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27th annual Ste-Rose Symposium

Daniel Martel of Laval loves landscapes and vivid colors. (Photo: Martin C. Barry, Newsfirst Multimedia)

\$23M for infrastructure



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Under the TAPU Program, the Minister of Transport and Sustainable Mobility granted the City of Blainville \$136,484 to support its project for safer intersections and traffic calming measures.

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Financial Assistance for Disaster Victims, from Tropical Storm Debby

(NEWSFIRST) - Due to the damage caused by the heavy rains that occurred following the passage of Tropical Storm Debby on August 9 and 10, 2024, including numerous floods and ground movements, the Government of Québec is announcing that the affected municipalities and their citizens will be able to benefit from the General Financial Assistance Program for Disasters (PGAF), if they meet the eligibility criteria.

The FAMP is a program of last resort that aims to support municipalities, citizens and businesses that have been victims of certain types of disasters, as well as the organizations that have provided them with assistance. Citizens and municipalities will soon be able to obtain the list of municipalities targeted by the program on Québec.ca. In the meantime, they are invited to consult the page dedicated to the event: Status report on heavy rainfall in Quebec | Government of Quebec. Many expenses are eligible for financial assistance and compensation. For example, temporary preventive measures put in place, eligible personal property affected, and emergency work.

Quotation

“As with every disaster, our government is there to support the municipalities, the population and businesses that must face all these unpleasant consequences. Ensuring the safety of all Quebecers and the protection of their

property is at the heart of our action.»

François Bonnardel, Minister of Public Security and Minister Responsible for the Estrie Region

Highlights

The following types of claims are eligible for the program:

- flooding caused by torrential rains, ice jams or rapid melting of snow causing overflowing rivers;
- erosion of banks;
- submersion;
- landslides;
- earthquakes.

The main purpose of the General Disaster Financial Assistance Program (AMP) is to provide last-resort assistance in the event of a claim not covered by insurers. In fact, disasters such as floods involving the overflow of watercourses during torrential rains, for example, are eligible losses under the program. On the other hand, if the water enters the residence through a sewer backup or water infiltration, without the water from a watercourse reaching the property, these losses are generally underwritten and covered by insurance companies, so they are not eligible for the AMP.

This program provides assistance of last resort, including to repair certain eligible damages to primary residences, businesses and critical municipal infrastructure.



The program also aims to provide financial support to municipalities for expenses additional to current expenses incurred by the implementation of temporary preventive, intervention or recovery measures.

Each request for financial assistance received by the Ministère de la Sécurité publique is analyzed for its admissibility, in accordance with the various criteria of the General Program of Financial Assistance in the Event of Disasters.

People affected by flooding must ensure that they have identified themselves as a disaster victim to their municipality and that they have contacted their insurer before applying for financial assistance and compensation.

For quick service, applications for financial assistance and compensation can be made online at: Safety and Emergencies | Government of Quebec (quebec.ca) <https://www.quebec.ca/secure-situations-urgence>



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Winds give way to sunshine during four-day painting and sculpture event

More than 20,000 attend 27th annual Symposium de Ste-Rose

MARTIN C. BARRY
marty@newsfirst.ca

In spite of a weather-related snafu that got the 2024 Symposium de Ste-Rose off to a somewhat shaky start, patrons attending the four-day artists' gathering this year enjoyed some splendid weather – in sharp contrast to the rainstorms that impacted attendance at symposiums in the past.

From July 25 to 28, appreciators of fine sculpture and exquisite art came from all over Quebec as well as other parts of eastern Canada to enjoy the 27th annual Symposium de Ste-Rose.



From the left, contributing artists Lily St-Gelais from Saint-Rémi on Montreal's South Shore, Corporation Rose-Art president Oprina-Felicia Dolea of Laval and former Rose-Art president Carole Faucher also from Laval are seen here on day two of this year's Symposium de Ste-Rose. (Photo: Martin C. Barry, Newsfirst Multimedia)

According to Oprina-Felicia Dolea, president of the Corporation Rose-Art which organizes the event, high winds on opening day made things a little chaotic.

