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Vol. 34-19

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ELECTIONS 2026

SEE PAGE 6



**Parti
Québécois**



**PAUL ST-PIERRE
PLAMONDON**

59 SEATS

28.02%

1,199,926 votes

**Parti
Libéral
Québec**



**CHARLES
MILLIARD**

40 SEATS

24.22%

1,037,051 votes

CONSERVATEUR



**ÉRIC
DUHAIME**

19 SEATS

20.67%

885,164 votes

**Québec
solidaire**



**RUBA
GHAZAL**

9 SEATS

12.43%

532,176 votes

**CAQ
COALITION AVENIR QUÉBEC**



**CHRISTINE
FRÉCHETTE**

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

Three
hospitalized
after fire
breaks
out at JPA
supermarket



Page 3

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Parc-Ex's JPA supermarket destroyed by fire

ALESSANDRO COMMISSO

Local Journalism Initiative Reporter
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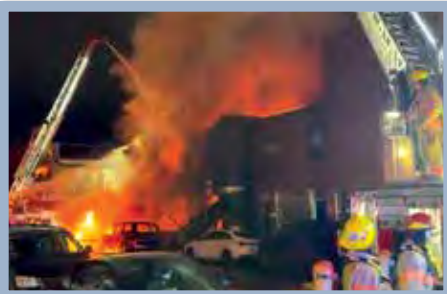
A major fire in Montreal's Parc-Extension neighbourhood left approximately 30 residents displaced and sent three people to hospital early Wednesday morning.

The blaze broke out around 2 a.m. on Saint-Roch Street, near de l'Épée Avenue, prompting a large-scale response from the Montreal Fire Department.

According to authorities, firefighters were called to a two-storey mixed-use building containing both commercial spaces and residential units. The intensity of the fire caused part of the structure to collapse, forcing residents to flee their homes as emergency crews worked to bring the situation under control.

Residents of Parc-Extension are distraught as local grocery store – JPA supermarket – was completely engulfed in the fire.

More than 100 firefighters were deployed to battle the blaze and secure the site. As of 7am authorities say the fire was fully contained.



Three men were transported to hospital with injuries, though officials said their lives were not in danger. Meanwhile, approximately 30 tenants, including several children, were displaced by the fire and received assistance from the Canadian Red Cross, which helped provide emergency support following the evacuation.

Newly re-elected Andrés Fontecilla, the MNA for Laurier-Dorion, visited the area following the fire and met with those involved in the relief effort. In a statement, Fontecilla described the blaze as “a fire of rare violence” and praised the rapid response from community organizations and emergency services. “I am reassured to see that our community is always ready to mobilize quickly and that we will not abandon them,” he said.

Fontecilla also thanked the Arrondissement de Villeray – Saint – Michel – Parc-Extension, the Canadian Red Cross, Jeunesse au Soleil, the CAPE, and the many volunteers assisting affected residents.

Firefighters managed to bring the blaze under control shortly before 5 a.m., but crews remained on scene for hours afterward to extinguish remaining hot spots and clear debris from the damaged building. Investigators have not yet determined the cause of the fire, although authorities say there is currently no indication of criminal activity.

“The situation is being closely monitored,” Fontecilla added as displaced families began seeking temporary accommodation and support.

William Murray, a Montreal Fire Department Section Chief stated that at this point they do not believe that the fire was arson.



Photos: George Batsoulis



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Tel: 450-978-9999 • Fax: 450-687-6330

E-mail: editor@newsfirst.ca

www.px-news.com

Distribué dans le district
de Parc Extension.

