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Needles found in chocolate?

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Candy collected during Halloween in Saint-Eustache, including chocolate bars that a local family says contained sewing needles. The discovery was made after a young girl was pricked while reaching into her trick-or-treat bag near École Horizon. (Photo: courtesy of Imma)

Moisson Laurentides: the backbone of food assistance in the Laurentides

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Two Moisson Laurentides volunteers stand in the organization's warehouse, where donated food is sorted and stored before being distributed to partner organizations throughout the region. (Photo: Alessandro Commisso, The North Shore News)

Water main break in Boisbriand temporarily shutdown



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Who speaks for patients?

Laurentians health network seeks volunteers to defend their rights

MARIA DIAMANTIS
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As Patients' Rights Week approaches, Santé Québec Laurentides is recruiting residents to help ensure that patients and seniors have a voice in the care they receive.

A hospital patient struggling to understand a medical decision, an elderly resident concerned about conditions in a long-term care facility, or a family uncertain about how to raise a complaint: these are situations in which knowing one's rights can make a considerable difference. Yet many Quebecers remain unfamiliar with the mechanisms designed to protect them within the healthcare system.

On October 30, Santé Québec Laurentides announced a regional volunteer recruitment campaign for its patients' and residents' committees, organizations whose responsibility is to defend patients' rights and promote improvements in healthcare and social services. The announcement comes ahead of National Health and Social Services Patients' Rights Week, scheduled for November 8–14.

Across the Laurentians, dozens of volunteers already participate in a network of regional and local committees, including committees operating within residential care facilities. Their responsibilities extend beyond receiving concerns. They inform patients about their rights and obligations, assess satisfaction with services and advocate for improvements when problems are identified.

For residents of Blainville, Sainte-Thérèse, Boisbriand, Lorraine, Saint-Eustache and Sainte-Marthe-sur-le-Lac, these committees provide an additional avenue for ensuring that experiences within the healthcare system are heard. The rights recognized under Quebec's healthcare framework are extensive.

Patients have the right to receive information about available services, participate in decisions concerning their treatment, provide informed consent and access information about their medical condition. They also have rights concerning confidentiality, professional assistance, representation and the ability to pursue complaints or other remedies.

For older adults living in CHSLDs, these protections can be especially significant. Residents may depend on healthcare personnel for everyday needs, while family members sometimes find themselves navigating complicated administrative procedures on their behalf. An effective patients' committee can help bring concerns to the attention of institutional administrators and identify recurring problems that deserve examination.

However, these committees are not substitutes for medical professionals, formal complaint investigators or regulatory authorities. Their contribution lies principally in representation, information and advocacy.

The recruitment initiative also raises an important question about public participation: how many residents know that they can contribute directly to oversight and improvement of the healthcare services their communities depend upon? Healthcare accountability is often discussed in terms of government budgets, hospital management and political decisions. But patients' experiences provide another essential perspective.

Santé Québec Laurentides is encouraging interested volunteers to learn about the committees operating throughout the region. Residents wishing to participate can contact cue.cissslau@ssss.gouv.qc.ca or telephone 450-432-2777, extension 70206. For those who believe healthcare should be shaped not only by administrators but also by the people receiving care, the opportunity offers a practical way to become involved.



Halloween Mayhem

ALESSANDRO COMMISSO
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Halloween is meant to be shared with family, friends and even strangers. It's the one night of the year when it's perfectly acceptable to dress up as a vampire, a monster or even a politician. Halloween is supposed to be a fun night for children and adults alike, with just enough scares to keep things interesting.

This year, however, Halloween took a real-life turn for the worse as several families across the North Shore and Greater Montreal got a scare they weren't expecting.

Needles found in chocolate

For Imma, a St-Eustache mother of three young children, Halloween night ended on a troubling note.

While taking her daughters trick-or-treating along Saint-Laurent Street, one of the girls suddenly cried out in pain. As she reached into her candy bag, she felt a sharp prick on her finger. The family soon discovered a needle hidden among the treats.

"It's the first time something like this has ever happened to us," Imma told The North Shore News. "My daughter was pricked by a needle near École Horizon, and I kept the evidence in a bag to hand over to police."

The North Shore News contacted St-Eustache Police department for comment but had not received a response by press time.

The phenomenon appears to be surfacing more frequently across Quebec. The Sûreté du Québec confirmed at least two similar incidents this year, one in Drummondville and another in Saint-Marcel. Thankfully, no injuries were reported.

Following the incident, Imma shared photos of the needles on Facebook, warning other parents to remain vigilant.

Fireworks in Blainville

Another disturbing incident was reported on Facebook by a family living in Blainville's Fontainebleau neighbourhood.

What was supposed to be a fun Halloween gathering quickly escalated after a group of uninvited teenagers gathered outside the family home. The family's daughter was hosting a Halloween party, and her parents had established a guest list to ensure only invited guests could attend. Several teenagers from other schools reportedly attempted to enter but were turned away.

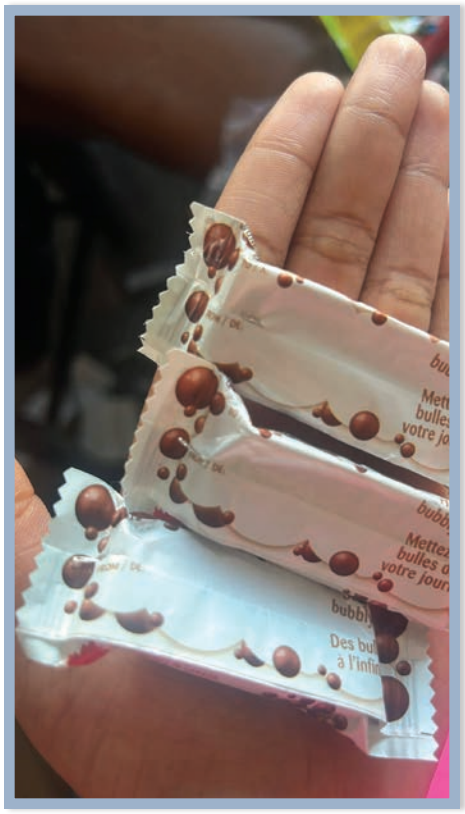
As the evening progressed, the crowd outside reportedly grew to roughly 40 teenagers. According to the mother, the situation took a dangerous turn when some members of the group began firing fireworks toward her family.

"Some of them started launching fireworks toward my husband and my eight-year-old daughter. I was terrified. I can't imagine what could have happened if one of them had been hit," she wrote in a social media post.

The mother said she recognizes that not everyone present participated in the incident, but believes those responsible need to understand the seriousness of their actions. According to the family, the confrontation appeared to stem from frustration over being denied entry to the private party.