"We had at least one tent fly off," she said in an interview with *Newsfirst Multimedia*, adding that although the tent was damaged beyond repair, it was covered by insurance. Nonetheless, there were clear skies and warm sunshine over the following three days.

More than 20,000 visitors spent time at the Symposium de Ste-Rose this year. The event's honorary president was Christopher Skeete, the Member of the Quebec National Assembly for Sainte-Rose.

Home to great artists

The village of Sainte-Rose is renowned as the birthplace of internationally-acclaimed Québécois painter Marc-Aurèle Fortin. Sainte-Rose was also at one time the home of landscape painter Clarence Gagnon. Both influenced generations of artists and are honored by local street and place names.

The symposium is regarded by some as one of Canada's most successful gatherings of visual artists and a first-rate showcase for their works. Each year, attending is seen by art connoisseurs as an opportunity to enjoy the works of a range

of visual creators who express themselves in a variety of styles.

As the Symposium de Ste-Rose's reputation has grown across Quebec and other provinces, the organizers have also received some significant recognitions. In 2019, the Laval Chamber of Commerce and Industry presented them with a Dunamis award for helping to promote tourism in Laval.



Prolific artist Claude Lépine of Joliette, hard at work during the 2024 Symposium de Ste-Rose. (Photo: Martin C. Barry, Newsfirst Multimedia)



Sculptor Mario Millette of Saint-Sauveur in the Laurentians was one of the 70 artists who took part in the Symposium de Ste-Rose from July 25 to 28 in Laval's Vieux Sainte-Rose. (Photo: Martin C. Barry, Newsfirst Multimedia)

A historic setting

As has been the case for almost 30 years, the symposium took place in downtown Sainte-Rose along Sainte-Rose Blvd., next to the Old Firehall (La Vieille Caserne), near the historic Église Sainte-Rose-de-Lima.



Céline Martel and her spouse Pierre, from Cap Santé east of Quebec City, were among the artists who travelled furthest to be part of the 2024 Symposium de Ste-Rose. (Photo: Martin C. Barry, Newsfirst Multimedia)

Promoting local tourism

The symposium's organizers were also a finalist for a second Dunamis in 2020 as a "sustainable" organization or enterprise. It's notable that tourism has been growing by leaps and bounds in Laval over the past few years, as travellers from all over Canada and the U.S. discover hidden treasures such as the Symposium de Ste-Rose.

As an added bonus this year, archeologists who've been working on archeological excavations on the grounds of the historic Église Sainte-Rose-de-Lima agreed to set up a display of some of the artifacts they recovered. They included antique household objects as well as religious items.

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OPINION & Editorial



Canadians want to cut the size of Ottawa's bureaucracy

*There is no fixing the budget without reducing the size of
the bureaucracy*

Taxpayers know we're paying for too many paper pushers in the federal government.

A Leger poll commissioned by the Canadian Taxpayers Federation shows a plurality of Canadians want to shrink Ottawa's bureaucracy.

The poll shows that 47 percent of Canadians want to reduce the number of federal bureaucrats, while less than three in 10 want to maintain the current number of federal employees.

Only seven percent of Canadians think the federal government should hire more bureaucrats. The rest were unsure.

Canadians are right; the federal government is bloated under Prime Minister Justin Trudeau.

Since Trudeau took office in 2015, his government has added 108,793 bureaucrats, bringing the total to 367,772 federal employees. That's a 42 percent increase in less than a decade, while Canada's population only grew by 14 percent. There would be 72,491 fewer federal paper-pushers had Trudeau kept growth in the bureaucracy in line with population growth.

The average annual compensation for full-time federal bureaucrats is \$125,300 when pay, pension, and other perks are accounted for, according to the Parliamentary Budget Officer.