Distribution in the
Park Extension area. H3N



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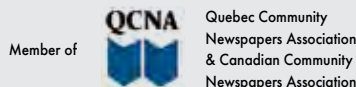
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Layout: Media Trek

Distribution: TC. TRANSCONTINENTAL

Printing: TC. TRANSCONTINENTAL

National Representation:



Project funded in part by

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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. Nunatsiaq 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 –



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Laurier-Dorion re-elects Andrés Fontecilla for a third term

ALESSANDRO COMMISSO
Local Journalism Initiative Reporter
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Voters in Laurier-Dorion have re-elected Andrés Fontecilla of Québec solidaire as their Member of the National Assembly (MNA) following the 2026 Quebec provincial election. Fontecilla won just over 50 per cent of the vote, earning a third consecutive mandate to represent the diverse Montreal riding in the National Assembly of Quebec.

Located in the heart of Montreal, Laurier-Dorion encompasses much of the Villeray and Parc-Extension neighbourhoods, communities known for their cultural diversity and large immigrant populations. Issues such as housing affordability, access to healthcare, public transit and the rising cost of living remain among the top concerns for residents.

Despite facing challengers from the Liberal Party of Quebec, the Parti Québécois, the Coalition Avenir Québec and several smaller parties, Fontecilla secured a comfortable victory. The result reinforces Québec solidaire's strength in Montreal and highlights the continued support for progressive policies within the riding.

Following his victory, Fontecilla emphasized that his role extends beyond representing those who supported him at the ballot box.

"I intend to work for the benefit of the entire population of Villeray and Parc-Extension, whether they voted for Québec solidaire or not." He also reflected on the significance of secur-

ing another term.

"More than a privilege, this is above all a responsibility that I intend to take seriously," said Fontecilla.

Fontecilla was born in Santiago, Chile, in 1967 and later studied anthropology at the Université de Montréal. Before entering elected politics, he worked as a community organizer in Montreal from 1998 to 2013 and served as an international human rights observer in Haiti for the United Nations. He also served as president of Québec solidaire from 2013 to 2017 before being elected as Laurier-Dorion's MNA in 2018.

Throughout his political career, Fontecilla has focused on social justice issues, housing policy and support for immigrant communities. Those priorities remained central to his message after election night, as he outlined the challenges facing residents across the riding.

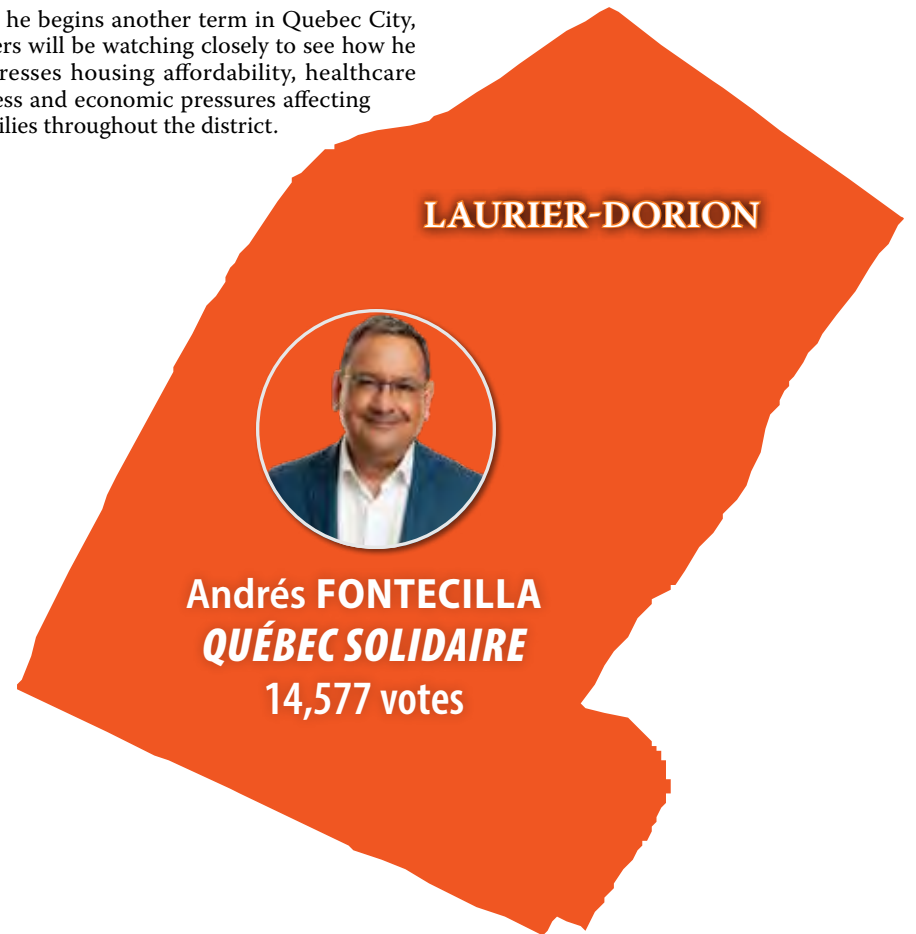
"I will continue to tackle the problems and injustices facing the people of Parc-Extension and Villeray, including rising rents and the housing crisis, the lack of social housing, the rising cost of living, increasingly visible homelessness, and difficulties accessing healthcare," said Fontecilla in a Facebook post.