The family is now asking anyone who witnessed the incident or has information about those involved to come forward.

Fortunately, no injuries were reported, but the episode serves as another reminder that Halloween celebrations can quickly turn dangerous when harmless mischief crosses the line into reckless behaviour.



Fatal workplace accident in Sainte-Thérèse raises questions about industrial safety

MARIA DIAMANTIS
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An investigation by Quebec's workplace safety authority is underway after a man died in an incident reportedly involving a heavy load.

A routine Friday afternoon turned tragic in Sainte-Thérèse when a man lost his life in what authorities believe may have been a workplace accident, prompting an investigation into the circumstances surrounding his death. The incident occurred October 30 at approximately 5:09 p.m., when officers from the Régie intermunicipale de police Thérèse-De Blainville (RIPTB) were called to 213 Boulevard René-A.-Robert, a commercial property housing several businesses.

According to information provided by RIPTB Inspector Julien Steben, responding officers found a man who appeared to have died at the scene. Preliminary information suggested that a heavy load had fallen on the victim, although investigators had not yet established the precise circumstances of the incident.

The address accommodates several commercial operations, including businesses associated with glasswork and woodworking. Authorities had not publicly confirmed which business was involved or whether the accident occurred inside or outside a building. The police subsequently transferred the investigation to the Commission des normes, de l'équité, de la santé et de la sécurité du travail (CNESST), Quebec's workplace standards and occupational health and safety authority.

CNESST investigator Martin Savard was assigned to the case, along with coroner Steve Poisson. Their respective investigations are expected to help establish the circumstances of the death and determine whether workplace safety issues contributed to the tragedy. Accidents involving heavy objects are a recognized occupational hazard, particularly in workplaces where employees handle industrial materials, operate lifting equipment or work near suspended loads.

Such incidents can occur when materials shift unexpectedly, equipment malfunctions or workers are exposed to dangerous handling conditions. However, none of those possibilities has been established as the cause of the Sainte-Thérèse accident. Quebec's occupational health and safety legislation requires employers to identify workplace hazards and take appropriate measures to protect workers.

Following a serious or fatal workplace incident, CNESST investigations may examine working procedures, equipment, employee training and preventive measures. Findings can lead to recommendations or corrective requirements intended to prevent similar tragedies.

The Sainte-Thérèse death also underscores the importance of workplace safety beyond large industrial facilities. Smaller commercial and manufacturing operations can face significant hazards whenever heavy materials or machinery are involved.

As of the initial reports, authorities had not released the victim's identity or a definitive explanation of what happened.

The investigation will be crucial in determining whether the tragedy resulted from circumstances that could have been prevented.

For the local community, the loss is a reminder that occupational safety is not simply a matter of regulations and inspections. Behind every workplace fatality is a human life, a family and questions that deserve answers.





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OPINION & Editorial



Is humanity a failed experiment?

Until peace trumps war, the world continues to unravel in senseless death and destruction

War is hell. Although most of us cannot speak of it from personal experience, having been spared the direct vile effects of air, sea, or ground combat. Yet none of us is exempted from knowing about, and having directly or indirectly suffered the loss of loved ones in battlefields too numerous to mention. For some the grief can be traced to the 20th Century, for others, such as the family of Sergeant Christos Karigiannis, the unending grief flows from a more recent source, in Afghanistan; the memory of the sacrifice he made lingers in mind, heart and soul each and every day they face the reality of a loved son and brother lost.

Not all losses are suffered in combat. Some tragedies happen to men and women in uniform. Four heroes in uniform who were preparing to serve, lost their lives last month in the tragic accident that killed them and wounded 39 others at Canadian Forces Bases Wainwright in Alberta. For the families of Pte. Aiden Goulding, Pte. Hayden Lykkemark, Sgt. Morgan Wong, and Pte. Shaun Farrell the pain is new and fresh.

These four young men, the eldest of whom was 26, were part of a combat arms unit preparing for an upcoming NATO deployment in Latvia, thousands of miles from home. All four were part of the 3rd Battalion of the Princess Patricia Light Infantry regiment.

Our own Laval son, Christos Karigiannis, was also a proud member of the PPCIL's 3rd Battalion, when he and fellow soldiers Cpl. Stephen Bouzane and Pte. Joel Wiebe was killed in action in Afghanistan on July 20, 2007 as their armoured vehicle was hit by a roadside bomb.

Yes, true enough, and most appropriately, Sgt. Christos was magnificently honoured by Laval Liberty High School in November of 2008, on the lawn of 3200 Souvenir Blvd. where he had attended Chomedey Polyvalent High School 14 years earlier. A modest but symbolic plaque to his heroism has graced the sight all these years. If you haven't seen the miniature monument, take a moment this Remembrance 2026 to pause in front of what is now Laval Senior Academy to think of the sacrifice Christos made, alongside millions of others who paid the ultimate price in defense of the freedoms and liberties we enjoy.

At the November 2007 inauguration of the modest monument, Christos's mother Nicky put it best, in honour of her son and the sons and daughters of countless other families throughout history: "I hurt every minute of every day for the loss of my son, but I'm not bitter, sad yes, but also peaceful in my heart that Chris did what he loved to do most, serve."

With ceaseless respect for the legacy bequeathed future generations by Col. John McCrae, who in his World War 1 eulogy to war and peace – In Flanders Fields - poured out his heart to the heroes of humanity who he knew would make ultimate sacrifices for centuries to come, we cite the self-declared admonition that he and his generation had failed ... To you from failing hands we throw the torch... a warning to every future soldier's inheritance, that it will be up to him or her to accept the responsibility of putting on the uniform and climbing into a jet-fighter, a submarine, a destroyer, in the service of others.

No Dr. McCrae, your generation did not fail in its quest to preserve, protect, promote and defend, to the ultimate sacrifice of giving up life or limb so that we could enjoy the fruits of all that's worth living for, and sadly, dying for - life, liberty, and yes the pursuit of happiness in a broken world of death, destruction, and human waste.

You and your brothers-in-arms did not have to atone for failure to end the atrocities of misguided human beings who saw and continue to see war as a solution to the divisions that bring on wars.

It is the heart-of-darkness that causes humanity irreparable harm, no matter what filters are used by historians, revisionists, politicians, military leaders, churches, governments, and terrorist organizations to sanitize the horrors of war.

What despicable and fruitless use of human intelligence to justify the necessity to wreak chaos, produce mayhem, and condone the ultimate sin against humanity – killing other human beings because they are the other side.

As we approach the annual day (in truth, actually the moment of silence) on the eleventh hour of the eleventh day) of the commemoration of the sacrifice made by the millions of young men and women who took up the torch from failings hands... it bears to be reminded that the death and destruction is nothing new. Buffy Ste. Marie got it when she composed and sung the psalm of the universal soldier...He's five foot two and he's six feet-four, he fights with missiles and spears, he's all of 31 and he's only 17, been a soldier for a thousand years.

