going to be there to defend the people of Quebec, the language, the culture."

Joly acknowledged the uncertainty many businesses are facing as trade tensions continue

and suggested Canadians must prepare for a prolonged period of economic friction with their largest trading partner.

"When the Americans speak, we have to listen," she said. "Even if we think they're bluffing, clearly what they said came true."

Rather than relying solely on negotiations, Joly said Canada must continue building a more self-sufficient economy.

"What we have to do is reduce our dependency on the United States and develop our economy here in Canada," she said.

The minister also urged businesses affected by tariffs to contact their local MPs to access federal assistance programs.

"If you're a small business and you're affected by the tariffs, we can help you," Joly said, pointing to interest-free loans and other support measures available through federal programs.

She added that support systems put in place today could remain important long after current political tensions ease.

Joly concluded with a message directed at consumers, encouraging Canadians to support domestic producers whenever possible.

"What's important is supporting our big and small businesses by buying Canadian," she said.

As the caucus retreat came to an end, the message from Liberal MPs was clear: regional economic development, support for Canadian industry and resilience in the face of American tariffs will remain central priorities.



President of the Quebec caucus Jean-Yves Duclos announcing the investment into Via Rail. (Photo: Alessandro Commisso, The North Shore News)

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OPINION & Editorial



Remembering September 11: A day that changed the world and revealed Canada's compassion

On the morning of September 11, 2001, the world stopped. For millions of people across North America and around the globe, it began as an ordinary Tuesday. Workers commuted to their offices, students headed to school, and families followed their daily routines. Within hours, however, the unthinkable had happened. Terrorists hijacked four commercial airliners, crashing two into the World Trade Center in New York City and another into the Pentagon near Washington, D.C. A fourth aircraft, United Airlines Flight 93, crashed in Pennsylvania after passengers fought back against the hijackers.

Over 3,000 people lost their lives that day. Thousands more were injured. Families were shattered. Communities were forever changed. The attacks were the deadliest terrorist acts in modern history and marked a turning point that continues to shape international politics, security policies, and public consciousness a quarter century later.

As the world marks the anniversary of September 11, it is important not only to remember the victims and their families but also to reflect on the extraordinary acts of courage, unity, and compassion that emerged from tragedy. Among those stories is Canada's response, a chapter of history that continues to inspire people on both sides of the border.

A Day of Shock and Sorrow

The collapse of the Twin Towers remains one of the defining images of the 21st century. Television viewers watched in disbelief as the towers burned and ultimately fell, sending clouds of dust and debris through the streets of Lower Manhattan.

For those who lived through that day, the memories are deeply personal. Many remember exactly where they were when they heard the news. Others recall the silence that followed as people struggled to comprehend the scale of what had happened.

The attacks were aimed at symbols of American economic, military, and political strength, but their impact extended far beyond the United States. Citizens from more than 90 countries lost their lives in New York, Washington, and Pennsylvania. The grief was international. Canadians watched the events unfold with the same shock and sadness felt by their American neighbours. The close relationship between the two countries ensured that the tragedy touched communities from coast to coast.

Canada's Immediate Response

As the attacks unfolded, U.S. authorities made an unprecedented decision: all civilian aircraft were ordered to land immediately. For the first time in history, American airspace was effectively shut down. Hundreds of airplanes already in the sky needed safe places to land. Canada responded without hesitation.

Under a massive operation that became known as **Operation Yellow Ribbon**, airports across the country welcomed aircraft diverted from American airspace. More than 200 planes carrying tens of thousands of passengers were rerouted to Canadian cities and towns.

What followed became one of the most remarkable stories of kindness and generosity in modern Canadian history.

Communities opened schools, churches, recreation centres, and community halls to shelter stranded travellers. Local businesses donated food and supplies. Volunteers worked around the clock to assist passengers who suddenly found themselves far from home with little information and no clear timeline for returning to their destinations. The world witnessed the best of Canada in one of humanity's darkest moments.

The Story of Gander

No Canadian community became more closely associated with the response to September 11 than Gander, Newfoundland.

At the time, Gander had a population of roughly 10,000 people. Yet within hours, 38 diverted aircraft landed at the town's airport, bringing nearly 7,000 stranded passengers. The numbers alone were staggering. The town's population effectively increased by nearly 70 percent overnight. Yet residents rose to the occasion.

They prepared meals, delivered blankets, organized transportation, donated clothing, and opened their homes. They comforted frightened travellers and reassured those unable to contact loved ones.

Many passengers arrived as strangers but left as friends.

The generosity displayed in Gander became an international symbol of compassion. Years later, the story inspired books, documentaries, and the award-winning Broadway musical *Come From Away*, introducing millions of people around the world to the kindness shown by

Newfoundlanders during those difficult days.

Canada and the War Against Terrorism

As Canadians reflect on the anniversary, it is fitting to recognize not only the heroes of 2001 but also the police officers, firefighters, military personnel, healthcare workers, and emergency volunteers who continue to serve communities today.

The consequences of September 11 extended far beyond the events of that single day.

In the weeks following the attacks, the United States launched a global campaign against terrorism. Canada joined its allies in confronting new security challenges.

Canadian Armed Forces members served in Afghanistan as part of international efforts aimed at dismantling terrorist networks and stabilizing the region.

The mission came at a significant cost.

Over the course of Canada's involvement, 158 Canadian military personnel lost their lives. Hundreds more returned home carrying physical and emotional scars.

Regardless of differing views regarding military operations, the sacrifice of those who served deserves recognition and respect. They answered their nation's call during a difficult chapter in world history and paid a heavy price for that service.

Their names and stories form an important part of Canada's post-9/11 legacy.

The Lasting Impact

Twenty-five years later, the legacy of September 11 remains visible. Airport security procedures changed dramatically. Governments introduced new legislation addressing national security and intelligence gathering. International cooperation in combating terrorism expanded. Public awareness of extremist threats increased.