The statement reflects many of the concerns frequently raised by residents of Laurier-Dorion, particularly in Parc-Extension, one of Canada's most diverse urban communities.

While celebrating the result, Fontecilla acknowledged that significant challenges remain for the riding and for Quebec as a whole.

"The joy of this victory does not erase the problems that afflict us."

As he begins another term in Quebec City, voters will be watching closely to see how he addresses housing affordability, healthcare access and economic pressures affecting families throughout the district.



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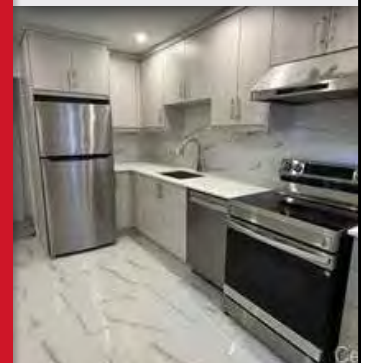
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Villeray/St-Michel/Parc Ex will spend more than \$73 million next year

Mayor Jean François Lalonde outlines borough's plans during October council

MARTIN C. BARRY

Local Journalism Initiative Reporter
marty@newsfirst.ca

In an outline of Villeray/St-Michel/Parc Extension's overall priorities for next year, Borough Mayor Jean François Lalonde says the borough plans to add more flowers, shrubs and greenery in prominent locations throughout VSMPE, including Place de la Gare in Parc Extension and further to the east at the busy intersection of Saint-Michel Blvd. and Crémazie.

"More shade, fewer paved surfaces, more agreeable public spaces will contribute to our streets becoming used and shared more frequently," he said during the October 6 borough council meeting.

Social and affordable housing

Among other things, according to Lalonde, the borough will also be focusing on the development of more social and affordable housing next year, including at Plaza Hutchison and at the abandoned Montreal Chinese hospital building on St-Denis St. in Villeray.

The borough plans to spend more than \$73 million in 2027, compared to around \$70.5 million last year. The largest portion (more than \$47.4 million) is going towards employee salaries, with services costing nearly \$26 million.



Members of the Borough of Villeray/St-Michel/Parc Extension presented council presented the annual projections for next year during the October 6 council meeting at 405 Ogilvy Ave. in Parc Extension. (Photo: Martin C. Barry, Nouvelles Parc Extension News)



"More shade, fewer paved surfaces, more agreeable public spaces will contribute to seeing our streets becoming used and shared more frequently," Borough Mayor Jean François Lalonde said regarding plans for next year during the October 6 borough council meeting. (Photo: Martin C. Barry, Nouvelles Parc Extension News)

Most of the borough's revenue will be coming from the centre city, with a locally-imposed tax as well as other sources of funding within VSMPE (various types of permits and snow removal work paid for by the centre city) providing more than \$18 million in additional revenue.