That means 72,000 excess bureaucrats cost taxpayers roughly \$9 billion per year. That's the same amount of money as cutting the first two income tax rates by a percentage point.

The Leger poll also broke down results based on Canadians' voting intentions.

Seventy-one percent of Conservative voters want to shrink the federal bureaucracy. This has big implications.

Polls show the Conservatives are poised to form the next government. Their supporters expect them to shrink Ottawa's bureaucracy.

"The government does not have a revenue problem; they have a spending problem," Conservative Party Leader Pierre Poilievre has said. "They have nearly doubled government spending in a decade [and they've] added about 50 percent more bureaucrats."

Poilievre promises to "fix the budget and bring Canadians the relief they desperately need." His ability to deliver on that promise will be directly tied to his ability to shrink the bureaucracy.

That's because the bureaucracy consumes more than half of the federal government's day-to-day spending. There is no fixing the budget without cutting the cost of the bureaucracy.

Along with reducing the number of federal paper pushers, Poilievre should also rein in pay and perks.

Trudeau handed out over one million pay raises in the last four years alone. If Poilievre is going to end bureaucrat pay raises, he should first commit to ending the pay raises MPs give themselves every year.

Before going on strike last year, federal government unions pointed to "the yearly salary increases of senators and members of Parliament" as a reason bureaucrats should be given more taxpayer cash.

Showing leadership and a willingness to rein in MP pay will go a long way in helping politicians rein in the bureaucracy. In fact, the Harper government showed it would "lead by example" by freezing MP pay between 2010 and 2013.

The government must also stop rewarding failure with taxpayer-funded bonuses. The feds have rubberstamped more than \$1.5 billion in bonuses since 2015.

Ottawa's bonuses keep flowing despite the PBO finding that "less than 50 percent of [performance] targets are consistently met."

Poilievre knows this is a problem. He said he would "cancel bonuses for failing government authorities, and that would include, for example, the Bank of Canada and the CBC."

Here's the bottom line: taxpayers pay for too many federal paper pushers. Any politician who wants to fix the budget and cut taxes must shrink the federal bureaucracy.

Franco Terrazzano

*Federal Director of the
Canadian Taxpayers Federation*

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Québec Invests \$23 Million to Improve Municipal Infrastructure

MARIA DIAMANTIS

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In a significant move to bolster municipal infrastructure, Mario Laframboise, the Member of the National Assembly (MNA) for Blainville, announced a substantial \$23 million allocation to the municipalities within his constituency. This funding, aimed at enhancing local infrastructure projects, is part of the broader

Programme de transfert pour les infrastructures d'eau et collectives du Québec (TECQ) 2024-2028, overseen by the Ministry of Municipal Affairs.

The TECQ program is designed to assist municipalities in financing critical projects related to potable water treatment, wastewater management, local roadways, and energy efficiency improvements in municipal buildings. Additionally, it supports the development of resilient infrastructures with cultural, commun-

ity, sports, and recreational purposes.

Announcing this funding on behalf of Minister of Municipal Affairs Andrée Laforest, MNA Laframboise emphasized the program's significance: "With this investment of over \$3.2 billion across Quebec, cities and municipalities will be able to bring numerous infrastructure projects to fruition and improve the services they provide. The TECQ 2024-2028 program offers flexibility to municipalities and focuses on their autonomy. By supporting municipal work in this way, our government reiterates its commitment to being present in all regions of Quebec, fostering the vitality of our territories."

Minister Laforest's office confirmed that the total investment under the TECQ program exceeds \$3.2 billion, with \$1 billion contributed by the Government of Quebec. The remaining \$2.2 billion comes from the administrative agreement related to the Canada Community-Building Fund (CCBF), finalized with the federal government in June 2024.

MNA Laframboise expressed his satisfaction in being able to contribute to the enhancement of municipal services and infrastructure. "Municipal infrastructure requires substantial investment, which is why our government is financially supporting municipalities in implementing their projects," he stated.

