Off-Island election round-up

By Kevin Woodhouse The Suburban

While many West Island municipalities are offering up plenty of candidates to choose

from in the upcoming November municipal election, there are some contested races happening off the island.

Vaudreuil-Dorion Mayor Guy Pilon, running as part of the Parti de l'action de Vaudreuil-Dorion, will face off against resident Mario

Tanguay seems to have one single issue he has been pressing on which is the city's plans to invest more into the Felix Leclerc house restoration project. Mayor Guy

Pilon's initiative to restore the house of the iconic Leclerc has the support of Leclerc's son, but Tanguay takes issue with it.

Pilon's multi-mandate record of achievement speaks for itself. "Vaudreuil has experi-

enced unprecedented growth and all of our citizens are benefiting from the new parks, arenas and services," he said. For the coming mandate his team's plan includes the installation of "a new skating park and the Dorion sector has to be re-built. We have to plan for the municipality's next 15 to 20 years, not just now'

With the recent investment of more than \$1 billion from Ericsson, Pilon hopes to attract more business and industry to the ever growing

region, in order to "give residents the option of working and living in Vaudreuil-Dorion because the new companies to give people the choice to work here for a better quality of life." Pilon has guided his city into the enviable position of being one of the few with a

The city of Hudson's mayoral race has three contenders with Jacques Bourgeois running one three key points: improved governance, managed development and a preserved quality of life.

Bourgeois is in favour of reviewing the city's tree cutting bylaw but is against "wetland swaps" as well as the Enbridge pipeline.

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Vaudreuil-Dorion **Mayor Guy Pilon**



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As a personal finance coach, I define mindful spending as an increased state of awareness as you are in the midst of spending money. It entails that you question your motives behind buying a certain item. It's also about digging deeper within yourself and understanding what emotion you are hoping to achieve by acquiring that item: are you spending because you're bored and you want to entertain yourself? Perhaps you had a stressful day at work and you stall it is the stressful day at work and you want to entertain yourself? feel like you deserve a treat? Did your ego take a hit and you want to feel better about yourself? Are you trying to live up to other people's expectations? Do you feel obliged to keep up with a social image that you can't truly afford?

Being a mindful spender is crucial in keeping your finances in check. It helps you better understand your spending habits and helps you stay on the right financial track. Most importantly, it will teach you how not to fulfill deeper unmet needs with money and things.

Lama Farran is a personal finance coach, affiliated with the holistic clinic Psysanté. She is devoted to educating individuals /families about money without selling them any financial products. She helps her clients uncover their spending habits, set realistic and feasible budgets, and treat debt challenges at the root. She also coaches her clients on improving their money management skills.

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