The borough's capital works budget (PTI) for next year will be more than \$9 million, although the plan is to spend up to \$90 million over the next ten years.

New library coming in Villeray

The borough will spend the next year continuing to work on the architectural plans for the future Bibliothèque Caroline Dawson to be built in Parc Le Prévoist on Christophe-Colomb Ave. in Villeray, although no firm opening date has been set.

During the regular portion of the council meeting, Borough Mayor Lalonde congratulated the various winners in the provincial elections which took place the day before. These included Quebec Liberal MNA Frantz Benjamin who was re-elected in the riding of Viau, and

Québec solidaire's Andres Fontecilla who was re-elected in Laurier-Dorion.

At the same time, Lalonde congratulated newly-elected Parti Québécois Premier Paul St-Pierre Plamondon. "We hope that he will be very open to listening to Montreal and we will have positive outcomes in the major Montreal issues, whether it's homelessness or housing," Lalonde said.

Councillor Carhuallanqui's report

In her monthly council report, Parc Extension city councillor Elvira Carhuallanqui said work continues to improve cleanliness in the district.

"As you know, since the beginning of my being elected, I have brought up, I have repeated, the fact that for me cleanliness is really very important," she said.

"Also improving the quality of life in my district of Parc Extension, as well because this is where I live with my family." Among other things, she noted that the University of Montreal operates a legal clinic for recent immigrants on Beaumont Ave.



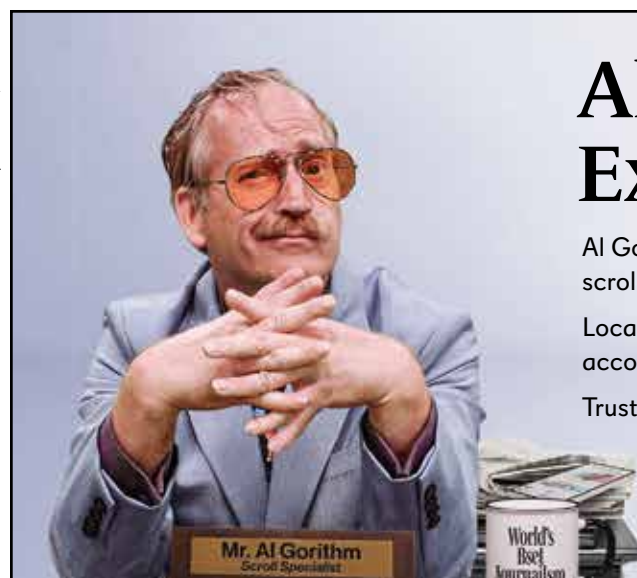
In her monthly council report, Parc Extension city councillor Elvira Carhuallanqui said work continues to improve cleanliness in the district. (Photo: Martin C. Barry, Nouvelles Parc Extension News)

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Volvo Cars Mont-Royal joins Pink in the City for Breast Cancer Awareness Month launch

This year's gala for the Breast Centre at the MUHC will take place on Friday, October 23

MARTIN C. BARRY

Local Journalism Initiative Reporter
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With just a few weeks left before Pink in the City's annual gala for the benefit of breast cancer care at the McGill University Health Centre, dedicated supporters gathered at the Volvo Cars Mont-Royal dealership in Montreal last week for an event marking Breast Cancer Awareness Month.

The cocktail/buffet dinner with live music was a warmup for the Friday October 23 gala at Château Royal in Laval. It also marked the second time Pink in the City partnered with Volvo Cars Mont-Royal's owners, Groupe Taddeo Auto, for a breast cancer awareness-raising event.

"Everybody's been touched in some way by cancer," said Volvo Cars Mont-Royal vice-president for sales and marketing Victoria Taddeo. "This is a cause that is very important to us," she added.

Volvo SUV raffle

Many of those among the 150 supporters also vied for a chance to take part in Pink in the City's "Drive for Hope" raffle. The winner will have free access for a year to a Volvo SUV furnished by Volvo Cars Mont-Royal.

