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ELECTIONS 2026

SEE PAGE 3



Parti Québécois	Parti Libéral Québec	CONSERVATEUR	Québec solidaire	CAQ
				
PAUL ST-PIERRE PLAMONDON	CHARLES MILLIARD	ÉRIC DUHAIME	RUBA GHAZAL	CHRISTINE FRÉCHETTE
59 SEATS 28.02% 1,199,926 votes	40 SEATS 24.22% 1,037,051 votes	19 SEATS 20.67% 885,164 votes	9 SEATS 12.43% 532,176 votes	0 SEAT 13.35% 571,520 votes

Voters take revenge on CAQ

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

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

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

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

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

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

► Continued on page 4

Lorraine asks
residents to help
imagine the future
of its central
community park



Page 8



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Lapointe, Joly urge businesses to adapt as tariffs reshape global trade



Canada's Minister of Industry Mélanie Joly and Member of Parliament Linda Lapointe speaking to business owners of the Lower Laurentians.

ALESSANDRO COMMISSO

Local Journalism Initiative Reporter
alessandro@newsfirst.ca

Federal ministers and local business leaders gathered last week for a discussion on the growing impact of international tariffs and the challenges facing exporters across the Lower Laurentians.

The event, hosted by Liberal MP Linda Lapointe, brought together entrepreneurs and business owners from across the region to meet with Mélanie Joly, Canada's Minister of Industry. The discussion focused on how local companies can navigate an increasingly uncertain trade environment, particularly as tariffs and shifting economic policies continue to affect Canada's relationship with the United States.

According to Lapointe, the gathering attracted representatives from a wide range of industries eager to hear Joly's perspective on the changing global marketplace.

"It was mainly people from the business side of the area," Lapointe said in an interview with The North Shore News. "They were very interested to learn and to meet Mélanie Joly."

The meeting comes as many Canadian businesses continue to grapple with trade disruptions stemming from U.S. tariffs and protectionist measures. With roughly three-quarters of Canadian exports traditionally destined for the American market, Lapointe said companies can no longer afford to rely on a single trading partner.

"The world has changed, and it won't go back," she said.

That message formed the core of Joly's presentation, according to Lapointe. Rather than waiting for trade relations to normalize, businesses were encouraged to explore new markets and diversify their customer base.

Lapointe, who sits on the House of Commons International Trade Committee, said Canada has already established a number of trade agreements that can help companies expand beyond North America. Opportunities exist in Europe, Japan and South America, she noted, where growing demand for Canadian products could help offset losses tied to U.S. tariffs.

"If the United States are not so kind with us, we have other markets," Lapointe said.

Many of the concerns raised during the evening reflected the realities facing businesses in the Lower Laurentians. While sectors across the country are feeling the effects of trade uncertainty, Lapointe said the local economy is particularly vulnerable because of its strong aerospace, transportation and food-processing industries.

"Here in the Lower Laurentians, it is more the aerospace and the transport sector that's affecting us, but also the food transformation sector," she said. "We are less competitive."

The aerospace and transportation industries are especially exposed because their products often contain aluminum and steel, materials that have been targeted by tariffs and trade disputes in recent years.

Despite the challenges, Lapointe said the discussion was ultimately about helping business owners identify opportunities and prepare for a new economic reality. The goal, she said, is to ensure local companies remain competitive by adapting their strategies and seeking customers in markets that share Canada's values and economic interests.

For businesses across the Lower Laurentians, the message from Ottawa is crystal clear: diversification is no longer optional. In a rapidly changing global economy, companies that broaden their horizons beyond the United States will be best positioned for long-term success.



Local business owners listen as Mélanie Joly outlines Canada's trade diversification strategy during an event hosted by MP Linda Lapointe.



ELECTIONS 2026



Three for three: PQ sweeps North Shore ridings

ALESSANDRO COMMISSO

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The North Shore's political landscape changed dramatically Monday night as the Parti Québécois captured Groulx, Blainville and Deux Montagnes, three ridings that had been firmly controlled by the Coalition Avenir Québec following the 2022 election.

Before election day, each riding presented a different question.

In Groulx, Finance Minister Éric Girard was attempting to hold onto his seat despite growing competition from the Parti Québécois. Deux Montagnes presented voters with their first election in years without longtime MNA Benoit Charette seeking another mandate. In Blainville, the race offered a test of whether growing support for the PQ could translate into votes in a suburban riding comfortably won by the CAQ four years earlier.

By the end of Monday night, all three questions had received the same answer.

The Parti Québécois won all three.

Girard falls to third in Groulx

Perhaps the most notable result of the three came in Groulx.