In a related effort to improve local infrastructure, the Minister of Transport and Sustainable Mobility recently granted the City of Blainville \$136,484 under the TAPU Program. This funding will support Blainville's project focused on creating safer intersections and



Under the TAPU Program, the Minister of Transport and Sustainable Mobility granted the City of Blainville \$136,484 to support its project for safer intersections and traffic calming measures.

implementing traffic calming measures, further underscoring the government's commitment to enhancing public safety and infrastructure across Quebec.

This substantial investment marks a significant step in ensuring that municipalities in the Blainville area and across Quebec can improve their infrastructure, ultimately leading to better services and quality of life for residents. The TECQ program's focus on water treatment, road maintenance, energy efficiency, and community spaces, along with targeted investments like those from the TAPU Program, underscores the government's commitment to sustainable and resilient municipal development across the province.



Rosemère Unveiled New Urban Art Project at Skatepark

MARIA DIAMANTIS

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On July 25, 2024, the Town of Rosemère proudly unveiled its latest urban art project at Place des jeunes, located at 418 Grande-Côte Road. This initiative, led by Mayor Eric Westram and the Town's Community Services Department, marked the completion of a vibrant transformation of the local skatepark. The revamped space now boasts a lively, multicolored design that significantly enhances the park's atmosphere, promising to captivate skateboarders, push scooter riders, BMX bikers, and the entire community.

This project was part of a broader cultural development agreement between the Town of Rosemère and the Ministère de la Culture et des Communications. To ensure the new design would resonate with the park's users, the Town engaged both residents and skatepark enthusi-

asts through surveys on digital platforms and in-person interactions. These efforts allowed the community to voice their preferences, ultimately guiding the project's creative direction. The result is a stunning work of urban art, skillfully executed by the talented artists and muralists of the Funky Art Cartel.

The Funky Art Cartel, known for their unique approach to naïve art—a form of pop art characterized by its organic design and "perfectly imperfect" lines—brought a fresh perspective to the skatepark. The artists expressed their enthusiasm, stating, "We're really happy to be bringing joy and energy to the skatepark. Rosemère has a clear vision for its young people, and the site itself was already very attractive. Through our naïve art approach, we hope to make art more accessible, make the world more colorful, and be a source of inspiration."

Mayor Eric Westram emphasized the significance of the skatepark as a beloved gathering

place for the town's youth. "Our goal was to give the site a fresh new look while ensuring it complements its surroundings. We are very pleased with the result, and we once again thank the artists for their originality. I encourage Rosemerites of all ages to come enjoy the skatepark and the other recreational facilities at Place des jeunes."

The successful completion of this project demonstrated Rosemère's commitment to fostering a vibrant and inclusive community space. By involving residents in the decision-making process and supporting local artists, the Town not only revitalized a popular recreational area but also reinforced the importance of civic engagement and cultural expression.

The newly transformed skatepark now stands as a testament to the power of collaboration between municipal leaders, artists, and the community, offering a colorful and inspiring environment for all who visit.



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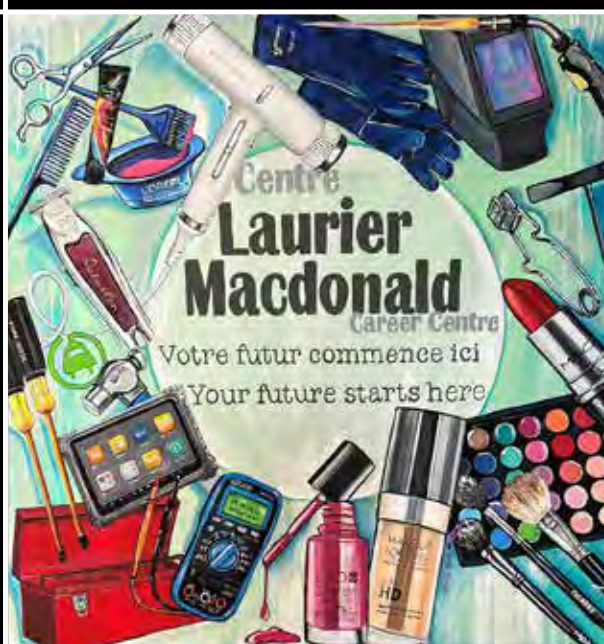
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lem-solving and communication skills. They must determine which parts need fixing or replacing and regularly interact with customers to understand and diagnose issues. They must also clearly explain vehicle problems, necessary maintenance and repair options to people who may not know much about cars.