Yes, he fought for Caesar, and he's fighting for Zelenskyy and Putin, for Palestine, for Israel, Lebanon, Iran, and dozens of others in numerous civil wars.

So, in our two-minute silent commemoration on the eleventh-hour of the eleventh-day of the eleventh- month let's ask as Pete Seeger did... Where have all the flowers gone, long-time passing, where have all the young men (and young women) gone for soldiers everyone, where have all the soldiers gone, gone to graveyards everyone, where have all the graveyards gone, covered with flowers everyone.

Yes, it's precious, purifying, and purposeful to wear a poppy for fallen heroes of every war ever fought, to mourn all who have died in battle, including millions of innocent civilians.

But it would be infinitely more helpful to search for peace within ourselves, passing it on to others out of love for our families, our neighbourhoods, our communities, and our brothers and sisters throughout the world.

Renata Isopo

Letter to the Editor

Hello,

I am a resident of Deux-Montagnes, living just behind Pharmaprix Deux-Montagnes near 20th Avenue.

I can confirm that residents in this area are also affected by the excessive noise that persists from spring until the arrival of colder weather.

About a year ago, I contacted the Sûreté du Québec to ask what could be done about the situation. I was told there would be increased patrols and monitoring, but that the issue is often a game of "cat and mouse."

The problem appears to begin near the end of Highway 640 in Saint-Joseph-du-Lac. We must remember that two major summer attractions, the Beach Club and Super Aqua Club, draw large numbers of visitors to the area. Motorists and motorcyclists frequently accelerate aggressively as they enter Highway 640, and off they go. I would not be surprised if some of the same people are also responsible for the noise complaints being reported in Rosemère.

Anyone familiar with the area knows that it can feel like a racetrack around dinnertime and again later in the evening. The roaring engines and constant backfiring are often at their worst during those hours.

I also contacted the Deux-Montagnes Police and asked whether they could monitor the intersection of 20th Avenue and Boulevard de la Promenade. When the traffic light changes, or when drivers happen to catch a green light, many take it as an opportunity to accelerate as quickly and loudly as possible. I find the situation extremely unfortunate. At times, the noise is so overwhelming that residents cannot comfortably sit outside on their own patios. Although the police did respond and spent time monitoring the area, I have not noticed any meaningful improvement.

In my opinion, one of the only effective solutions would be the installation of surveillance cameras. I was told, however, that such a measure would be costly. My response was simple: if enough offenders were identified and fined, the cameras would eventually pay for themselves.

I believe the cities of Deux-Montagnes and Rosemère should work together, alongside the Sûreté du Québec and both municipal police services, to address this ongoing issue.

The question now is whether the City of Deux-Montagnes is willing to take action.

Kind regards,

Diane Sicotte

See other letters on p.8

“The face of hunger has completely changed”

ALESSANDRO COMMISSO
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Moisson Laurentides serves 162,541 food assistance requests every month across the North Shore and surrounding regions. That’s a staggering number on its own, but it’s even more impressive when you consider the size of the territory they cover. The Laurentides stretches across more than 20,700 km² and is home to nearly 600,000 residents.

That’s a lot of mouths to feed.

With the increasing costs of living and the current tariff war between the United States and Canada, more and more people are turning to food banks just to get by.

For the Executive Director of Moisson Laurentides, Guillaume Richard, the goal is to help as many people as possible.

“The question is how can we find common ground with everyone,” said Executive Director Guillaume Richard. We need to become a solution, a movement, opposed to a bunch of separate organizations living in a silo.”



Rows of food products stored at Moisson Laurentides’ distribution centre in Blainville. (Photo: Alessandro Commisso, The North Shore News)

Serving the Laurentians for almost 40 years

For nearly 40 years, Moisson Laurentides has been the backbone of food assistance in the Laurentides and MRC Les Moulins. Working with close to 125 community organizations, it helps get food to tens of thousands of people every month. As food insecurity continues to grow, the organization serves as a vital link between donors, volunteers, community groups and the residents who rely on food assistance.



Guillaume Richard, Executive Director of Moisson Laurentides, says the face of food insecurity has changed dramatically in recent years, with more working families and children relying on food assistance across the Laurentides. (Photo: Alessandro Commisso, The North Shore News)

While food banks have traditionally been associated with people living on social assistance, Richard says the profile of those seeking help has changed dramatically in recent years.

“Of all the people who come see us, 24% of them have full-time jobs,” said Richard.

According to Moisson Laurentides’ latest figures, more than one-third of those receiving food assistance are children.

“We see it because it’s a lot of young families now. Roughly 11,000 kids per month eat because of food banks in the region. It doesn’t make sense anymore.”

This is not something that we have seen in the past 10 or 15 years. According to HungerCount 2026, their findings concluded that as of March 2026, there were 2.35 million total visits to food banks in Canada, the highest number on record. Another alarming stat is that food bank use has more than doubled to almost 117% since March 2019.

“The face of hunger has completely changed. I don’t see how we’re going to respond in the short term,” he said.

Housing is a major issue

Richard says rising housing costs, transportation expenses and inflation have made it increasingly difficult for many households to make ends meet, even when parents are working full-time.

Housing remains one of the biggest challenges facing residents across the Laurentides, according to Richard. As of early 2026, the average price of a single-family home in Quebec stood at roughly $511,850, while the average condo sold for approximately $288,000. At a mortgage rate of 4.5%, that translates into monthly payments of around $1,281 before property taxes, condo fees, insurance and utilities.

On paper, those figures may seem manageable. In reality, housing is only one expense competing for a family’s budget. Between mortgage or rent payments, groceries, transportation, childcare and other day-to-day costs, many Laurentides residents are finding themselves living paycheque to paycheque.

“Most of the time you need a car in the Laurentians. A car and housing? It doesn’t always work out that way,” said Richard.

He argues that governments need to tackle the root causes of food insecurity rather than relying on food banks to absorb growing demand. Places like Moisson Laurentides are duly equipped, but they won’t be for long if this pace keeps up.

“Politicians need to keep supporting food banks,” he said. “If the social safety net is poorly supported, now we keep growing. And we grow, and we grow, it’s not normal, we’re not supposed to handle growth.”

Community makes a difference

Meeting that growing demand requires more than simply collecting donations. Behind the scenes, Moisson Laurentides relies on a dedicated team of employees and volunteers who work every day to ensure food reaches those who need it most.

From its distribution centre, food is received, sorted, stored and redistributed to nearly 125 partner organizations across the Laurentides and MRC Les Moulins. Richard says the operation would not be possible without the many full-time and part-time volunteers who donate countless hours to the cause.