Éric Girard entered election night as one of the CAQ's most recognizable candidates. The former finance minister had represented Groulx since 2018 and won the riding comfortably in 2022 with 47.75 per cent of the vote.

At the beginning of the campaign, Groulx appeared to offer one of the clearest tests of whether a prominent incumbent could withstand the CAQ's declining support.

The answer came Monday night.

PQ candidate Marie-Claude Sarrazin won the riding with 11,742 votes, representing 32.17 per cent of ballots cast.

Liberal candidate Julie Tourangeau finished second with 8,621 votes and 23.62 per cent.

Girard finished third with 6,473 votes, or 17.73 per cent.

The result marked a significant change from just four years earlier.

In 2022, Girard received 47.75 per cent of the vote and defeated his closest opponent by more than 30 percentage points. The PQ finished third that year with 15.31 per cent.

This time, Girard's share of the vote dropped by approximately 30 percentage points while the PQ more than doubled its support.

The Liberals also made significant gains in Groulx. After receiving just over 11 per cent of the vote in 2022, the party climbed to 23.62 per cent under Tourangeau and finished ahead of the incumbent CAQ candidate.

Groulx had been one of the more closely

watched North Shore ridings heading into election day because Girard carried something many other CAQ candidates did not, a high profile.

That ultimately was not enough to save the seat.

For residents of Boisbriand, Rosemère and Sainte Thérèse, Sarrazin will now take over representation of the riding in the National Assembly.

Blainville swings from CAQ to PQ

Blainville underwent a similarly significant transformation.

In 2022, there was little indication from the final result that the riding would become competitive four years later.

CAQ candidate Mario Laframboise received 49.45 per cent of the vote that year. His nearest opponent, the PQ's Frédéric Labelle, received just 15.43 per cent.

Monday night looked completely different.

PQ candidate Nadine Le Gal won Blainville with 14,999 votes, representing 33.69 per cent of the total.

Liberal candidate Sébastien Daoust finished second with 11,821 votes, or 26.55 per cent. Conservative candidate Pascal Quevillon placed third with 15.97 per cent.

The result gave the PQ control of a riding that had been represented by Laframboise since 2012 and showed just how dramatically voting patterns had changed in four years.

The PQ went from receiving less than one sixth of the vote in 2022 to winning the riding. The Liberals also experienced a substantial increase in support, rising from 11.03 per cent four years ago to 26.55 per cent.

Following her victory, Le Gal thanked residents for placing their confidence in her and outlined the approach she intends to take as their new representative.

"Rest assured that I am a woman of trust and honour. I will listen to you and take action, with rigour and determination, while bringing people together and acting responsibly," Le Gal said. "That is the leadership I intend to offer the people and partners of Blainville, Bois des Filion and Lorraine."

Le Gal also acknowledged Laframboise following her victory, thanking the outgoing MNA for his three terms representing the riding.

She said she intends to meet with him in the coming days to ensure what she described as an orderly and respectful transition.

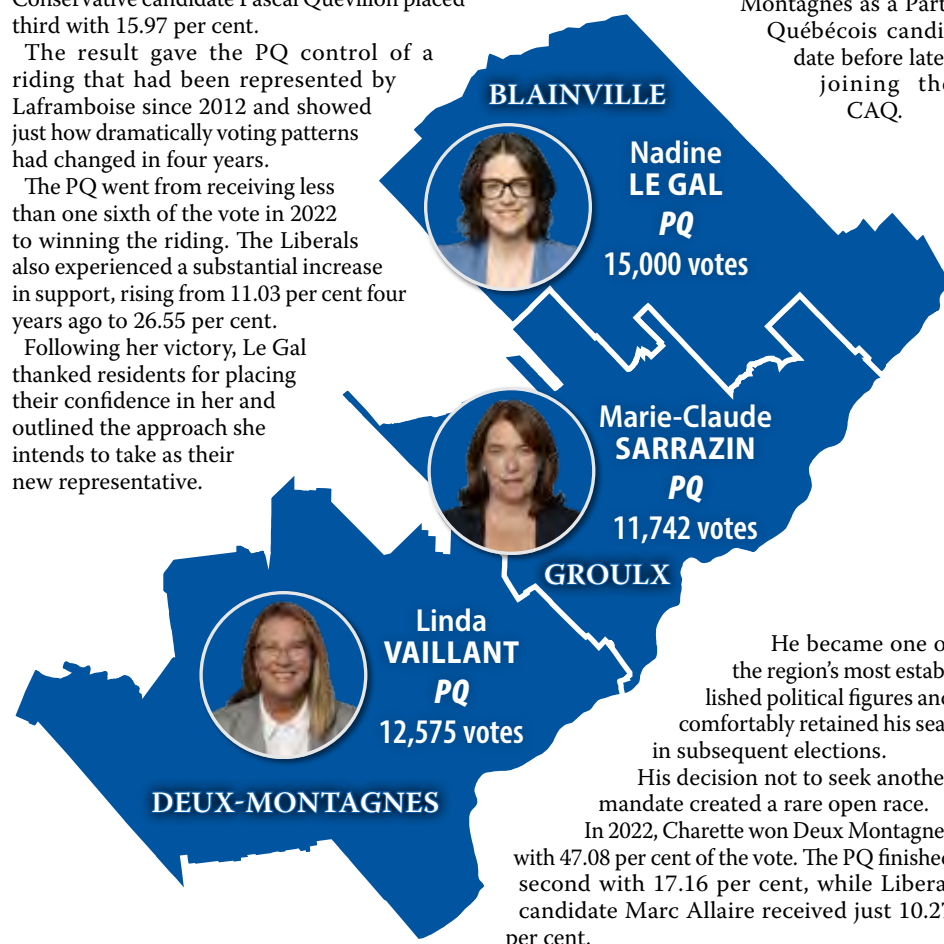
Le Gal said her work would begin immediately, with plans to start implementing the commitments she presented to residents throughout the campaign.