"We've lost some friends to cancer while others are survivors," said former Montreal city councillor Mary Deros who was among the guests, while adding that she has recently undergone cancer treatment (although not for breast cancer).

"I know the importance for the doctors and the



Breast cancer survivors are seen here with Pink in the City supporters (including co-founder Denise Vourtzoumis, centre, and former Montreal city councillor Mary Deros, fifth from left), during a cocktail/buffet dinner held at Volvo Cars Mont-Royal as a warmup for the Friday Oct. 23 Pink in the City gala at the Château Royal in Laval. (Photo: Martin C. Barry, Newsfirst Multimedia)

researchers to have the necessary funds to find the best care and medical support for women suffering any type of cancer," she continued. "And so I am a proud supporter of this cause because it's necessary for us to help in every way we can."

Support for a good cause

Former Laval Senior High School vice-principal Helen Kalipolidis first met Pink in the City co-founder Denise Vourtzoumis at the school

when the latter's children, including co-founder Lawrence Vourtzoumis, were enrolled as students.

"I had a very strong desire to support the cause that had grown and there were many people affected by breast cancer," she said. "The idea of finding a cure and supporting the women dealing with breast cancer are very dear to my heart."

According to Dr. Sarkis Meterissian, director of the Breast Center at the MUHC, progress is being made in the treatment of breast cancers thanks to Pink in the City's support.

"Apart from the treatments and surgeries, we have a lot of clinical trials, and I think we're continuing to see improvements in survival in breast cancer," he said in an interview with Newsfirst Multimedia. He said prognoses for some of the more severe forms of breast cancer have improved and "we're curing a lot of the patients."

'A very worthy cause'

Andy Crilis, another Pink in the City supporter, lost his mother to the disease in 2009. "I've been supporting Pink in the City as much as I can with all the events I am able to attend to," he said. "Nice to see so many people coming together to support this very worthy cause."

Pink in the City has become synonymous with

breast cancer care at the McGill University Health Centre. They have championed the MUHC's Breast Clinic Wellness Program through the MUHC Foundation.

From breast cancer survivors to passionate high school students, Pink in the City has brought together a loyal following dedicated to the fight against breast cancer. One of Pink in the City's latest donations to the MUHC last year brought their total contributions to nearly \$2 million.

Funds raised total \$2 million

The funds raised have been the result of tireless efforts, including an inspiring Pink in the City campaign led by the Concordia University Women's Hockey Team. Another one of the fundraising highlights was the Raise Craze, a much-loved event where people shave or dye their hair pink in support of the cause.

Students from the Sir Wilfred Laurier School Board did their part, raising more than \$20,000 in that campaign, showing how young people are getting involved in philanthropy.

The 2025 Pink in the City Gala starts with cocktails at 6:30 pm followed by dinner at 7:30 pm. The event is presented by Pink in the City in collaboration with the MUHC Foundation to support breast cancer patient care, research and education.

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The winner of Pink in the City's "Drive for Hope" raffle will get free access to a Volvo SUV furnished by Volvo Cars Mont-Royal for a year. (Photo: Martin C. Barry, Newsfirst Multimedia)



October is BREAST CANCER Awareness Month



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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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“Access Without Fear” clinics continue at Parc-Extension Library



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Montrealers without legal immigration status or living with precarious status will have two more opportunities this fall to obtain a municipal identity and residence attestation at the Parc-Extension Library.

Following a clinic scheduled for October 7, additional sessions will be offered on November 11 and December 2, from 1:30 p.m. to 5 p.m. The library is located inside the William-Hingston complex at 421 Saint-Roch Street.

Often called the “Access Without Fear card” or “BINAM card,” the attestation is intended to remove identification barriers that can prevent residents from using municipal facilities and programs.

The City says applicants do not need to present documents proving either their identity or Montreal address. The attestation is issued on site, and personal information collected through the process will not be shared with other organizations.