For mechanics, seeing the tangible results of their work provides a rewarding feeling and a sense of accomplishment.

Lastly, if you aren't afraid to get your hands dirty and put in the hard work required to get the job done, you may have what it takes to become a mechanic.



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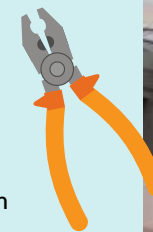
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Quebec among provinces with lowest healthcare expenditure, how does the rest of Canada compare?

Study reveals the provinces spending the most on healthcare

Healthcare spending is a crucial aspect of public policy and quality of life in Canada, and the expenditure per person varies significantly across provinces.

New research has revealed the Canadian provinces and territories spending the most money on healthcare per person each year, with Quebec ranking tenth.

Alberta personal injury lawyers, Preszler Injury Lawyers, analyzed data from the Canadian Institute for Health Information to determine how much each of the provinces and territories spends on healthcare per person in a year, taking into consideration the costs of both public and private healthcare.

Taking the top spot is **Nunavut**, spending an estimated **\$23,652** annually per person on both public and private healthcare. The territory's remote location and harsh climate could contribute to these high costs. There is also a higher prevalence of certain diseases in Nunavut such as heart failure and lung cancer due to its higher number of smokers, requiring more specialized care than other regions of Canada.

In second place is the **Northwest Territories**, with an estimated yearly healthcare spend of **\$21,750** per person. Similarly to Nunavut, the Northwest Territories are more secluded, meaning they don't have the same access to healthcare as Canadians living in urban centers. This can sometimes mean patients have to be transported to more specialized facilities, costing more money.

Next on the list is **Yukon**, spending **\$15,696** per person on healthcare each year. The high cost could reflect the territory's efforts to provide

comprehensive medical services across its large, sparsely populated area, which inevitably brings costs up.

Newfoundland and Labrador spends an estimated **\$10,333** per person in a year. The province's aging population and high rates of chronic diseases could contribute to the high healthcare costs. Its geographic location also requires higher spending on medical transport and specialized treatments.

Fifth is **Nova Scotia**, spending roughly **\$9,737** per person in a year. Similarly to Newfoundland and Labrador, Nova Scotia has an older population and a high prevalence of chronic diseases, requiring more healthcare services, and therefore more money spent per person.

Following is **British Columbia**, spending around **\$9,182** on healthcare per person each year. The province has a significant elderly population, which could increase the demand for healthcare services.

With an estimated yearly healthcare spend of **\$9,112** per person, **Saskatchewan** ranks seventh. The need to provide services across both densely populated urban centers and remote rural areas could contribute to this cost.

Next up is **Alberta**, spending an estimated **\$9,041** per person. While it has a large population, which can strain the healthcare system, the province is efficient with preventative care measures and advanced technology.

In ninth place is **Prince Edward Island**, spending **\$9,036** per person on healthcare each year. This lower expenditure could be due to its smaller population, reducing the demand for healthcare

services. The province also has a relatively high ratio of primary care providers to residents, emphasizing preventive care and reducing the need for more expensive emergency services.