Deux Montagnes choses a new direction

Deux Montagnes was always going to look different following this election.

For the first time since 2008, Benoit Charette was not on the ballot.

Charette first won Deux Montagnes as a Parti Québécois candidate before later joining the CAQ.



With Charette gone, voters were asked to choose between a new group of candidates.

Linda Vaillant emerged victorious for the Parti Québécois.

Vaillant received 12,575 votes, or 36.42 per cent, giving the PQ its third victory among the three North Shore ridings.

Allaire, returning for another campaign with the Liberals, finished second with 7,717 votes and 22.35 per cent.

Conservative candidate Samuel Lévesque placed third with 5,194 votes and 15.04 per cent.

While Allaire was unable to capture the riding, the Liberal result represented another notable increase. His share of the vote more than doubled compared with his 2022 result.

For the PQ, the change was even more significant.

The party increased its support from 17.16 per cent in 2022 to 36.42 per cent and took control of a riding that had been associated with Charette for nearly two decades.

Unlike Groulx, Deux Montagnes did not feature an incumbent attempting to survive a difficult election. Instead, the race centred on what direction voters would take once a long-time local representative was no longer on the ballot.

They ultimately chose Vaillant and the PQ.

A new political map on the North Shore

The results in Groulx, Blainville and Deux Montagnes were part of a much broader shift across the North Shore.

The Parti Québécois captured all 10 seats in the Laurentides, completing a regional sweep in an area entirely represented by the CAQ following the 2022 election.

For the CAQ, the losses illustrate how quickly its position in the region changed. Four years earlier, the party approached or surpassed 50 per cent support in each of the three local ridings. This time, it failed to win any of them.

The election also marked a resurgence for the Liberals across the area. Liberal candidates finished second in Groulx, Blainville and Deux Montagnes, improving considerably on their 2022 results despite falling short of winning a seat.

But the night ultimately belonged to the Parti Québécois.

Sarrazin's victory unseated one of the CAQ's most prominent incumbents. Le Gal flipped a riding Laframboise had represented for more than a decade. Vaillant captured an open seat long associated with Charette.

Three very different races produced the same outcome, leaving the North Shore with a political map that looks remarkably different from the one voters drew four years ago.

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OPINION & Editorial



Real journalists matter in an AI world

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

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

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

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

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

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

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

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

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

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

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

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

*Paul Deegan
President and chief executive officer
of News Media Canada*

Voters take revenge on CAQ

◀ Continued from page 1

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

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

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

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

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

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

registered with the Quebec Director General of Elections.

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

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

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

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

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

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

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

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

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

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

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

– Martin C. Barry –

Of quiet hearts that carry the burdens at Thanksgiving

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

That is a Thanksgiving worth celebrating.



Happy Thanksgiving

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Rosemère renews Collective Agreement, ensuring stability through 2029

NEWSFIRST MULTIMEDIA
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The Town of Rosemère has renewed the collective agreement covering its whitecollar and bluecollar employees represented by CUPE Local 4756, securing labour stability through 2029. The fiveyear agreement, approved by a majority of union members, includes gradual wage increases and reaffirms the municipality's commitment to longterm workforce continuity.

The agreement was formally signed on September 29 in the presence of Mayor MarieElaine Pitre, General Manager Catherine Adam, and members of the bargaining committee: Isabelle Rivest, Director of Human Resources; Michelle Brideau, CUPE Local 4756 representative; Karine Paquette, President and Secretary General of the Syndicat de la fonction

publique et parapublique du Québec (SFPQ); and Roxane Primeau, VicePresident of the WhiteCollar Sector.