Perhaps most significantly, a generation grew up in a world shaped by the aftermath of September 11.

Young adults entering the workforce today have no memory of a time before enhanced airport screening, heightened security measures, and the political realities that followed the attacks.

For them, September 11 belongs to history.

For those who lived through it, however, it remains deeply personal.

This is why remembrance matters.

When societies remember tragedy, they honour those who were lost and preserve lessons that future generations must not forget.

A Lesson in Humanity

While September 11 is remembered primarily as a day of horror and loss, it is also remembered as a day that revealed humanity at its best. In New York, ordinary citizens helped trapped strangers escape danger.

In Pennsylvania, passengers aboard Flight 93 sacrificed their lives to prevent further destruction.

Across North America, communities gathered to support one another. And in Canada, people opened their hearts to thousands of stranded travellers whom they had never met.

These acts remind us that compassion is stronger than hatred.

Terrorism seeks to divide societies through fear. The response to September 11 demonstrated the opposite. People chose unity over division, courage over panic, and kindness over suspicion.

Those choices remain relevant today.

Never forget

Twenty-five years after the attacks, grief still remains. So does gratitude. So does respect.

September 11, 2001, was one of the darkest days in modern history. Yet even amid unimaginable tragedy, people discovered reservoirs of courage, generosity, and hope.

Canada's response stands as a powerful reminder that in moments of crisis, ordinary people can achieve extraordinary things. The actions of communities across this country demonstrated that national borders matter far less than our shared humanity.

As we remember the victims of September 11 and honour the heroes who emerged from that day, let us also remember the enduring lesson that followed: when confronted with fear and hatred, compassion remains one of the most powerful forces in the world.

That is a lesson worth preserving, a history worth teaching, and a legacy that deserves to be remembered for generations to come.

Blainville honours Portuguese community pioneer Angelo D’Almeida

The chalet at Pedro-Da Silva Park now bears the name of a builder who helped shape the Côte-Saint-Louis neighbourhood and supported generations of newcomers

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The City of Blainville has paid tribute to Angelo D’Almeida, a Portuguese immigrant, builder and community pioneer whose work helped shape the Côte-Saint-Louis neighbourhood.

During a ceremony held on Aug. 29, the municipal chalet at Pedro-Da Silva Park was officially named the Angelo-D’Almeida Chalet, ensuring that his contribution will remain part of the city’s collective memory.

D’Almeida arrived in Quebec from the Azores, Portugal, in 1954 and later settled in the parish of Thérèse-De Blainville. Together with his wife, Huguette Franc, he helped pave the way for relatives and friends of Portuguese origin who subsequently established themselves in the area.

A father of seven children, D’Almeida died in 2018. In 2024, his family approached the city to begin the process of commemorating the man recognized as the first Portuguese immigrant to settle in the territory that officially became Blainville in 1968.

Mayor Liza Poulin said the naming recognizes one of the individuals whose personal history is closely connected to the development of the municipality.

“The richness of Blainville’s local history comes from the people who built it and contributed to making it what it is today: a vibrant, welcoming and inspiring city,” Poulin said. She added that D’Almeida’s story reflects the culture of kindness and community solidarity that characterizes Blainville.

A neighbourhood built house by house

D’Almeida’s daughter Suzanne recalled that her father purchased land on Rue Franc in 1959 and built his first home there. As his

brothers, sisters and friends arrived in Quebec, many turned to him for help building homes of their own.

He drew plans and completed residences from the foundations to the installation of the final door handles. According to his family, he built approximately 20 homes on Marie-Antoinette and Rémi-Franc streets, along with other residences for Portuguese families elsewhere in Blainville.

Although much of his work was concentrated in Côte-Saint-Louis, his influence extended beyond construction. He became a trusted figure within the area’s emerging Portuguese community and was frequently called upon to install windows and doors, undertake renovations and complete household repairs.

D’Almeida also worked for regional paving companies. In the early 1970s, he established his own asphalt-paving business, providing employment to Portuguese newcomers and other residents of Sainte-Thérèse and Blainville. Even after closing the company, he remained active in the trade and continued helping immigrant families maintain and improve their homes.

A family contribution to newcomer integration

The tribute also recognizes the contribution made by D’Almeida’s wife, Huguette Franc. Suzanne D’Almeida said her mother quickly learned Portuguese, allowing the couple to assist relatives and other newcomers who had limited knowledge of French.

Their assistance extended to immigration documents, income-tax returns, employment-insurance applications, workplace accident claims and medical appointments. At a time when formal settlement services were far less developed than they are today, such informal support could play an essential role in helping immigrant families navigate Quebec institutions and



A plaque installed inside the Angelo-D’Almeida Chalet explains the builder’s contribution to the Côte-Saint-Louis neighbourhood and Blainville’s Portuguese community.

build stable lives.

The D’Almeida family’s experience illustrates how the development of a municipality is shaped not only by official planning and public infrastructure, but also by residents who build homes, create employment and help newcomers become part of the community.

Story preserved inside the chalet

An explanatory plaque installed inside the newly named chalet recounts D’Almeida’s contribution to the Côte-Saint-Louis neighbourhood. Visitors will be able to learn how one immigrant’s construction work and community involvement helped transform the district over several decades.

David Malenfant, municipal councillor for Côte-Saint-Louis, said recognizing residents such as D’Almeida is important for both the district and the city.

“With the Angelo-D’Almeida Chalet, we are ensuring that this name and this family will continue to resonate in our collective memory,” Malenfant said.

The chalet stands in Pedro-Da Silva Park, itself named after an important figure in Portuguese-Canadian history. The addition of Angelo D’Almeida’s name gives the public space another connection to the community’s heritage and to the families who participated in Blainville’s growth.



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Sainte-Thérèse offers four days of free cultural activities

The local Journées de la culture program will combine photography, history, dance, music, visual arts and family entertainment from Sept. 24 to 27

DIMITRIS ILIAS
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Residents of Sainte-Thérèse will be able to participate in four days of free cultural activities from Sept. 24 to 27 as part of the province-wide Journées de la culture.