The card can make it easier to obtain a Montreal library membership and access related services. It can also facilitate registration for sports facilities, day camps and programs available through different municipal service points.

The initiative is part of Montreal’s Access to Municipal Services Without Fear policy. Its objective is to allow people living in the city to use municipal programs without fearing that their immigration status will be disclosed to government enforcement authorities.

The policy is intended for people whose status is precarious or who have no current legal status. That can include individuals whose temporary visas, study permits or work permits have expired, as well as rejected asylum claimants and people who entered Canada irregularly.

The attestation does not grant or regularize immigration status. It functions as municipal proof of identity and residence for access to City services.

There is also one important limitation: Montreal’s policy applies to municipal departments and services but specifically excludes the Service de police de la Ville de Montréal.

Residents who cannot attend the Parc-Extension dates can obtain the attestation daily at the Ville-Marie Accès Montréal office, located at 800 De Maisonneuve Boulevard East. Other mobile clinics are also offered at selected community organizations and libraries.

The City’s information page directs people with additional needs toward specialized resources. Médecins du Monde provides frontline health and social services to people without status or precarious-status residents who lack medical coverage. Montreal City Mission’s legal clinic offers information and assistance related to refugee and humanitarian immigration law.

The City also refers victims of abuse or crime to Montreal’s crime victims assistance centre, known as CAVAC, which provides confidential and free support.

Locating the mobile clinic in Parc-Extension is significant because the library already serves hundreds of residents from varied linguistic, cultural and immigration backgrounds. It shares the William-Hingston complex with an adult francization centre, an elementary school and community services.

For people who have avoided public facilities because they lack conventional identification—or fear that asking for help could expose their status—the clinic offers a direct entry point into everyday municipal life.

The remaining Parc-Extension clinics will take place November 11 and December 2, from 1:30 p.m. to 5 p.m.

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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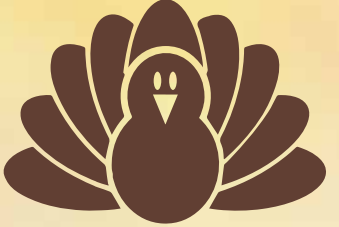
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Three-storey Parc-Extension community centre reaches key planning stage



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A long-awaited community centre planned beside the Howie-Morenz Arena returned to borough council this week, moving the project into a new stage of the municipal planning process.

The October 6 agenda for the Villeray–Saint-Michel–Parc-Extension borough council included a first draft resolution authorizing construction of a three-storey community centre on the arena property at 8650 Querbes Avenue. The resolution would also permit the required subdivision of the municipal property.

As a first project resolution, the measure represents a planning and zoning step. It is not a building permit, construction contract

or confirmed opening date. The public agenda does not provide a final construction schedule.

Plans previously released by the federal government describe a multigenerational, carbon-neutral facility designed to bring services, recreational activities and community organizations together under one roof.

The proposed building is expected to include meeting rooms, common areas, a gymnasium, community kitchen, offices for neighbourhood organizations and a rooftop community garden. The federal description presents it as a place for residents to meet, learn and participate in recreational and community activities.

Ottawa announced \$18,311,978 for the Parc-Extension project in July 2024 through the Green and Inclusive Community

Buildings program. At that time, the Table de quartier de Parc-Extension was listed as contributing \$16,622,157.

The need for consolidated community space became more visible after approximately 15 partner organizations moved their offices out of the William-Hingston complex on Saint-Roch Street.

Those groups were dispersed among several temporary or alternative locations. Some moved to Henri-Bourassa Boulevard, Hutchison Street, Parc Avenue and the Jean-Paul II chalet in Jarry Park. Afrique au féminin and the Comité d'action de Parc-Extension were among the organizations that began using space at Howie-Morenz Arena.

The proposed centre would provide a more permanent focal point for neighbourhood organizations whose services currently operate from several addresses.

The location has nevertheless generated debate. Arena users previously expressed concern that construction on the parking area could make the facility more difficult to access, especially for families carrying hockey equipment and athletes with limited mobility.