Tenth is **Quebec**, with an annual healthcare cost of **\$8,785** per person. There are a few factors that could contribute to the slightly lower cost in this province; it has a well-developed network of community health centers that provide accessible, cost-effective care. Quebec's pharmaceutical policies, such as the regulation of drug prices, also help to keep costs down.

Manitoba has the third lowest healthcare spend, at **\$8,616** annually. The province places a strong emphasis on preventive care and community health programs, which reduce the incidence of chronic diseases and the need for more expensive treatments.

New Brunswick is next, spending an annual **\$8,413** per person on healthcare. Its smaller and more stable population could allow for a more manageable demand for healthcare services, leading to efficient resource distribution and cost control.

The province spending the least on healthcare each year is **Ontario**, at just **\$8,245** per person. There are several factors that could contribute to this, from better preventative measures to advanced technology and telemedicine.

A spokesperson from Preszler Injury Lawyers has commented:

"It is fascinating to see which provinces are spending the most on healthcare. Factors such as population size, geographic location, and the prevalence of chronic diseases likely play signifi-

The Canadian provinces spending the most money on healthcare per person each year		
Rank	Province	Estimated healthcare spend per person (\$)
1	Nunavut	23,652
2	Northwest Territories	21,750
3	Yukon	15,696
4	Newfoundland and Labrador	10,333
5	Nova Scotia	9,737
6	British Columbia	9,182
7	Saskatchewan	9,112
8	Alberta	9,041
9	Prince Edward Island	9,036
10	Quebec	8,785
11	Manitoba	8,616
12	New Brunswick	8,413
13	Ontario	8,245
Canada as a whole		8,740

cant roles in these differences.

"On top of that, differences in health policies between provinces, the efficiency of healthcare systems, and the emphasis on preventive care can also have an impact on overall cost.

"Understanding these differences and the reasons for them can help policymakers tailor more effective healthcare solutions across the country."

This information was provided by Preszler Injury Lawyers, Alberta personal injury lawyers.

Rosemère's Big Shoreline Clean-up Bash on September 7, 2024

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Local Journalism Initiative Reporter for The North Shore News
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The Town of Rosemère is calling on its residents to actively participate in the upcoming "Shoreline Clean-up Drive," scheduled for Saturday, September 7, 2024. This annual event will take place along the shores of the Rivière des Mille-Îles and has been organized for several years in partnership with neighboring municipalities and local community organizations. The primary objective of this initiative is to protect aquatic ecosystems by reducing the amount of waste in the region's waterways.

The Shoreline Clean-up Drive has evolved into a significant ecological movement, engaging a broad coalition of municipalities, including

Blainville, Boisbriand, Deux-Montagnes, Laval, Lorraine, Pointe-Calumet, Sainte-Marthe-sur-le-Lac, Sainte-Thérèse, and Saint-Eustache. The event is also supported by the Conseil des bassins versants des Mille-Îles (COBAMIL) and the Parc de la Rivière-des-Mille-Îles. Last year, the collective efforts of participants resulted in the removal of over 5,000 pounds of garbage, contributing to a cleaner and more attractive environment.

Rosemère's mayor, Eric Westram, expressed his pride in the growing regional participation in this initiative, emphasizing the importance of safeguarding local waterways. "Our waterways are an inestimable source of wealth, and it's our collective responsibility to protect and take care of them. I'm proud to see that the shoreline clean-up has become a regional activity, with

more and more municipalities, organizations, and residents taking part. My congratulations and thanks go out to all our partners on this project. I invite residents to sign up in large numbers for this activity, which has concrete benefits for the environment and the wildlife in our region," Westram said.

Registration and Participation Details

Residents interested in participating in Rosemère's Shoreline Clean-up Drive are encouraged to register by contacting the town's recreational department via email at loisirs@ville.rosemere.qc.ca. When registering, participants should include their names and ages. The event will take place from 9 a.m. to noon, with the assembly point located at the



Rosemère water filtration plant (111 Boul. Labelle, Rosemère).