Mayor Pitre described the negotiations as "respectful and constructive," noting that the renewed agreement strengthens the Town's ability to deliver highquality public services. "This agreement reaffirms our commitment to our employees and to the community," she said. "I want to thank everyone involved for their cooperation throughout the process."

Wage increases through 2029

Under the new contract, employees will receive a 5% wage increase in 2025 and 2.65% in 2026, followed by annual adjustments ranging between 2.5% and 3% from 2027 to 2029, depending on changes in the Consumer Price Index.

"These increases underscore the Town's



From left to right, standing: Michelle Brideau, representative of CUPE Local 4756, and Marie-Elaine Pitre, mayor of the Town of Rosemère. Seated, from left to right: Roxane Primeau, Vice-President, White-Collar Sector; Karine Paquette, President and Secretary General of the Syndicat de la fonction publique et parapublique du Québec; Isabelle Rivest, the Town's Director of Human Resources; and Catherine Adam, General Manager. (Photo: Marc Pilon)

commitment to employees and their wellbeing," said SFPQ President and Secretary General Karine Paquette. "They are key to fostering a healthy, harmonious working environment and a climate of trust."

A milestone for labour relations

Municipal officials say the renewed agreement

marks an important step in maintaining stable labour relations. With the contract now in place, Rosemère's administrative and operational teams can focus fully on community priorities in the years ahead.

If you want, I can also prepare a shorter print brief, a headline and subhead package, or a French version for bilingual publication.



MARIA DIAMANTIS
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An organization responsible for preserving and sharing the history of Old Saint-Eustache has received Level 4 recognition through GreenStep's Sustainable Tourism Pathway, placing it near the top of the program's five-level scale.

Patrimoine culturel Vieux-Saint-Eustache, known by its French acronym PCVSE, obtained a score between 75 and 89 per cent following an assessment of its governance, environmental practices and contributions to the surrounding community.

GreenStep's assessment contains approximately 87 questions, with points assigned according to the environmental, social and economic importance of each action. Participants must also provide evidence for selected criteria before their final score and report are issued.

Under the program, Level 4 means that an organization is taking consistent and strategic action across the principal areas of sustainability and is progressing toward an industry leadership position. The achievement level remains valid for three years, after which a reassessment is required.

The Sustainable Tourism Pathway provides

The recognition provides more than an environmental scorecard. GreenStep examined the organization's social and economic benefits, its relationship with natural and cultural environments, its management practices and the environmental effects of its activities.

a formal assessment and achievement badge. It is separate from the fully accredited Global Sustainable Tourism Council certification process, although GreenStep says its Pathway criteria are based on its GSTC-recognized standard and can help organizations prepare for that more extensive certification.

Among the initiatives highlighted in PCVSE's assessment were environmental measures adopted during the annual Pancake Festival, continued cooperation with community organizations and local businesses, and the organization's management practices.

Michel Goyer, president of PCVSE, said the result reflects a collective commitment to acting responsibly in everyday operations, public events and the promotion of local heritage.

The organization received a detailed report identifying both its strengths and areas where further improvements could be made. Those recommendations will be incorporated into its sustainable development action plan, allowing PCVSE to measure its progress before its next assessment.

The result is particularly relevant for a heritage organization, where sustainability involves more

than reducing waste or energy consumption. It also includes protecting historic buildings and cultural traditions, supporting the local economy and ensuring that tourism activity benefits residents as well as visitors.

PCVSE's mandate is to preserve, promote and make accessible the historical, cultural and architectural heritage of Old Saint-Eustache. It carries out that work through exhibitions, educational programming, public events and tourism initiatives focused on the identity and history of the area.

Saint-Eustache Mayor Marc Lamarre said the recognition demonstrates that organizations can offer high-quality visitor experiences while adopting more sustainable practices. He added that PCVSE's work produces social, economic and cultural benefits for the wider Saint-Eustache community.

While the Level 4 result acknowledges measures already in place, it also establishes a benchmark for what comes next. PCVSE has committed to continuing its improvements and will be reassessed every three years to retain the recognition and document its progress.

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October is BREAST CANCER Awareness Month



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worth fighting for!

5 ways to *reduce your risk*

This month is an ideal opportunity to learn more about one of the most common cancers among Canadian women. Since about one in eight women will develop breast cancer at some point in her life, here are some ways you can lower your risk.