The municipal program includes an insect macrophotography exhibition, an interactive heritage tour, a family celebration at Parc Charles-Bosson and a multidisciplinary workshop combining music, visual art and writing.

The activities are intended for individuals, groups of friends and families. Sainte-Thérèse Mayor Christian Charron said the program offers residents opportunities to go out, create, learn and experience culture in different forms.

He invited the entire population to take advantage of the activities and celebrate culture in the city.

Insects seen from a different perspective

The program begins with MACROCOSME: Des insectes dans mon jardin, an exhibition by photographer Luc Pouliot at Maison Lachaine.

The exhibition will be open from Sept. 24 to 27. Visiting hours are from 1 p.m. to 7 p.m. on Thursday and Friday and from 10 a.m. to 4 p.m. on Saturday and Sunday.

Pouliot specializes in macrophotography, using extreme close-up images to reveal details in insects that are not ordinarily visible to the naked eye. The city describes the exhibition as an opportunity to observe the forms and distinctive characteristics of these small living creatures.

An opening reception and conference with the artist will be held on Friday, Sept. 25, at 5 p.m. Pouliot will discuss the aesthetic

choices involved in his work as well as the technical challenges associated with macrophotography.

Local history and forgotten criminal cases

On Thursday, Sept. 24, historian Martin Rodgers will lead an interactive heritage circuit through the Village of Sainte-Thérèse. Two departures are scheduled from Place du Village, at 7 p.m. and 8:30 p.m.

Titled Voyager à travers le temps, or Travelling Through Time, the circuit will introduce participants to forgotten criminal cases from the community's past.

The activity is based on historical material documented through local newspaper archives. Participants will encounter historical characters, search for clues and explore stories that combine documented history with elements situated at the boundary between fact and imagination.

Advance online registration is required for the heritage circuit.

Family celebration at Parc Charles-Bosson

Parc Charles-Bosson will host a family celebration on Saturday, Sept. 26, from 11 a.m. to 4 p.m.

The five-hour event will feature activities from several artistic traditions and disciplines. The announced program includes face painting, balloon sculpture, a performance by dancer-puppeteers and a Popping-robot dance workshop.

Families will also be able to participate in puppet-making, Japanese calligraphy, world-percussion activities and bead painting on cotton canvas.

The park celebration is one of the principal family-oriented components of the city's program and will bring several of the weekend's cultural activities together at a single outdoor location.



Creating through music, images and words

The final activity will take place at the Sainte-Thérèse Library on Sunday, Sept. 27, from 2 p.m. to 4 p.m.

During Viens créer ce que tu entends, translated as Come Create What You Hear, participants will produce their own work while listening to live music performed by guitarist Simon Proulx.

The workshop combines three disciplines: live music, visual art and writing. According to the city's description, participants will be invited to draw inspiration from what they hear and rediscover the enjoyment of creating.

Online registration is required for the library workshop.

A province-wide cultural celebration

The 2026 edition marks the 30th Journées de la culture. The official province-wide celebration will take place Sept. 25, 26 and 27, while Sainte-Thérèse's local schedule begins one day earlier with the exhibition and heritage circuit.

The annual event is initiated and coordinated by Culture pour tous, a registered non-profit and charitable organization. Its stated purpose is to increase public access to arts and culture through free activities open to everyone.

The Journées de la culture take place throughout Quebec on the final Friday of September and the following weekend. The format includes workshops, demonstrations, guided circuits and performances covering a range of artistic disciplines.

All the activities announced by the City of Sainte-Thérèse are free. Online registration is required for the Sept. 24 heritage circuit and the Sept. 27 library workshop.

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Laval: Here is your opportunity to become a homeowner in one of Fabreville's most soughtafter neighbourhoods. This charming semi-detached bungalow offers generous living space and has been beautifully maintained by its owners over the years. The property features a total of 3 bedrooms and 1+1 bathrooms. The main floor boasts a bright, openconcept layout that seamlessly connects the kitchen and dining area, complemented by a welcoming living room perfect for relaxing. The basement provides an excellent additional living space with a cozy family room ideal for unwinding or hosting guests.

MLS: 14952293



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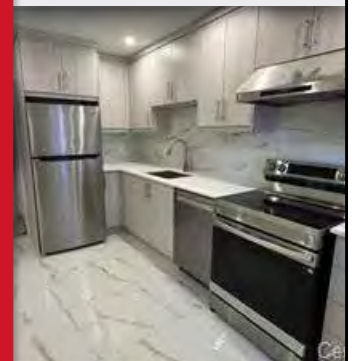


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Five voter, five priorities. What's driving the vote in Groulx?

ALESSANDRO COMMISSO

Local Journalism Initiative Reporter
alessandro@newsfirst.ca

The North Shore News went to Place Rosemère to ask voters a simple question: What is the most important issue to you in this election?

With Quebecers heading to the polls on Oct. 5, voters across the province will have plenty to consider before marking their ballots. In the Groulx riding, the decision will be made by voters in communities including Rosemère, Boisbriand and Sainte-Thérèse.

Rather than asking residents which party they plan on supporting, the North Shore News wanted to know what is actually driving their vote.

Five voters of different ages and backgrounds were asked what matters most to them. Their answers ranged from taxes and government spending to public security, infrastructure and healthcare.

While their priorities differed, there was one common thread: all five wanted to see tangible improvements in their everyday lives.

Taxes and affordability

For Marc-André Gagnon, 42, of Boisbriand, the biggest issue is simple: how much money is left in his pocket at the end of the month.

"Everything costs more now," Gagnon said. "Groceries cost more, the mortgage costs more, insurance costs more. You feel like your salary goes up a little bit, but everything else goes up twice as fast."

Gagnon said he wants the next government to focus on easing the financial pressure facing middle-class families.