The clean-up will proceed regardless of weather conditions, so participants are advised to come prepared. It is recommended to wear long sleeves, pants, and closed shoes or rain boots to minimize the risk of exposure to harmful plants or species. Additionally, participants should bring their own gloves and insect repellent.

This event is an opportunity for the community to come together in a shared effort to protect the local environment, making a tangible impact on the health and beauty of Rosemère's waterways.

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DIRECT ANSWERS

FROM WAYNE & TAMARA

ONE-SIDED

Q I am divorced with two grown daughters in their 20s. Both my ex and I are remarried. He lives in a distant city. Both daughters are married, and one has two boys and the other one boy. My problem is the lack of interest my ex-husband shows in his daughters.

My youngest daughter is getting her master's degree and invited her dad to come to her graduation. Also, she bought a new house two years ago and has a little boy, neither of which he has seen. Her invitation to the graduation was greeted with enthusiasm, and she really thought he was coming. She also told the news to people at work and family members.

She's been buffing up the house and getting a guest room ready for his stay. Well, lo and behold, he's not going to come. He gave some lame excuse about tickets for something or other, and he couldn't give them away so he has to use them. Sorry, he said, you know you come first, but these tickets are hard to come by. Yada, yada, yada.

My daughter told me last night. I showed no sign of anger or disappointment, nor did I rank on him. But I'm mad. She says no big deal, but I know how hurt she is and it hurts me when my kids hurt. Both daughters are so nice they would never confront him on any issue. I don't want to butt in where I shouldn't, but when I see my kids hurt, I want to do something.

Do I have the right to interfere and call or write

my ex and tell him exactly what he has done? Or do I keep my mouth shut, and let relationship issues between father and daughters be dealt with by them?

Delia

A Delia, you cannot make him be the man he isn't. If that could be done, everyone could just write a letter or make a phone call, and everything on the planet would be fixed. He is taking advantage of your daughters because they are nice, but if they weren't nice, would they be your daughters?

You've experienced who he is. A divorce didn't change him. Your daughters are going to have to come to terms with this on their own. There are children whose parents die when they are young. There are children who are abused by their parents. There are children who are ignored by their parents.

Each child deals with that individually. Perhaps 20 years from now he may suddenly decide he needs a relationship with his daughters. And they may accept, or reject, him based on their past dealings with him.

This is not a matter for you to get involved with. He is no longer your husband. Your daughter is trying to "win" her dad, a man who rejects her. She may always try to do that, and she may take for granted the person who has been there by her side all along. Best to take a neutral stance here and do nothing.

Wayne & Tamara

AROUND THE BLOCK

Q I'm 21 and for the past seven months I've been with my girlfriend, 20. I am the first person she's slept with. Although she is the first girl

I've been in a relationship with, she is not the first lady I slept with. Prior to her I had a series of one night stands with five other women. In the beginning, she was perfectly all right with that.

Lately we've been fighting, and she finds me disgusting, dirty, and cheap for having slept with

other women. The last analogy prior to kicking me out was I am a used car, a cheap Yugo, while she is a brand-new Ferrari.

Burt

A Burt, she was a brand-new Ferrari. Not anymore. Now you're both "pre-owned." When it's love, history doesn't matter.

When it's not, history does.