- 1. Maintain a healthy body weight.** Being obese increases your risk of breast cancer. Eat well and exercise regularly to help you manage your weight.
- 2. Be physically active.** Research shows that regular exercise can lower your risk of breast cancer. Aim to do at least 150 minutes of aerobic activity per week.
- 3. Limit your alcohol intake.** Since drinking alcohol can increase your risk of breast cancer, you should limit yourself to less than one drink per day.
- 4. Don't smoke.** Get the help you need to quit smoking, or avoid developing the habit altogether. You should also steer clear of second-hand smoke.



5. Follow screening guidelines. While a mammography won't prevent cancer, it can catch the disease early, giving you more treatment options and a better prognosis.

For more information about breast cancer prevention and treatment, visit cancer.ca.

How to deal with *pain after treatment*

Once you complete your treatment for breast cancer, a new phase in your recovery begins. During this period, which can take up to a year, you may experience both physical pain and psychological distress. Here are some tips to help you cope.

PHYSICAL SYMPTOMS

Whether you underwent surgery, radiation therapy, chemotherapy or a combination of treatments, your body has been put to the test. Now, it's important to give yourself time to heal and follow these recommendations:

- 1.** If pain persists in your arm or shoulder, you may have axillary web syndrome, also known as cording. Continue to perform the daily stretches recommended by your physiotherapist to the point of tension but not pain.
- 2.** If you experience pain or tingling in your chest, arm or armpit after surgery, you may have post-mastectomy pain syndrome. Speak with your doctor, as several treatment options exist, including medication and transcutaneous electrical nerve stimulation.
- 3.** If you have symptoms of lymphedema (a feeling of heaviness, swelling of the limbs, etc.) or neuropathy (numbness or tingling in the extremities, etc.), be sure to consult your health-care team as soon as possible.

PSYCHOLOGICAL SYMPTOMS

Remember to be patient with yourself, as your mental

recovery from breast cancer may be the most difficult part. Talk to your health-care team and surround yourself with loved ones, especially in the following situations:

- You experience low self-esteem because of how your body looks (keep in mind that reconstructive surgery may be an option)
- You live with the fear that the cancer may return, which can cause anxiety and depression
- You have a history or high risk of developing mental health issues
- You begin to experience problems with sex, intimacy or fertility

For more advice, speak with your health-care team or visit cancer.ca.



Thinking of breast cancer victims on this national month of awareness



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Tout mon support à ceux qui souffrent du cancer du sein en ce mois de sensibilisation annuel.

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



LINDA LAPOINTE
RIVIÈRE DES MILLE-ÎLES
Linda.Lapointe@parl.gc.ca
450-623-7714



Boisbriand's Night of the Homeless returns amid sharp regional increase

MARIA DIAMANTIS
info@newsfirst.ca

The 16th local edition of the Night of the Homeless will bring residents together in Boisbriand on Friday, October 16, as organizers seek to turn attention toward a crisis that is becoming increasingly visible across the Laurentians.

The rain-or-shine gathering will run from 6:30 p.m. to 10:30 p.m. at the Boisbriand Recreation Centre, 989 Grande-Allée Blvd. Residents from across the Thérèse-De Blainville MRC—including Blainville, Boisbriand, Bois-des-Filion, Lorraine, Rosemère, Sainte-Anne-des-Plaines and Sainte-Thérèse—are invited to attend.

This year's national theme, "Making the Invisible Visible," reflects the event's goal of raising awareness about homelessness, poverty and social exclusion. The timing is also significant: the annual gathering is held as colder weather approaches, when life without stable housing becomes even more dangerous.

Preliminary results from Quebec's 2025 "Everyone Counts" exercise estimated that more than 12,000 people were experiencing visible homelessness across the province. The Laurentians accounted for 779 of those people, representing a 73.7 per cent increase in the region between 2022 and 2025.

The count provides an estimate of visible homelessness during a single night. The Quebec

government describes it as one of several tools used to understand homelessness, meaning the results do not capture every person living in unstable, temporary or otherwise precarious housing.

The Boisbriand evening will combine awareness activities with music and opportunities to meet organizations working in the community. Performances are scheduled by the duo Martin and Andréa and singer-songwriter Antoine Vrana, who is returning for a second year.

Visitors will also be able to view photographs from "A Look at Homelessness," a project produced in 2025 with the participation of people who had experienced life on the street. A scavenger hunt will introduce participants to

local organizations, with participation prizes provided by Odyscène and the Armada.

Rapper, actor and producer Samian, who recently founded Nikamo Musik, is returning as the event's spokesperson. Organizers say homelessness touched his family directly through an episode experienced by his father, changing Samian's perspective on the issue and reinforcing his commitment to inclusion.