For him, that means looking closely at taxation, but also at how the provincial government spends the money it already collects.

"I don't necessarily expect the government to fix the price of everything," he said. "But I want to know that the taxes we pay are being used properly. When people are struggling, you have to be able to show them where their money is going."

The issue of government spending has taken on added significance during this year's campaign, particularly as parties debate the province's finances and management of public money.

Public security

For Nadine El-Khoury, 36, of Rosemère, public security is her biggest concern.

A mother of two, El-Khoury said she pays more attention to safety now than she did before having children.

"You start looking at your community differently when you have kids," she said. "You want them to be able to walk around, go to the park or eventually go places by themselves and feel safe."

El-Khoury said her concern is not based on one particular incident, but rather on making sure governments remain proactive instead of waiting for problems to become serious.

She would like to see continued investment in policing, community programs and mental-health resources that can help prevent dangerous situations before they happen.

"Security isn't only about having more police," she said. "It's also about making sure people who need help can actually get it before something happens."

For El-Khoury, the issue is ultimately about maintaining the quality of life that attracted families like hers to the North Shore.

Roads and public infrastructure

Mario Beaulieu, 67, of Sainte-Thérèse, did not hesitate when asked about his biggest concern.

"Infrastructure," he said. "Look at the roads."

Beaulieu said governments need to put greater emphasis on maintaining existing infrastructure rather than continually announcing new projects.

"We pay for these roads, so they should be maintained properly," he said. "You fix something

and then a few years later it feels like you're fixing the same thing again."

Transportation is an everyday reality for residents throughout Groulx. Sainte-Thérèse, for example, is connected to major arteries including Route 117 and highways 15 and 640.

Beaulieu said he would like to hear candidates speak more specifically about infrastructure maintenance, public transit and long-term planning.

"It's not the most exciting thing to talk about during an election," he said. "But it affects everybody every single day."

Government debt and spending

At 24, Alex Nguyen, of Rosemère, was the youngest voter interviewed. His concern, however, was decidedly long-term.

Nguyen said government debt and spending will play an important role in determining his vote.

"I think people my age sometimes feel like we're going to inherit the bill for decisions being made now," he said. "I want governments to invest in things we need, obviously, but there has to be some responsibility too."

Nguyen said he does not believe governments should simply cut spending across the board. Instead, he wants political parties to demonstrate that major expenditures will provide lasting benefits.

He pointed to housing, transportation and healthcare as areas where spending may be necessary, but said voters deserve clear explanations about how projects will be funded.

"You can spend money to improve things," he said. "I just want there to be a plan behind it."

For Nguyen, the issue also comes down to trust.

"If a party tells me they're going to spend billions on something, tell me what the result is supposed to be," he said. "And then I think we should be able to hold them accountable for whether they actually accomplished it."

Healthcare

For Antonietta Di Felice, 58, of Boisbriand, no issue comes close to healthcare.

"I think almost everybody knows someone who has waited too long for an appointment or had trouble finding a doctor," Di Felice said. "At some point, you wonder what it's going to take to actually make the system better."

Healthcare and social assistance represent one of the largest employment sectors among residents of Groulx, according to census-based riding data. The riding also has a sizeable older population, with roughly one in five residents aged 65 or over.

Di Felice said her concern is not directed at doctors, nurses or other healthcare workers, whom she believes are often being asked to do too much.

"The people working in the hospitals are doing what they can," she said. "The problem is getting access to them."

She wants the next provincial government to prioritize family doctors, emergency-room wait times and access to specialists.

"You shouldn't have to wait until something becomes an emergency to get help," she said. "Healthcare is the one thing that eventually affects every single person."

Five voters, five priorities

The five conversations at Place Rosemère offered only a small snapshot of the thousands of voters who will cast ballots in Groulx, but they demonstrated just how differently residents can approach the same election.

For some, the decision will come down to what they pay in taxes and whether life feels affordable. For others, it will be about the condition of the roads they drive on, the safety of their neighbourhoods, the province's finances or whether they can see a doctor when they need one.

Groulx had more than 54,000 registered electors as of July 31, according to riding data, and

the constituency could receive considerable attention during the campaign. In 2022, Girard won comfortably, taking 47.8 per cent of the vote, while Québec solidaire and the Parti Québécois

finished a distant second and third.

But for the voters who spoke with the North Shore News, party standings were not what mattered most.

An election poster near the Rosemère community center. (Photo: Alessandro Commisso, The North Shore News)





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ELECTIONS 2026



What the parties are promising in Quebec's 2026 election campaign as of September 4th

A comprehensive guide to where Quebec's major political parties stand on the issues shaping the 2026 election

NEWSFIRST MULTIMEDIA
info@newsfirst.ca

With the election campaign now underway, Quebec's major political parties are unveiling new promises aimed at addressing affordability, healthcare, housing, transportation, taxation, education and immigration.

Several proposals announced in recent weeks signal important shifts in campaign priorities. Québec Solidaire is focusing heavily on wealth redistribution through a proposed tax on large fortunes. The CAQ is promoting new transportation infrastructure and healthcare initiatives. The Conservatives are emphasizing parental choice through direct childcare payments. The PQ continues to highlight

Quebec identity and culture while stressing government accountability, and the Liberals are positioning themselves as a centrist option focused on economic growth and improved public services.

For voters, the campaign increasingly presents a choice between competing visions of government's role in the economy, public services and Quebec society.

CAQ: transit infrastructure and service delivery

Under leader Christine Fréchette, the Coalition Avenir Québec continues to focus on economic growth, infrastructure development and improving public services.

A major new campaign commitment is the proposal to revive a REM-style rail project linking Montreal's eastern end with Repentigny. The proposed transit corridor would connect eastern Montreal with growing North Shore communities that have long faced transportation challenges.

The CAQ argues that transportation investments are necessary to reduce congestion, strengthen economic development and

improve mobility for commuters. The proposal has become one of the party's most visible infrastructure promises during the campaign.