“We have people who are here every single week because they genuinely want to help their community,” said Richard.

That commitment extends well beyond volunteers. Richard says Moisson Laurentides has built a strong network of support that includes local businesses, community leaders and major corporate partners who regularly contribute food, funding and resources.

“We have CEOs of major companies who pick up the phone and ask how they can help,” he said.

Richard says that level of community involvement has allowed Moisson Laurentides to continue expanding its reach despite record demand. Whether it’s volunteers sorting donations, truck drivers collecting food or business leaders making financial contributions, thousands of people play a role in supporting the organization’s mission.

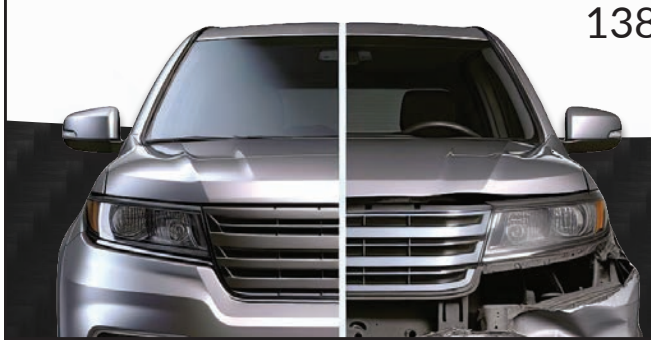
For Richard, those contributions demonstrate that while food insecurity remains a growing challenge, the willingness of people to step up and help remains one of the region’s greatest strengths.



From left: a Moisson Laurentides volunteer and Executive Director Guillaume Richard at the organization’s distribution centre in Blainville. (Photo: Alessandro Commisso, The North Shore News)

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Raw sewage discharge into Mille Îles river raises questions about infrastructure vulnerability

MARIA DIAMANTIS
info@newsfirst.ca

Planned Hydro-Québec work forces a temporary shutdown of a regional pumping station, highlighting the environmental consequences of essential maintenance.



For residents of Blainville and Sainte-Thérèse, turning on a tap or flushing a toilet is an ordinary act that rarely requires a second thought. But behind those everyday conveniences lies an extensive network of pumping stations and treatment facilities—and when one critical component stops operating, the consequences can reach the natural environment.

On October 29, the Régie intermunicipale d'assainissement des eaux de Sainte-Thérèse et Blainville announced that its principal wastewater pumping station would be temporarily shut down on November 2 because of planned Hydro-Québec electrical work. The interruption, scheduled from approximately 8:30 a.m. to 4:30 p.m., meant that wastewater would be discharged temporarily into the Rivière des Mille Îles rather than following its normal treatment route.

The regional authority confirmed that Quebec's Ministry of the Environment had been notified of the planned discharge. Although the announcement emphasized that drinking water would remain safe throughout the operation, the temporary release of untreated wastewater raises a broader issue: the vulnerability of municipal sanitation systems when essential infrastructure must be taken offline.

Wastewater can contain organic matter, bacteria, nutrients and other contaminants. Even when a discharge is temporary and authorities are informed, reducing the quantity released into a natural waterway remains an important environmental objective. That is why residents were asked to modify their routines during the interruption.

The regional authority recommended postponing showers, baths, laundry and dishwashing whenever possible. Reducing household water consumption would help limit the volume entering the wastewater system while the pumping station was unavailable. Residents were also reminded not to dispose of wet wipes, sanitary products, food waste, oils, paints or medications through toilets and sinks. Such materials can create blockages or complicate wastewater management.

The incident illustrates a challenge shared by municipalities across Quebec. Water and wastewater infrastructure must remain reliable even as electrical networks, mechanical equipment and other essential systems undergo maintenance. For communities situated near the Rivière des Mille Îles, protecting water quality is particularly important because the river forms part of the region's natural environment and recreational landscape.

The announcement did not provide an estimate of the wastewater volume expected to be discharged, nor did it specify what environmental monitoring would follow the interruption. Those unanswered questions are important when evaluating the longer-term implications of planned discharges.

The immediate message to residents was reassuring regarding drinking water safety. The larger question is whether future infrastructure improvements could reduce the need to release untreated wastewater whenever essential pumping equipment must temporarily stop operating.