The Night of the Homeless began in Montreal in 1989 as the "Night of Homeless Youth," an initiative of the Auberges du cœur du Québec. Events are now held in communities throughout Quebec on the third Friday of October.



MARIA DIAMANTIS
info@newsfirst.ca

Boisbriand residents and businesses preparing for winter are being advised to verify that their private snow-removal contractor holds a valid municipal permit before entering into an agreement.

Under municipal regulation RV-1739, contractors using vehicles to remove snow from private driveways, parking areas and parking lots must first obtain authorization from the City. The requirement applies to residential, commercial, industrial and institutional properties.

Boisbriand introduced the permit system for the 2023–2024 winter season. It applies not only to business owners but also to their employees, operators, representatives and subcontractors performing snow-removal work within the city.

Permits are valid annually from October 15 until April 30 of the following year. Contractors were required to submit or renew their applications by October 1 for the 2026–2027 season.

Obtaining a permit involves more than registering a business name. Contractors must provide proof of general civil-liability insurance offering at least \$2 million in coverage for damage, injuries or losses connected to their snow-removal operations.

They must also own or hold long-term leases on the vehicles they intend to use and submit valid vehicle-registration certificates. The application requires the complete contact information of two snow-removal representatives who can be reached at any time.

The regulation specifies the types of equipment contractors must have for each work crew. Authorized equipment includes wheel loaders capable of lifting snow to a height of three metres, tractors equipped with snowblowers, self-propelled snowblowers and backhoes with loaders. Pickup trucks with plows may be used when the contractor also has at least one of the other required types of equipment for each crew.

The current application form lists a fee of \$200 for an initial permit and \$100 for an annual renewal.

The City issues an identification sticker for each authorized vehicle. It must be displayed inside the lower-left portion of the windshield and remain clearly visible from outside. At least one snow marker installed at each property must also display the contractor's name and telephone number.

The permit does not make the City responsible for the quality of the contractor's services. Boisbriand explicitly states that problems involving private snow removal must be addressed directly with the company hired by the property owner.

Contractors remain responsible for damage they cause to public property and must immediately notify the Public Works Department. They may be required to complete the necessary repairs or compensate the City.

The regulation also governs where privately removed snow may be placed. Contractors must keep it on the private property being serviced. They cannot push, blow or deposit it on a public

road, across the street, on another person's property, in a ditch, waterway or park, or within 1.5 metres of a fire hydrant.

Snowbanks must not obstruct the visibility of pedestrians or drivers along a public road or near an intersection. Piles are also prohibited within three metres of electrical wires.

The City may suspend or revoke a permit, or refuse to renew it, when a contractor fails to respect the regulation or does not report damage to municipal property. A first offence can result in a fine of up to \$300 for an individual or \$600 for a company. Maximum fines for repeat offences rise to \$600 and \$1,200 respectively, and continuing violations can be counted separately for each day they persist.

Boisbriand maintains an online list of contractors authorized for the current winter season. If a company is absent, it must contact the City at 450-435-1954 to begin the permitting process.

For customers, checking that list and looking for the municipal sticker provide two straightforward ways of confirming that a contractor has completed the City's basic insurance, vehicle and operational requirements.

Boisbriand urges residents to verify snow-removal contractors before signing

Lorraine asks residents to help imagine the future of its central community park

MARIA DIAMANTIS
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Lorraine residents and park users are being invited to help shape the future of one of the city's principal gathering and recreation spaces.

The City has launched a public survey on the future development of Lorraine Park, asking participants to describe how they currently use the site, what they value most and what changes or additions they would like to see in the years ahead. Responses will be accepted

until October 25.

Rather than beginning with a predetermined redevelopment plan, the consultation is intended to give the municipality a better understanding of residents' habits, expectations and priorities. The City says its objective is to preserve the qualities that already make the park important to the community while examining ways to improve it for future generations.

The questions are deliberately broad: How do people visit and use the park? Which features do they particularly appreciate? What would make the site more welcoming, useful or enjoyable?

Those answers could help the municipality identify how recreational habits are changing and whether the park's existing combination of sports, family activities, outdoor spaces and community gathering areas continues to meet local needs.

Lorraine Park already serves residents throughout the year. Its current facilities include four tennis courts and four illuminated pickleball courts, along with a splash pad that operates during the warmer months.

During winter, the park normally offers a boarded hockey rink, an ice loop and a smaller family hockey rink intended for children aged 10 and under, depending on weather conditions.

Approximately two kilometres of cleared walking trails also provide space for winter exercise.

The park is also home to the Place des Aînés, an intergenerational area inaugurated in 2024. That project added rocking benches, a sun shelter, renewed pétanque courts, pickleball facilities, a ping-pong table and La Rencontre, a granite sculpture and bench created by Montreal artist Jacques Bénard.