Economy

The CAQ continues to promote a business-friendly environment, support major infrastructure projects and encourage investment in strategic sectors.

The party argues that strong economic growth remains the best way to finance healthcare, education and social programs

while maintaining Quebec's competitiveness.

Healthcare

The CAQ has made healthcare modernization a major campaign priority. The party highlights efforts to reduce wait times, improve access to family doctors and increase efficiency throughout the healthcare network.

The CAQ is also promoting greater use of telemedicine and digital health tools to improve access to healthcare services in both urban and regional communities.

Quebec Liberals: modern services and economic competitiveness

Led by Charles Milliard, the Quebec Liberal Party continues to position itself as a centrist alternative focused on economic growth, public services and the protection of minority rights.

Healthcare modernization

Healthcare has become one of the party's major campaign priorities. Liberals are promoting expanded telehealth services and greater use of technology to improve access to care, particularly in underserved regions where recruiting healthcare professionals remains challenging.

The party argues that modernization can help reduce wait times while providing patients with faster and more convenient

access to healthcare services.

Economy

The Liberals continue emphasizing investment, entrepreneurship and innovation.

The party argues that sustained economic growth is necessary to generate the revenues required to improve healthcare, education and public infrastructure while maintaining Quebec's competitiveness within Canada and internationally.

Housing

The party supports increasing housing supply through partner-

ships with municipalities and private-sector builders.

Liberals argue that addressing housing affordability requires both government action and private-sector participation.

Language and minority rights

The Liberal Party continues to advocate protection of the French language while emphasizing the importance of protecting the rights and institutions of Quebec's English-speaking minority communities.

The party argues that language protection and minority rights can coexist and should not be treated as competing objectives.

Québec Solidaire: wealth tax becomes signature proposal

The biggest new commitment unveiled by Québec Solidaire is a proposed tax on Quebec's wealthiest households. Leader Ruba Ghazal says a QS government would introduce an annual 1 per cent tax on fortunes worth more than \$25 million and a 2 per cent tax on fortunes exceeding \$100 million.

Québec Solidaire estimates the measure would generate approximately \$5 billion in additional government revenue.

The party argues that a small number of wealthy individuals have accumulated enormous assets while many Quebecers struggle with rising housing costs, affordability pressures, overcrowded classrooms and shortages in public services. QS says a significant portion of the new revenue would be directed toward education, healthcare, affordable housing and other public programs.

The proposal reinforces the party's central election message that growing economic inequality requires more direct government intervention and redistribution of wealth. Supporters view the proposal as a way to finance improved public services without increasing taxes on middle-income families, while critics argue it could discourage investment or encourage wealthy taxpayers to move assets elsewhere.

Healthcare and public services

Québec Solidaire continues to advocate major investments in public healthcare, education and social services. The party argues that improved public services are essential to addressing inequality and improving quality of life.

The party supports hiring more healthcare professionals, expanding access to frontline services and strengthening publicly delivered healthcare rather than increasing reliance on private providers.

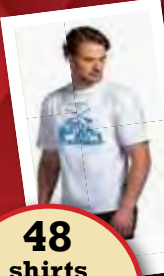
Housing

Housing remains one of QS's top priorities. The party proposes significantly expanding affordable and social housing construction and increasing government intervention in the housing market to improve affordability for renters and first-time homebuyers.

Environment

Climate policy remains central to the QS platform. The party supports accelerated investments in public transit, renewable energy, green technologies and infrastructure projects designed to reduce greenhouse gas emissions.

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ELECTIONS 2026



Parti Québécois: culture, identity and accountability

The Parti Québécois under Paul St-Pierre Plamondon continues to focus on government accountability, Quebec identity and support for Quebec-owned businesses.

A notable new proposal would require students to read a selection of Quebec literary classics throughout their education. The PQ argues that young Quebecers should develop a stronger understanding of Quebec's cultural heritage, history and identity.

Supporters say the measure would strengthen cultural literacy, while critics question whether governments should mandate specific reading selections.

Environment and industry

The party has also attracted attention for its approach to the Fonderie Horne environmental file. While previously advocating stronger environmental measures, the PQ now says it does not want to disrupt agreements already negotiated to reduce arsenic emissions and improve environmental performance. The party argues that environmental protection must be balanced with economic realities and the protection of regional jobs.

Economy and regional development

The PQ continues to emphasize Quebec ownership of strategic

industries, regional economic development, innovation and support for small and medium-sized businesses. The party maintains that economic decisions should prioritize long-term provincial interests and strengthen Quebec's economic autonomy.

Government accountability

Transparency and accountability remain central themes of the PQ campaign. The party promises stronger oversight of public spending and reforms designed to improve confidence in government institutions.

Conservative Party of Quebec: direct support for families

One of the most widely discussed promises announced during the campaign comes from Éric Duhaime's Conservative Party of Quebec. The party would provide parents with \$100 per week for every child kept at home rather than placed in Quebec's subsidized daycare system.

Conservatives argue that many parents cannot obtain daycare spaces despite years-long waiting lists. The proposal is designed to offer greater flexibility for families while providing financial support to parents who choose home-based childcare.

The initiative is expected to cost approximately \$1.4 billion over five years.

Affordability and taxes

Lower taxes and greater purchasing power remain central elements of the Conservative platform.

The party argues that government spending has expanded too rapidly and that Quebecers should be allowed to keep more of their income during a period of rising living costs.

Healthcare

The Conservatives advocate reforms intended to introduce more flexibility and efficiency into the healthcare system. The party generally supports increasing patient choice and reducing bureaucracy.

Economy

The PCQ believes economic growth is best achieved through lower taxes, reduced regulation, support for entrepreneurs and a smaller role for government in the economy.

Key new campaign promises

CAQ

- Proposed REM-style transit link connecting eastern Montreal and Repentigny.
- Expanded emphasis on telehealth and healthcare modernization.