That concern remains particularly significant because Howie-Morenz is used for minor hockey, recreational skating and para hockey. The arena currently provides accessible parking, a passenger drop-off area and a paratransit drop-off zone. Para Hockey Montréal's 2026–2027 practices are being held there on Wednesday evenings and Saturday mornings.

The summary placed before council on October 6 authorizes the three-storey building and subdivision, but does not describe a final parking or transportation arrangement.

The project therefore carries two important objectives that will have to coexist: delivering urgently needed community space in one of Montreal's most densely populated neighbourhoods while preserving practical and accessible entry to the arena.

For Parc-Extension residents, the latest planning step shows that a project announced more than two years ago remains active. It also makes the details of accessibility, construction timing and the eventual operation of the centre the next issues to watch.



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VSP proposes \$73.3-million operating budget and \$90-million capital plan

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The Villeray–Saint-Michel–Parc-Extension borough administration has presented a proposed \$73.3-million operating budget for 2027, alongside a nearly \$90-million infrastructure program extending over the next decade.

The financial plans were placed before borough council during an extraordinary meeting called for October 6. Council members were asked to adopt the documents and transmit them to Montreal's executive committee for inclusion in the citywide budget process.

The proposed operating budget totals \$73,316,700. It covers recurring municipal responsibilities and services, including administration, recreation, permits, parks, road maintenance and local programming.

Documents prepared for the meeting show that \$55,101,300 would come from the central City of Montreal allocation. Local taxation would provide another \$13,833,900, while locally generated revenues are projected at \$4,381,500.

The operating budget should not be confused with the borough's capital program, which concerns longer-term infrastructure investments rather than ordinary annual operations.

Under the proposed 2027–2036 capital plan, VSP would invest a net total of \$89,980,000—or \$8,998,000 annually—across four principal categories.

Road reconstruction and resurfacing would receive the largest share, at \$34,787,000 over 10 years. Another \$33,263,000 would be directed toward protecting and upgrading municipal buildings.

Park redevelopment would account for \$16,981,000, while \$4,949,000 is identified for the Caroline-Dawson Library project.

For 2027 alone, the plan assigns \$4.55 million to roadwork, \$3.04 million to parks, \$1.25 million to building protection and \$158,000 to the library project.

Municipal documents say the investments are intended to continue projects already underway while allowing new work to proceed. The stated objectives include improving drainage and landscaping in parks, planting trees, expanding the canopy, creating green alleys and bringing pools, park chalets and community centres up to standard.

The road investments are expected to address both infrastructure condition and the safety and mobility of residents.



During the regular council meeting held the same evening, the administration also introduced draft changes to three borrowing bylaws. These would increase the authorized borrowing envelope for building protection to \$34,889,000, for park development to \$17,163,000 and for construction of the Caroline-Dawson Library to \$9,171,000.

Those borrowing authorizations are financial tools and do not mean the entire amounts will be spent during 2027. Individual projects generally require their own approvals, contracts and implementation schedules.

The documents also show that the borough budget is only one step in Montreal's broader financial process. The operating and capital plans are expected to be submitted to the executive committee in November, followed by consideration through the City's special budget process in December.

For Parc-Extension residents, the figures

establish the broad spending framework but do not yet identify every street, park or building that will receive work. Those details will

emerge through individual contracts and project decisions brought before council during the coming years.

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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)

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Ordre des infirmières
et infirmiers auxiliaires
du Québec

AVIS DE RADIATION (21-26-0084)

Prenez avis que le 19 septembre 2026, le Conseil de discipline de l'Ordre des infirmières et infirmiers auxiliaires du Québec, a imposé à **Sam Ahmadi**, (permis 68170), exerçant la profession d'infirmier auxiliaire dans la ville de Pointe-Claire, une période de radiation temporaire de six (6) mois, sous l'unique chef de la plainte portée contre lui.