Its role extends beyond organized sports. Lorraine Park regularly hosts family activities, children's workshops, outdoor performances and larger community events, making it both a recreational site and a meeting place.

The new survey gives residents an opportunity to consider how those different uses can coexist as the community and its recreational preferences evolve. The City is seeking ideas not only from frequent users but also from people who may visit only occasionally—or who believe different facilities or programming would encourage them to use the park more often.

The consultation does not promise that every suggestion will become part of a future project. It does, however, provide the City with direct information from the people most affected by decisions concerning the park.

Residents have until October 25 to complete the survey through the City of Lorraine's website. The municipality is encouraging participants to take a few minutes to explain both what should be protected and what they believe could make Lorraine Park even better.



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DIRECT ANSWERS

FROM WAYNE & TAMARA

LESS THAN

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

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

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

Kelsey

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

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

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

Wayne & Tamara

SHE WORKS HARD...

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

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

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

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

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

Maggie

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

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

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

Wayne & Tamara

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

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

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

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

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

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

Fait à Rosemère (Québec)

1^{er} octobre 2026

M^e Giovanna Ortona, secrétaire générale par intérim

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

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

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

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

Given at Rosemère (Québec)

October 1, 2026

M^e Giovanna Ortona, Interim Secretary General

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Blainville engineering team earns two provincial awards for infrastructure management

MARIA DIAMANTIS
info@newsfirst.ca

The City of Blainville's Engineering Department and its director, Patrick Lépine, have received two provincial distinctions recognizing their work in municipal asset management.

The Association of Municipal Engineers of Quebec presented the honours during the awards gala at its annual congress on September 22. Blainville received the Municipal Asset Management Award for its geomatics application portal, while Lépine received the association's Recognition Award for his contribution to municipal engineering.

The city's award centres on a digital system developed to bring information about municipal infrastructure into one place. The portal covers water mains, sewers, roads and electrical infrastructure, allowing municipal employees to document inspections, repairs and replacements directly on a map.

Information can be entered from the field in real time through approximately 10 connected tablets. This gives municipal teams a record of work as it happens, rather than requiring information to be transferred later from paper reports or separate systems.

According to the association, Blainville has been developing the portal since 2024. It now includes approximately 20 applications covering municipal operations such as snow removal, street sweeping, organic-waste and branch collection, pothole management and citizen service requests.

Dashboards provide a broader view of ongoing and critical operations, while information



From left to right: Patrick Lécuyer and Jean-François Guénet of Blainville's Information Technology Department; Marc-Olivier Éthier, Patrick Lépine and Louis Frenette of the Engineering Department; and Sylvain Coulombe of the Public Works Department. In the second photo: Patrick Lépine, director of Blainville's Engineering Department.

submitted by outside contractors can also be incorporated into the system. The objective is to make the condition, maintenance and history of municipal assets easier to follow and verify over time.

The internally developed portal uses ArcGIS technology and is the result of cooperation

among Blainville's Engineering, Public Works and Information Technology departments.

Municipal asset management concerns the long-term inspection, maintenance, repair and eventual replacement of infrastructure. Reliable information can help a municipality establish priorities, plan projects and document why work

is required. The AIMQ created its Municipal Asset Management Award in 2019. It is presented annually to a municipality whose work reflects recognized practices for the responsible management of public assets.

The distinction is also connected to Blainville's broader infrastructure priorities. Optimizing asset management forms part of the city's 2024-2029 strategic plan and influences the infrastructure projects selected each year.

In 2026, the city says 65 per cent of its infrastructure projects were devoted to maintaining existing municipal assets. This includes work intended to preserve or extend the useful life of infrastructure already serving residents, rather than focusing exclusively on new construction.

Lépine's individual Recognition Award honours his involvement with the AIMQ and the municipal engineering profession over several years.

The association highlighted his sustained participation in its asset-management community of practice and his willingness to share his experience with other municipal engineers. It said his contribution has helped advance professional knowledge and strengthen the municipal engineering community.

The two awards recognize different sides of Blainville's work: the development of a practical digital system by a multidisciplinary municipal team and the professional contribution of the department's director beyond the city itself.

The AIMQ presented six excellence awards at its 2026 gala to municipalities, teams, individuals and a private-sector partner for achievements involving innovation, collaboration and professional commitment.

FOR SALE

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Enjoy the best of both worlds in this stylish two-bedroom, open-concept condo. Located in the heart of the action, this home features a beautiful kitchen designed for both daily life and hosting. Commuting is a breeze with immediate access to major highways and a location just minutes from the Lachapelle Bridge. Best of all, you'll never hunt for a spot with two dedicated parking spaces (one garage, one exterior).