Liberals

- Expanded telehealth and healthcare modernization initiatives.
- Continued focus on economic growth and minority rights.

Québec Solidaire

- 1% wealth tax on fortunes above \$25 million.
- 2% wealth tax on fortunes above \$100 million.
- Estimated \$5 billion in new annual government revenue.
- Increased spending on education and public services.

Parti Québécois

- Mandatory reading of Quebec literary classics in schools.
- More pragmatic position on the Fonderie Horne emissions issue.

Conservatives

- \$100 per week per child for parents who choose home-based childcare.
- Greater focus on affordability and parental choice.

This version reads more like an up-to-date 2026 election guide because it highlights the major promises being made during the current campaign rather than simply describing each party's traditional positions.

The issues that may decide the election

Housing

Rising rents and soaring home prices have transformed housing into one of the defining issues of the election. Every major party agrees more housing is needed, but they differ significantly on how to achieve that goal.

Healthcare

Long wait times, shortages of family physicians, and pressure on emergency rooms continue to dominate voter concerns. Healthcare may ultimately become the single most important issue influencing election results.

Cost of living

Food prices, utilities, insurance costs, and housing expenses

remain top concerns for families and seniors throughout Quebec.

Language and minority rights

Questions surrounding the protection of French, access to English-language services, and the future of minority-language institutions remain highly significant, particularly in Montreal, Laval, and other diverse communities.

Immigration

Parties differ sharply on immigration levels and integration policies. The debate centres on balancing economic needs, labour shortages, housing pressures, cultural integration, and protection of the French language.

What voters will decide

The 2026 election is ultimately about competing visions of Quebec's future.

Should government play a larger role in solving social and economic problems, or should private enterprise lead the way? How should Quebec balance immigration with integration? How can the province protect French while respecting minority rights? What is the best way to address housing shortages, healthcare challenges, and affordability concerns?

The answers to those questions will help shape Quebec's future for years to come.

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Thérèse-De Blainville police officers and cadets stepped away from their usual duties to meet residents in a relaxed community setting

DIMITRIS ILIAS
dimitri@newsfirst.ca

Police officers are most often encountered during emergencies, investigations or traffic stops. At Lorraine's Family Day, however, the atmosphere was decidedly more relaxed. Officers and police cadets from the Régie intermunicipale de police Thérèse-De Blainville joined the Aug. 29 celebration to

meet residents, speak with families and answer their questions. The event gave members of the public an opportunity to approach police personnel informally and speak with the people behind the uniforms. According to the Régie, the conversations also helped strengthen its relationship with the community. The presence of police cadets brought another dimension to the exchanges. Working alongside officers, the cadets greeted

visitors and participated in the day's community outreach. For families, it was a chance to connect with their local police service away from the pressure of an emergency. For the officers and cadets, it offered direct contact with the residents they serve in the welcoming setting of a municipal celebration. Following the event, the Régie thanked the City of Lorraine for organizing Family Day and expressed its appreciation to everyone who stopped by to meet its representatives.



Officers and police cadets from the Régie intermunicipale de police Thérèse-De Blainville traded emergency calls for community conversations during Lorraine's Family Day on Aug. 29.

Back to class, but not off duty for RIPTB police cadets

Their full-time summer assignments have ended, but the cadets will remain active across four North Shore municipalities until mid-October

DIMITRIS ILIAS
dimitri@newsfirst.ca

The school year has begun, but residents have not seen the last of the Thérèse-De Blainville police cadets. With their full-time summer season now complete, the cadets have returned to their studies and shifted to part-time assignments. They will continue working until mid-October, maintaining a presence across the territory and serving residents. The Régie intermunicipale de police Thérèse-De Blainville thanked the cadets for their work throughout the summer, praising their engagement, professionalism and dedication. The police service said their contribution supported its community mission and made a genuine difference during the season. The RIPTB serves Boisbriand, Lorraine, Rosemère and Sainte-Thérèse. The organization employs more than 185 police officers and civilian personnel. Cadets have also participated in the RIPTB's Project Quiétude, an initiative focused on public presence and community safety. According to figures released by the police service in June, the project recorded 840 cadet presences in 2024 and 1,302 in 2025, including increased activity in vulnerable areas. Although the RIPTB did not publish equivalent figures for the summer of 2026, its latest announcement confirms that the cadets' work will continue beyond the traditional summer period—even as they return to the classroom.



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DIRECT ANSWERS

FROM WAYNE & TAMARA

OPEN HEART

Q Although I am not usually an indecisive person, I am having a difficult time making a financial decision and would like your thoughts on the matter.

I have belonged to a church for 25 years. I have supported it with increasingly larger amounts as my circumstances improved, although not with tithes as they would like. Over the years religion has come to make less and less sense to me, but I still believe "as you have done unto the least of these, you have done unto me."

Over the last few years, though, I have been disappointed at how little of the church budget actually goes to charitable causes, and I began to feel as if my money could be better spent going to secular organizations like our local food bank. Our church does raise a lot of money for charity, but that is in addition to our monthly pledges.

Since I attend the church, I thought it only fair that I contribute my monthly pledge to keep the church going, no matter what the state of my beliefs. This year I did not make a pledge of financial support, but I intended to keep giving the same amount I had been giving.

However, recently we received a newsletter from our church stating there has been such a good response to the recent pledge drive they adopted a new budget almost 20 percent higher than the previous one. A week after that, disaster struck overseas. Again I began to feel that my money can be better spent going to aid that country, as well as going to local charities that are dealing with this poor economy with less success than my church is.

But, as I said, I am having a hard time making the decision. Part of me feels guilty for participating without paying, and part of me feels if I still believed in Jesus, I'd be doing his wishes best by giving to the less fortunate. I decided to pay this month's pledge to an organization providing medical aid abroad.

After that, I do not know. I don't expect you to

tell me what to do, but I would like whatever insights you can give me.