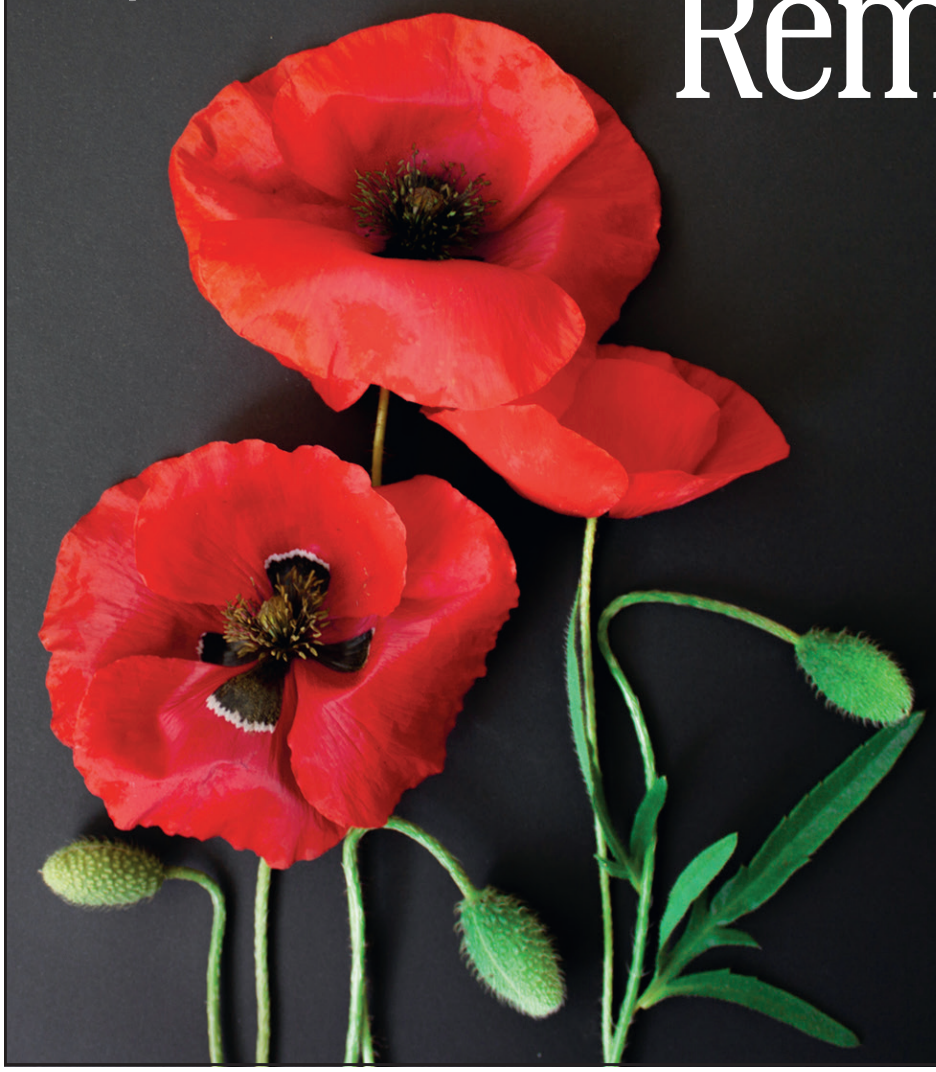




United we stand,
as we pause to remember

November 11

Remembrance Day



Honouring fallen service members, respecting peace

In Canada, November 11 marks Remembrance Day. On this day, the government, veterans, organizations and the public pay tribute to those who made the ultimate sacrifice in the name of freedom and peace. Given these uncertain times, it's more significant now than ever.

EVOLVING SIGNIFICANCE

Remembrance Day was originally established to commemorate the signing of the 1918 Armistice, which ended the fighting in World War I. During that major conflict, more than 66,000 Canadians lost their lives, and more than 170,000 were wounded.

Over the decades and as other conflicts have erupted around the world, the event has also become a day to honour the broader Canadian military effort and the brave individuals who serve. Every year, ceremonies and various activities take place across the country, notably in Ottawa, where dignitaries lead the traditional two-minute silence nationwide in memory of those who have fallen.

DUTY TO REMEMBER FOR FUTURE GENERATIONS

In addition to highlighting the crucial role of Canadian troops in maintaining world peace, Remembrance Day serves as a reminder that peace is fragile. As current political and economic upheavals contribute to global conflict, initiatives that facilitate lasting peace are crucial for the well-being of future generations.

This year, participate in Remembrance Day activities organized in your area, or watch the national commemorative ceremony live on television. You can also pay your respects by wearing a poppy and observing two minutes of silence.

Remembrance Day

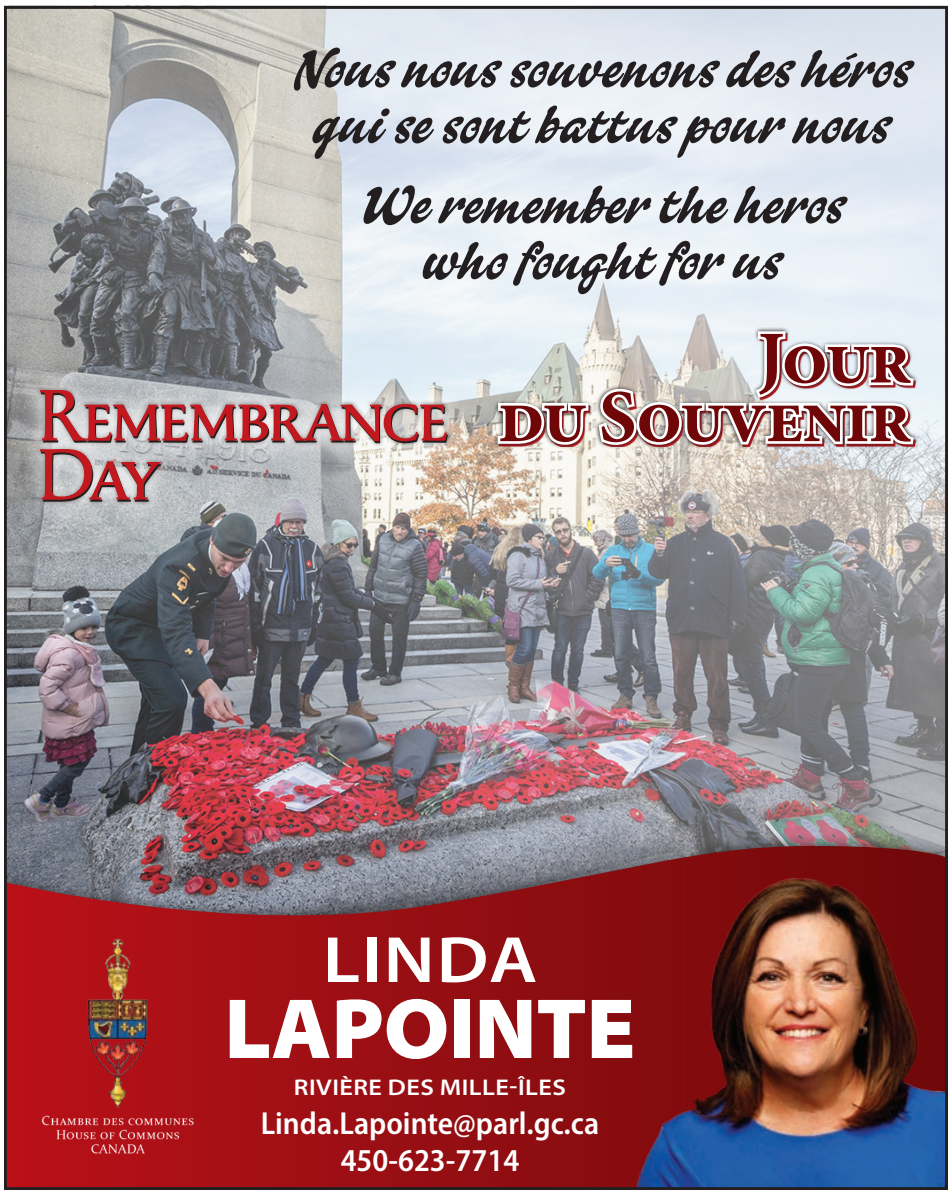


On this commemorative day, let us pay tribute to all those who fought to defend our values and freedoms.

Let us always remember those veterans who sacrificed everything in service of our country.

ROSEMÈRE

ville.rosemere.qc.ca



Letter to the Editor

Dear editor,

The last few years have been very annoying and ultimately frustrating time and time again.

I am a 77 year old male caring for my health. Appointments to the hospitals and CLSCs, have been terrible. The waiting times have been ridiculously long and although the whole time waiting is bad enough, the patients with the sneezing, coughing, runny noses, and/or flu and measles symptoms make this is a breeding ground for passing on whatever the patient is there for.

Please, please what can we do to make sure hospitals and CLSCs enforce MANDATORY MASKS as soon as anyone enters the medical buildings.

Thank you for letting me vent.