M. Sam Ahmadi a été déclaré coupable de l'infraction suivante:

- À Montréal, le 2 mars 2026, dans le dossier 500-01-275549-241, a fait l'objet d'une décision d'un tribunal canadien le déclarant coupable d'infractions criminelles, ayant un lien avec l'exercice de la profession d'infirmier auxiliaire, à savoir :
 - « Entre le 24 août 2024 et le 19 octobre 2024, à Montréal, district de Montréal, a volé de Hospital Lakeshore, des substances de l'Annexe 1, d'une valeur ne dépassant pas 5000,00\$, commettant ainsi l'infraction punissable sur déclaration sommaire prévue à l'article 334 b) (ii) du Code criminel. »;
 - « Entre le 24 août 2024 et le 19 octobre 2024, à Montréal, district de Montréal, par la supercherie, le mensonge ou autre moyen dolosif, a frustré Hospital Lakeshore, de foles, d'une valeur ne dépassant pas 5000,00\$, commettant ainsi l'acte criminel prévu à l'article 380 (1) b) (i) du Code criminel. »;
 - « Entre le 24 août et le 19 octobre 2024 à Montréal, district de Montréal, a eu en sa possession, une des substances inscrite(s) à l'annexe 1, commettant ainsi l'infraction punissable sur déclaration sommaire prévue à l'article 4 (1) de la Loi réglementant certaines drogues et autres substances. »;

M. Sam Ahmadi, ayant renoncé à son droit d'appel, est donc radié temporairement du Tableau de l'Ordre des infirmières et infirmiers auxiliaires du Québec, pour une période de six (6) mois, du 24 septembre 2026 au 24 mars 2027.

Cet avis est publié en vertu de l'article 156 du *Code des professions*.

Montréal, ce 24 septembre 2026.

Me Caroline Leblanc

Secrétaire du Conseil de discipline de l'OIIAQ

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| 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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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.



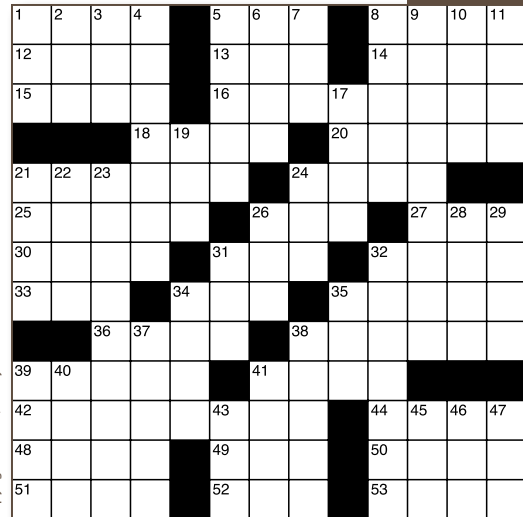
PISCES

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

DOWN

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

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

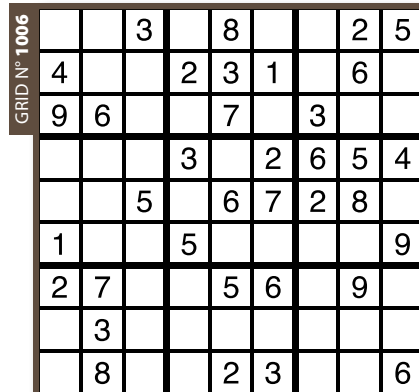
HOW TO PLAY

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.

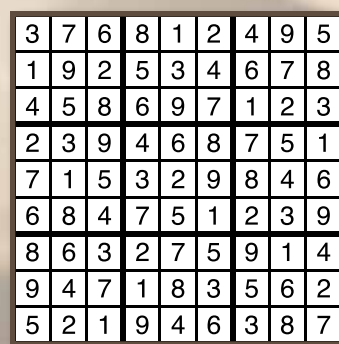


LAST ISSUE'S ANSWERS

CROSSWORD



Sudoku



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