Tonya

A Tonya, people are born into your church, even as other people die. People move into your area and join the church, even as others move away. Some people simply move on. That's part of the normal life cycle of a church. There is nothing in that to regret.

Aside from advancing what they consider true beliefs, churches are also organizations. Every organization does what it can to perpetuate itself. That is an organization's main goal, whether it is a business, a charity, or a church.

When Jesus drove the money changers from the temple, he said his house is a house of prayer. But, of necessity, there is always an uneasy tension between money and religion. When you donate, it feels like settling a bill. Shaking your pastor's hand, you wonder if he's totaling your monthly contributions in his head.

You may be having a crisis of faith, but in part it's triggered by your church's financial structure and budget. You object to how the money is spent.

Meister Eckhart said whether we know it or not, our nature seeks to "ferret out the track in which God may be found." That is what you are doing. You are trying to come to terms with the ultimate. There is no danger a higher power will misunderstand your motives, for as Eckhart said, "The eye with which I see God is the same eye with which God sees me."

We hear the compassion in your letter. To whomever you give, give in a way that makes you feel good. Once you feel good about giving again, you will give more and with a gladder heart.

Wayne & Tamara

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

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AVIS PUBLIC - Présentation du budget 2026-2027 de la Commission scolaire Sir-Wilfrid-Laurier

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 2026-2027 sera présenté à la séance ordinaire du Conseil des commissaires le **30 septembre 2026, à 19 h 30** dans la salle 52A du centre administratif situé au 235, montée Lesage, Rosemère (Québec). Cette séance sera également diffusée en ligne et pourra être visionnée à distance en cliquant sur le lien suivant : <http://bit.ly/swlsbcouncil>. Les procédures pour soumettre des questions pour cette séance se trouvent sur le site Web de la commission scolaire : www.swlauriersb.qc.ca/fr/.

Fait à Rosemère (Québec)

Le 24 août 2026

M^{re} Anna Sollazzo, secrétaire générale

PUBLIC NOTICE - Presentation of the 2026-2027 Budget of the Sir Wilfrid Laurier School Board

PUBLIC NOTICE is hereby given that, in accordance with section 278 of the Education Act, the budget of the Sir Wilfrid Laurier School Board for the 2026-2027 school year will be presented at the regular meeting of the Council of Commissioners on **September 30, 2026, at 7:30 p.m.**, which will be held in room 52A of the Administration Centre, located at 235, montée Lesage, Rosemère (Québec). This meeting will also be broadcast online and may be viewed remotely by clicking on the following link: <http://bit.ly/swlsbcouncil>. The procedures for submitting questions for this meeting can be found on the school board's website at www.swlauriersb.qc.ca/en/.

Given at Rosemère (Québec)

August 24, 2026

M^{re} Anna Sollazzo, Secretary General

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Canada and Quebec labour markets face new pressures in 2026

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Canada's labour market continues to show resilience in 2026, but economists and employers are navigating a period of slower growth, changing workforce demographics, and ongoing labour shortages in several key industries. While employment levels remain relatively strong compared with historical standards, businesses across the country are facing challenges related to productivity, an aging workforce, and economic uncertainty.

Nationally, Canada's unemployment rate stood at approximately 6.4 per cent in July 2026. Although this is higher than the exceptionally tight labour market experienced in the years immediately following the pandemic, it remains within a range that many economists consider manageable. Employment growth has moderated as businesses contend with higher costs, slower economic expansion, and concerns over international trade conditions.

One of the most significant issues facing the Canadian labour market is demographics. The retirement of large numbers of Baby Boomers continues to reduce the pool of available workers. As a result, employers in sectors such as healthcare, construction, skilled trades, transportation, and technology continue to struggle to fill positions. Even in regions where unemployment has increased slightly, many employers report difficulties finding workers with the required skills and experience.

In Quebec, the labour market remains among the strongest in Canada, despite signs of softening during the first half of 2026. According to recent labour market data, Quebec's unemployment rate reached 5.6 per cent in July, still well below the national average. Employment remained essentially unchanged from the previous month, reflecting a labour market that is stabilizing after several years of rapid growth.

However, beneath the surface, notable shifts are taking place.

Full-time employment increased significantly in July, while part-time employment declined. At the same time, job losses were recorded in both the private and public sectors, with gains among self-employed workers helping to offset those declines. These trends suggest that Quebec's labour market is adjusting to changing economic conditions rather than experiencing widespread deterioration.

Quebec continues to face severe demographic challenges. The province's aging population and slower labour force growth are limiting its ability to expand employment. In many regions, particularly outside major urban centres, businesses report difficulty recruiting workers. The construction industry, healthcare sector, and information technology field remain among the areas most affected by labour shortages.

The construction sector has faced particular challenges in recent months. Employment in the industry declined significantly during the summer, partly due to labour disruptions and project delays. Nevertheless, demand for construction workers remains high because of ongoing infrastructure investments, housing needs, and public works projects throughout the province.

Healthcare remains another critical concern. Hospitals, long-term care facilities, and community health organizations continue to compete aggressively for qualified staff. Quebec's government has implemented various recruitment and retention initiatives in an effort to address staffing shortages, particularly among nurses, personal support workers, and specialized medical professionals.

Technology and professional services continue to represent bright spots in the Quebec economy. Employment in professional, scientific, and technical services reached record levels earlier this year, reflecting ongoing demand for expertise in software development, artificial intelligence, engineering, and business consulting. The Greater Metropolitan area including Laval, remains an important hub for innovation and technology investment.



Looking ahead, labour market experts expect both Canada and Quebec to experience moderate employment growth rather than the rapid expansion seen during previous years. Economic uncertainty, global trade pressures, and demographic constraints are expected to limit growth. However, the sustained demand for skilled workers is likely to keep unemployment rates relatively low by historical standards.

For employers, the challenge will increasingly be attracting, training, and retaining talent. For workers, opportunities remain abundant in sectors facing chronic shortages. As Canada and Quebec adapt to demographic realities and evolving economic conditions, the labour market is expected to remain resilient, though increasingly shaped by the need for productivity improvements, skills development, and workforce modernization.