Charles Mahar

Letter to the Editor

Dear editor,

Your Opinion & Editorial of October 21, 2026, (titled "Ottawa bet against fossil fuels and lost") to the effect that Ottawa's "anti-oil and gas obsession sacrificed Canada's economic growth for zero environmental gain", was a source of great surprise.

This Editorial is critical of "politicians across the Western Hemisphere, including Canada's leadership for the past decade or more and a significant portion of Canada's political class" that have insisted that fossil fuels are a relic of the past.

This Editorial relies on a new study of the Fraser Institute. However, the title of this study on climate change states that it is a "Fact-based assessment of costs, trade-offs and results". It does not state that it is a study of the causes of climate change. Despite what precedes, the Editorial itself deals mainly with these causes of climate change and does so in a way that is unfounded in science.

It is undisputed knowledge that carbon, oil and gas are all major sources of green house gas emissions. To say that carbon is the worst of these three and that we are therefore better off by not burning carbon and, instead, by going "full-throated" with the development of the other two, being oil and gas, is totally unreasonable. The logical thing to do is to progressively avoid all three and, instead, to switch to clean energy sources, including electricity.

The suggestion that "Prime Minister Mark Carney seems to recognize that the Trudeau government's climate policies were a failure" and that Mark Carney would have said in the past that "as times have changed, we must change our plan", is, I believe, a misunderstanding. It is my belief that what Mark Carney meant by saying "as times have changed", is a reference to Donald Trump ("drill baby drill") and, in particular, the tariffs imposed on Canada. The economic consequences of these tariffs on Canada is most likely what Mr. Carney was referring to in his statement that "times have changed".

The reference to China "continuing to build coal plants at a breakneck pace" is also inaccurate. This statement ignores and omits to take into account changes that are taking place in China in the past 10 to 15 years. Many reports, newspaper articles and at least one Canadian T.V. journalist (Mr. Markham Hislop) refer to these changes. One such article is titled "There's a race to power the future. China is pulling away" (New York Times, June 30, 2025). This in part states: "While China still burns more coal than the rest of the world and emits more climate pollution than the United States and Europe combined, its pivot to cleaner alternatives is happening at a breakneck speed. Not only does China already dominate global manufacturing of solar panels, wind turbines, batteries, electric vehicles and many other clean energy industries, but with each passing month it is widening its technological lead." We may not approve of the totalitarian regime or the human rights abuses in China, but we cannot ignore what is there taking place on clean energy.

The most shocking part of your Editorial is the conclusion that states: "For the sake of Canada's economy, the diversification of our trade and even for getting global emissions down, it's time for the federal government to embrace the full-throated development of Canada's oil and gas sector." This clearly ignores established science.

One such part of established science is a report of the Canadian Energy Outlook – 3rd edition, titled "Pathways for a net-zero Canada Horizon 2060". This is based on a joint multidisciplinary research of the HEC and the Polytechnique at the Université de Montréal published on June 19, 2024 (the full 143-page report can be found at: https://iet.polymtl.ca/perspectives-energetiques).

On page 60 the report states: "Reaching net zero by 2050 requires deep transformation of our energy production sector over the next 15 years, with considerable investments in electricity production and a significant drop in oil and gas emissions." On page 161 the report states: "To put it bluntly, unless a very major change of course is introduced on the very short term, essentially in the form of a 60% to 70% reduction in Canada's oil and gas production, we find that it is simply impossible for Canada to meet its 2030 target."

The Full Report contains analyses and information aimed at arriving at a 40% greenhouse gas emissions reduction by 2030 and a net-zero target by 2050.

Climate change has existential consequences. Your Editorial should not mislead its readers about the causes of climate change and of ways to deal with them.

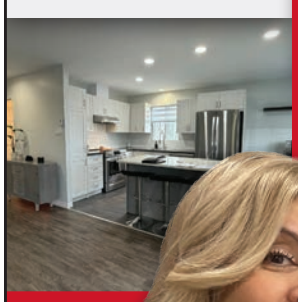
Harry Tsimberis

FOR SALE

CHOMEDEY – LAVAL

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



CHOMEDEY – LAVAL

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



CHOMEDEY – LAVAL

Welcome to this bright corner lot bungalow with 3+1 bedrooms in the heart of everything. Featuring a brand new roof, and many other updates with a renovated kitchen and bathroom. Inside, enjoy bright living spaces with a functional layout designed for modern everyday comfort. The spacious corner provides enhanced privacy and generous outdoor space, perfect for relaxing or entertaining family and friends. Close to everyday amenities, grocery stores, pharmacies, parks, and highways 13, 15 & 440. Must see!

MLS: 26640993

NEW



FOR RENT

PARK-EXTENSION – MONTREAL

Welcome to this bright main floor unit.

3 bedroom apartment designed for comfort and convenience. Renovated kitchen and bathroom with in unit washer/dryer. Enjoy access to a private backyard, perfect for relaxation or outdoor dining. Minutes from schools, local churches, and shopping centers. Ready for immediate occupancy. Contact me today to schedule a viewing.

MLS: 9530469

NEW



CHOMEDEY – LAVAL

Bright 5 1/2 situated in a prime location, offering 3 generous bedrooms 1 full bath. Steps from major shopping destinations, grocery stores and daily amenities. Quick access to main highways and public transportation. Located close to all schools, parks and community services. Available now.

MLS: 20380508



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MLS: 19933966



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Direct Answers

From Wayne & Tamara

Benedict Arnold

Q *While visiting his family six days before our 20th anniversary, my husband sent me an email saying we weren't happy together and he wanted a separation. But he never moved out. We lived day by day.*

The last five months he's emotionally and financially abandoned me and our three children. He blames all our marital problems on me. Needless to say after digging around I found out he's been having an affair for nine months. Days he was supposedly taking trips to our tree farms, he was with her and never called our kids. He even took her to our family vacation spot.

I think she represents freedom and absence of responsibility since her kids are grown. They can take off anytime and do whatever. I'm hoping she's just a booty call, but how do I deal with this home-wrecker if he's stupid enough to marry her?

My husband's first wife cheated on him and he was a basket case from it, so why would he do it to me? My lawyer will serve him in three days for divorce due to adultery. My heart is shattered, my soul broken forever.

How do I move on and trust another man again? What about my 10 and 14-year-old daughters? He looked them in the eye last month and told them women are evil and he would never get in a relationship again. Do I let them know what a lying, cheating, dishonorable man he is?

Carissa



A **Carissa, you have to tell your children the truth because an adulterer will tell them a lie. Your husband not only deceived you, he set up a new life for himself while stringing you along. You can't do that to your kids. How can you teach them honesty if you allow lies to stand in the middle of the family? Who can they believe if you start lying to them, too?**

There's another reason to tell the truth. Women who aren't forthright with their children, while their former husband is telling them whoppers, are often abandoned by those children when they grow older. Dad becomes the good guy while mom is labeled the one who broke up the family.