MLS: 23852845

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Discover this 1 bedroom, 1 bath, newer construction condo ideally located in the heart of Laval, just steps from groceries, pharmacies, schools, parks, daycares, restaurants, and public transit. The open concept layout features large windows that flood the space with natural light, complemented by quality finishes throughout. This well built concrete and steel structure offers superior soundproofing between floors, two elevators, and a convenient storage locker. Also enjoy access to a cardio gym on the main floor and a stunning rooftop terrace with panoramic views. Easy to visit! Must see!

MLS: 13585109

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HOROSCOPE

Week of **OCTOBER 11 TO 17, 2026**

The luckiest signs this week:
CAPRICORN, AQUARIUS AND PISCES



ARIES

Overtime boosts your income, but you'll quickly realize something is missing in your emotional life. This awareness will prompt you to restore balance between your professional and personal spheres.



TAURUS

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



GEMINI

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



CANCER

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



LEO

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



VIRGO

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



LIBRA

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



SCORPIO

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



SAGITTARIUS

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



CAPRICORN

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



AQUARIUS

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



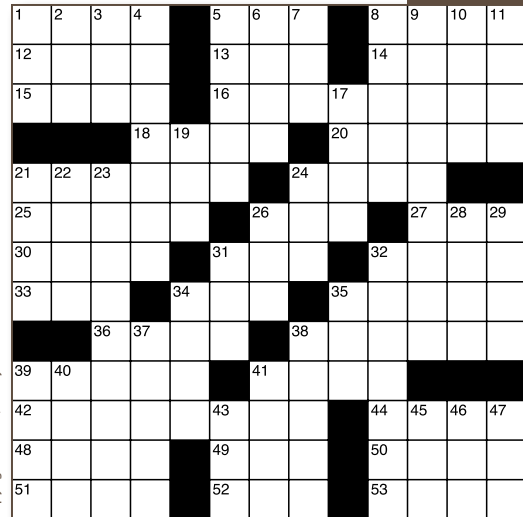
PISCES

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

Coffee Break

CROSSWORD

GRID N° 313



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ACROSS

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

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

DOWN

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

Sudoku

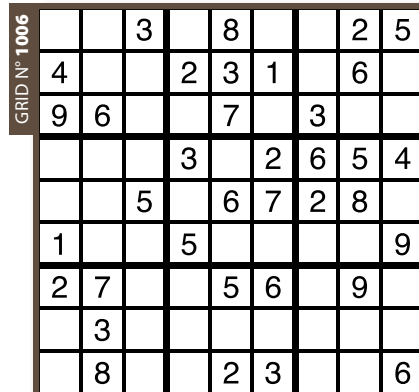
HOW TO PLAY

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

Each 3x3 box is outlined with a darker line.

You already have a few numbers to get you started.

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

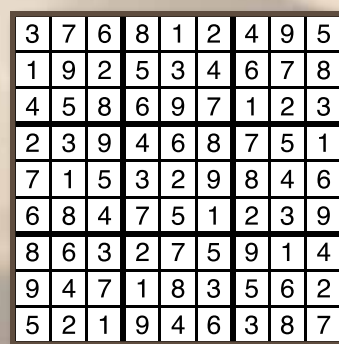


LAST ISSUE'S ANSWERS

CROSSWORD



Sudoku



YOUR COMPANY NAME
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BIG BASKET (\$40)

- | | |
|----------------------------------|---------------------------|
| 1. Black grapes (bag) | 10. Sweet potatoes (2-3) |
| 2. Butternut squash | 11. Thyme |
| 3. Green beans | 12. Mini pumpkins (2) |
| 4. Blackberries | 13. Red onions (3) |
| 5. Cantaloupe | 14. Large white onion (1) |
| 6. Romaine hearts lettuce | 15. Cranberries |
| 7. Multi-coloured Nantes carrots | 16. Corn (3) |
| 8. Potatoes (3 lbs) | 17. Garlic |
| 9. Rosemary | 18. Oranges (3) |

SMALL BASKET (\$22)

- | | |
|---------------------------|-------------------------|
| 1. Mushrooms (pack) | 6. Pomegranate |
| 2. Yellow potatoes | 7. Mini pumpkin |
| 3. Medley tomatoes (pack) | 8. Blackberries |
| 4. Cantaloupe | 9. Sweet potatoes (1-2) |
| 5. Lettuce | 10. Oranges (3) |
| | 11. Red onions (2) |
| | 12. Large onion (1) |

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(Dubeau Vrac)
196 Boulevard Ste Anne
J5N 3P2

2 EASY STEPS:

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

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