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HOROSCOPE

Week of **SEPTEMBER 13 TO 19, 2026**

The luckiest signs this week:
CAPRICORN, AQUARIUS AND PISCES

- ♈

ARIES

An invitation sparks your appetite for action. The week picks up your pace, sharpens your instincts and fills your days with stimulating challenges. By taking a step off the beaten path, you'll refresh your spirit of initiative and rekindle your trademark courage.
- ♉

TAURUS

You'll assert your convictions with confidence this week. Your strength will impress others and earn you the recognition of those in authority. Don't doubt your worth: you're taking a critical step toward a leadership role.
- ♊

GEMINI

You'll crave novelty and feel inspired to develop your own style. Elegant clothing that could redefine your image will catch your eye. This fresh look will align with your professional advancement. Your appearance reflects your confidence.
- ♋

CANCER

The moon supports family reconciliations. By expressing your feelings candidly, you'll ease tensions at home. A gentler atmosphere settles in, restoring harmony. You'll notice a restoration of balance and warmth in your home.
- ♌

LEO

You'll doublecheck every detail. Vigilant care for your tools and equipment will help you avoid hassles and delays. Such heightened caution will free your thoughts, giving you the presence of mind you value. Serenity and efficiency go hand in hand.
- ♍

VIRGO

Your natural clarity is sharpening. You'll organize your spending and set priorities for your budget. This disciplined approach won't feel restrictive; rather, it'll promote inner peace as clarity brings security.
- ♎

LIBRA

The week begins with a series of demanding tasks. The universe supports your efforts, and you find the strength to persevere without losing momentum. Your endurance will pay off: recognition and personal satisfaction offer the sweetest rewards.
- ♏

SCORPIO

Troubled by restless thoughts at night? Regular exercise will help clear your mind and convert your struggles into constructive energy. Your body will become your ally in restoring a sense of inner peace.
- ♐

SAGITTARIUS

Jupiter, your cosmic guide, will shed light on your relationships. You sense it's time to set boundaries with unbalanced friendships. By protecting your energy, you'll regain joy and enthusiasm. No more compromises: it's time to lead with authenticity.
- ♑

CAPRICORN

Structure and discipline are making a strong comeback, especially at home. Remain firm and diplomatic when children test your limits. Despite your fatigue, your guidance will leave lasting lessons in balance and respect.
- ♒

AQUARIUS

The call of travel is compelling. Whether the trip is physical, intellectual or spiritual, far horizons will broaden your perspective. Every encounter outside your usual circle becomes a source of growth and opportunity.
- ♓

PISCES

A balanced diet and consistent exercise are finally paying off. Your body responds, and your spirits rise. Through discipline, you regain control of an essential rhythm. Harmony returns, and confidence settles in.

Coffee Break

CROSSWORD

GRID N° 311

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			

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ACROSS

1. Study for a test

5. Frosted

9. Stylish

12. Maui dance

13. Within close range

14. "Bells _____ Ringing"

15. Send out

16. Superman, e.g.

17. Alter a skirt

18. Lincoln or Vigoda

19. Takes umbrage at

21. Oil boat

23. Leave the track

26. Sinful

28. Peer

29. Off yonder

32. Drag

34. Rawhide

35. Eroded

36. Bathe
38. Excluding

41. Most festive

45. Forewarned

47. Dispute

48. Gave lunch to

50. Like lemon juice

51. Silver or glass follower

52. Dark bread

53. Carry along

54. On a cruise

55. Certainly!

56. Potato

57. Secretary's need
9. Rubdown

10. Metal-bearing rock

11. Morning mist

19. Race in neutral

20. Victor's memento

22. Grain of corn

24. Not well

25. Rent

27. Deep

29. Admiration

30. Crafty person

31. Game rooms

33. Bet

37. Unhappy

39. Mosquitoes, e.g.

40. TV's "F _____"

42. Cleanse

43. Tender spots

44. Pinch

46. Ballet skirt

48. Saute

49. Lens opening

51. Money roll

DOWN

1. Play unfairly

2. Latin dance

3. UFO pilot

4. Small carpet

5. Acquire

6. Average grades

7. Having handles

8. Monotone

Sudoku

HOW TO PLAY

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

Each 3x3 box is outlined with a darker line.

You already have a few numbers to get you started.

Remember: You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.

GRID N° 1004

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

LAST ISSUE'S ANSWERS

CROSSWORD

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

Sudoku

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

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BIG BASKET (\$40)

- | | |
|---|------------------------------|
| 1. Strawberries — Quebec | 10. Lemon (2) — Argentina |
| 2. Blueberries — Peru | 11. Cauliflower — Quebec |
| 3. Canary melon — Mexico | 12. Romaine Lettuce — Quebec |
| 4. Peppers — Ontario | 13. Green beans — Quebec |
| 5. Bananas (4) — Honduras | 14. Onions (2 lbs) — Quebec |
| 6. Golden Delicious apples (3) — Quebec | 15. Pears (3) — Portugal |
| 7. Celery — Quebec | 16. Beets (6) — Quebec |
| 8. Tomato — Quebec | 17. Organic Ginger — Peru |
| 9. Corn (3) — Quebec | 18. Organic Turmeric — Peru |

SMALL BASKET (\$22)

- | | |
|---------------------------------|---------------------------------|
| 1. Hass avocados (bag) — Mexico | 7. Broccoli — Quebec |
| 2. Kumato tomatoes — Quebec | 8. Romaine Lettuce — Quebec |
| 3. Pears (2) — Portugal | 9. Corn (2) — Quebec |
| 4. Bananas (3) — Honduras | 10. Peppers (5) — Quebec |
| 5. Carrots — Quebec | 11. Red onions (2) — Quebec |
| 6. Mushrooms — Ontario | 12. Lebanese cucumbers — Québec |

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