Calling his daughters evil is a vile act. It is psychological abuse of the first order, and it damages all three children. Your husband is eating away at his daughters' self-esteem and encouraging his son to demean women. A man who says things like that needs to be out of the house and away from young lives who need nurturance, not cruelty.

Your husband has not learned or grown from the experience of his first marriage. Notifying you by email was a cowardly act. It gives us his character in a nutshell. It invalidates his claim about your failings. But there is an obvious psychological explanation. He knows he is in the wrong.

Good recycles good, just as bad recycles bad. Honesty in relationships promotes more honesty; dishonesty promotes dishonesty. You must provide your children with what is right, but how can you do that when your heart is shattered?

The answer is simple. What you are going through follows a predictable pattern. If you try to find your way out by yourself, you are likely to flounder. But if you take the guidance of those who have been there before, you will recover more quickly than you can now imagine.

Depression, anger, denial, and grief are only a few of the emotions cycling through your head. An excellent way to recover from this trauma and begin your new life is by reading "Rebuilding," a book by Bruce Fisher and Robert Alberti.

And let your children know the facts. Their father got a girlfriend, and when you are married, you are not allowed to do that. If a person wants out of a marriage, the honorable course is divorce, not deceit.

Wayne & Tamara

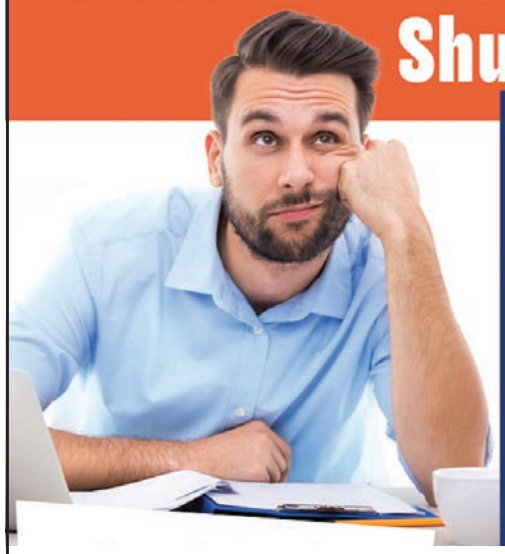
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or email: GetInTouch@WayneAndTamara.com
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When the tap runs dry: water main breaks put Boisbriand's underground infrastructure in focus

MARIA DIAMANTIS
info@newsfirst.ca



Recent service interruptions and boil-water advisories remind residents how dependent everyday life is on aging and largely invisible municipal networks.

Most homeowners give little thought to the pipes beneath their streets until the water stops flowing. Suddenly, ordinary routines such as preparing breakfast, washing dishes or taking a shower become complicated, and residents are reminded just how essential municipal infrastructure really is. In Boisbriand, recent water main repairs have brought those concerns into focus, with service interruptions and precautionary boil-water advisories affecting several residential areas.

On October 27, the municipality announced that a water main break on Komarno Street would require a temporary shutdown of the water supply the following day. The interruption affected addresses from 3120 to 3130 and from 3140 to 3150, with residents advised that a boil-water notice would take effect once the water network was restored. Municipal officials explained that the duration of the work could not initially be determined. The incident followed another disruption involving the water network near 13 Avenue des Mille-Îles, where repairs carried out on October 22 resulted in a precautionary boil-water advisory affecting parts of the surrounding area.

That advisory was lifted on October 28.

For affected households, the instructions were straightforward but inconvenient: water intended for consumption had to be boiled for at least one minute until the municipality formally announced that the advisory had ended. Residents were also warned that water could appear cloudy or discoloured, or have a noticeable chlorine smell, when service resumed.

While such disruptions are generally temporary, they underscore the challenges municipalities face in maintaining networks that operate continuously, often beneath heavily travelled streets. Water distribution systems are exposed to pressure changes, ground movement, seasonal temperature variations and the gradual deterioration of materials. A break can interrupt service, require excavation and create the need for precautionary water-quality measures before normal consumption resumes.

The consequences extend beyond individual homes. Businesses, families with young children and residents with mobility difficulties may face additional challenges when water service becomes unreliable. Boisbriand has also been carrying out broader infrastructure work, including rehabilitation of water and sewer lines in several neighbourhoods. These projects reflect the ongoing need to maintain essential underground systems before failures become more disruptive and expensive.

However, the recent incidents do not, by themselves, establish that the city's entire water network is deteriorating. Determining whether failures are isolated or part of a broader pattern requires information about pipe conditions, maintenance histories and infrastructure investment. For residents, the most immediate concern remains receiving timely information when interruptions occur.

The municipality publishes updates through its official website, including notices about water shutdowns, boil-water advisories and the restoration of normal service. The larger lesson is that infrastructure rarely attracts attention when it works properly. When it fails, its importance becomes impossible to ignore.

The invisible danger beneath our homes: Boisbriand renews radon testing initiative

MARIA DIAMANTIS
info@newsfirst.ca



The municipality is encouraging homeowners to investigate a radioactive gas that cannot be seen, smelled or tasted.

It could be present in a perfectly maintained house, beneath a freshly renovated basement or inside a family home where nobody has ever experienced an obvious problem. Radon gives no warning signs, produces no distinctive smell and cannot be detected without specialized equipment.

Yet prolonged exposure to this naturally occurring radioactive gas is one of the leading causes of lung cancer among Canadians.

On October 28, the City of Boisbriand announced its renewed participation in the Occupe-toi du radon initiative, joining the 100 Radon Test Kit Challenge aimed at encouraging residents to measure radon concentrations inside their homes.

The campaign addresses an environmental health hazard that frequently receives less public attention than air pollution, drinking water quality or household chemicals.

Radon originates from the natural breakdown of uranium in soil and rock. It can enter buildings through foundation cracks, gaps around pipes and other openings, accumulating in enclosed spaces, particularly basements and lower floors.

Health Canada identifies radon as the second leading cause of lung cancer after smoking and the leading cause among people who have never smoked.

Unlike carbon monoxide, which can cause acute poisoning, radon's danger generally develops through prolonged exposure over many years.

That makes testing particularly important.

The federal government recommends taking measurements over at least three months, preferably during the heating season, when homes are generally kept closed and indoor concentrations may be higher.

Health Canada's guideline is 200 becquerels per cubic metre. When concentrations exceed that level, corrective measures are recommended to reduce exposure.

Boisbriand has already participated in an earlier testing initiative. During the winter of 2024–2025, 123 volunteers accepted radon testing kits through the municipality's campaign, demonstrating local interest in understanding this largely invisible household risk.

The renewed initiative offers an opportunity to reach additional households and encourage residents who may have assumed their properties were unaffected.

An important misconception is that radon affects only old buildings or homes with visibly damaged foundations. In reality, elevated concentrations can occur in buildings of different ages and construction types.

Even neighbouring houses can produce significantly different test results because of variations in soil conditions, ventilation and foundation characteristics.

Fortunately, elevated radon levels can often be reduced through professional mitigation measures, including systems designed to prevent soil gases from entering living spaces.

For Boisbriand homeowners, the message is straightforward: a house may look perfectly healthy while containing an environmental hazard that only testing can reveal.

The municipality's renewed participation makes radon awareness a local public-health issue rather than an abstract national concern.



HOROSCOPE

Week of **NOVEMBER 8 TO 14, 2026**

The luckiest signs this week:
AQUARIUS, PISCES AND ARIES

♈ ARIES
A return to your studies brings a stimulating challenge that will align with your deepest aspirations. Keep pushing forward. Family support will boost your motivation and help you absorb valuable knowledge for a truly enriching future.

♉ TAURUS
Evaluate each option carefully before making a decision. Joining a spiritual or wellness-oriented group will broaden your horizons and improve your daily wellbeing. Analyze every angle for a calm, fulfilling commitment.

♊ GEMINI
When you're facing a major decision subject to outside pressure, trust your intuition. Your patience will sharpen your ideas and reveal meaningful solutions. If you take the time to assess things, your inner clarity will help you make the right choice.

♋ CANCER
Thorough preparation before your next negotiation will help you achieve optimal results. You'll unlock both finances and career prospects by securing the ideal position. Strategy and confidence lead to a longawaited professional victory.

♌ LEO
Treat yourself to a luxury shopping session to elevate your appearance. A polished image will open the door to higher positions. Invest in your presentation; charisma and success will naturally follow this transformation.

♍ VIRGO
Choose the comfort of home and remote work to increase your efficiency. By doing a major cleanup, you'll create a clear, uncluttered space that improves your productivity and enhances your serenity. Domestic harmony becomes your strongest ally.

♎ LIBRA
Defuse family confusion without delay. Clearly define your roles and choices through honest conversations. Direct communication dispels misunderstandings and restores a smooth, peaceful dynamic among your loved ones.

♏ SCORPIO
A surprise promotion or interim role may place you in a management position after someone's departure. You'll receive a raise in recognition of your hard work. Take the reins and get ready for your leadership to propel your career to new heights.

♐ SAGITTARIUS
A series of problems will finally resolve at work. Your inspiration will guide you toward goals that you'll achieve brilliantly. With clear direction, success is within reach. Move forward confidently, as everything is aligning for your most ambitious projects.

♑ CAPRICORN
Renewal is essential, and it will arrive through multiple transformations. Your wellbeing is improving, thanks to inspiring changes. A form of spirituality is opening up, and this beautiful evolution will revitalize your body, mind and daily life.

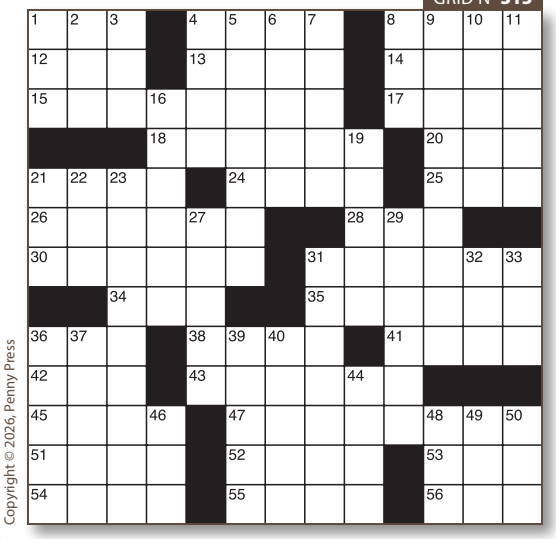
♒ AQUARIUS
Take the lead in organizing an unforgettable activity with your friends. With persistence, you'll overcome shyness, and your level of commitment will determine the extent of your success. Your leadership will strengthen your confidence and help forge warmer bonds.

♓ PISCES
Your many responsibilities require you to reorganize your priorities. Cooperation with loved ones becomes the key to harmonious planning and success. Work together for greater efficiency.

Coffee Break

CROSSWORD

GRID N° **315**



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ACROSS
1. Lingerie piece
4. Circle sections
8. Scratch
12. Vinegar's companion
13. Bog product
14. Shredded
15. Fruit pastry: 2 wds.
17. Potato
18. Idolized
20. Beseech
21. Thickly padded glove
24. Actor's goal
25. Foamy brew
26. Imprison
28. Is able
30. Kingdoms
31. Mexican dish
34. Cloth coloring
35. Laughing beasts
36. "Chances _____"
38. Away
41. Snares
42. Male sheep
43. Fill again
45. All right!
47. Horse with high odds: 2 wds.
51. Pierre's mom
52. "Of _____ I Sing"
53. Historic epoch
54. Invites
55. Back talk
56. VIP carpet color

DOWN
1. Large tropical snake
2. Split
3. High peak
4. Mimicked
5. Detailed accounts
6. Egyptian city
7. Pittsburgh product
8. "_____ Not Unusual"
9. Leading comedian: 2 wds.
10. Mean
11. Evade
16. Recently
19. Rot
21. Ruin
22. Fury
23. Company symbol
27. Smudge
29. Modifies
31. Kings' chairs
32. Chemist's workroom
33. Snaky letter
36. Odor
37. Autumn tools
39. Hat fabrics
40. Honolulu hello
44. Matures
46. Word of agreement
48. "Leave _____ to Heaven"
49. Miner's yield
50. Small child

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° **1008**

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

LAST ISSUE'S ANSWERS

CROSSWORD

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

Sudoku

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



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BIG BASKET ($40)

1. Black Grapes (bag)
2. Cantaloupe
3. Broccoli
4. Tomatoes (1 pack)
5. Romaine Lettuce
6. Bananas (4-5)
7. Oranges (3)
8. Pears (3)
9. Kiwis (3)
10. Plums (3)
11. Potatoes (3 lbs)
12. Mushrooms (1 pack)
13. Brussels Sprouts
14. Carrots (2 lbs)
15. Beets (2 lbs)
16. Lemons (2)
17. Garlic (1)
18. Red Onions (3)

SMALL BASKET ($22)

1. Blackberries
2. Broccoli
3. Iceberg Lettuce
4. Tomato Medley (1 pack)
5. Onions (2)
6. Bananas (3)
7. Avocado (1)
8. Mango (1)
9. Pears (2)
10. Celery
11. Zucchini

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