Wayne & Tamara

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

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

or email: GetInTouch@WayneAndTamara.com

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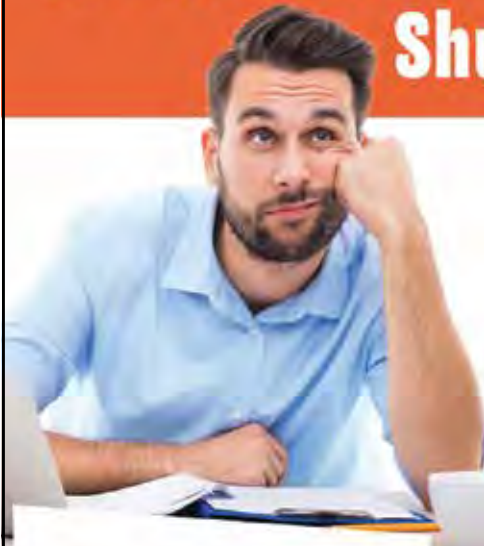
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- Blueberries (QC)
- Cauliflower (QC)
- Broccoli (Québec)
- Avocados (3)
- Mangos (3)
- Cantaloup (QC)
- Carrots (2lbs) (QC)
- Celeri (QC)
- Iceberg Lettuce (QC)
- Cucumber (QC)
- Apples (3) (QC)
- Big Peaches (3)
- Bananas (4)
- Clementines (5-7)
- Onions (2lbs) (QC)
- Kale (QC)

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Local 105, J0N 1P0

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J7P 2V2

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160 Mnt Masson, J7K 3B5

Sainte-Anne-des-Plaines
(Dubeau Vrac)
196 Boulevard Ste Anne
J5N 3P2

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- 2** Pickup Thursday, Friday or Saturday. Delivery available

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HOROSCOPE

Week of AUGUST 18 TO 24, 2024

The luckiest signs this week:
ARIES, TAURUS AND GEMINI

ARIES
If you closely examine your budget, you'll discover you can turn your dreams into reality. The funds you need to achieve one of your greatest dreams will be within your reach.

TAURUS
Although your responsibilities may seem overwhelming, your steady progress will give you confidence in your abilities. From now on, nothing will be able to stop you. You'll have the courage to act.

GEMINI
Sometimes, you must take a step back to gain clarity. At work, achieving your ambitious aspirations will require incremental progress.

CANCER
Although you're barely back from your summer holidays, you'll already start planning the next one with your friends. You'll organize a large meeting at work, bringing together the entire company.

LEO
You desire intellectual and spiritual growth. You may be contemplating a career change or taking an enriching personal journey. Don't be afraid of change! It's good for you.

VIRGO
You must take some time to reflect before making an important decision about your personal or professional future. Negotiations are necessary. You must weigh the pros and cons before finalizing anything.

LIBRA
Compromise isn't always possible, especially when there are conflicting opinions. You'll need to use your imagination to keep the peace with those around you and resolve conflicts.

SCORPIO
A few small wins will help restore your self-confidence, giving you the boost you need to move forward with a project near and dear to your heart.

SAGITTARIUS
Creating a functional home office will be a top priority this week. After careful planning, your leadership skills will emerge, allowing you to start your own business.

CAPRICORN
Love will take a prominent place in your thoughts this week. Subtle gestures, small tokens of appreciation and words of love will help you deepen your feelings for your partner.

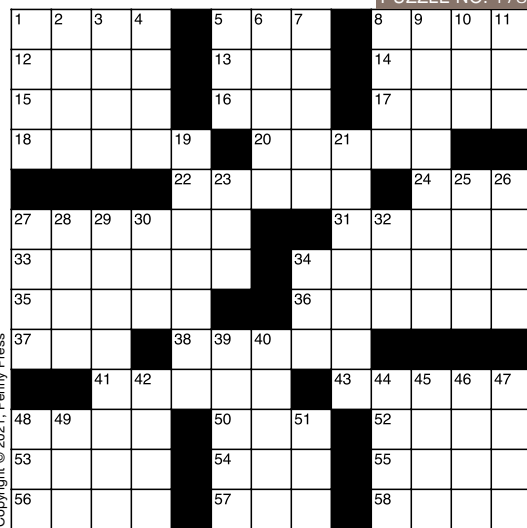
AQUARIUS
The idea of selling or buying a property will cross your mind. You could find more affordable housing to improve your family's quality of life and get your hands on a large sum of money.

PISCES
Some individuals may repeatedly request your assistance, requiring you to travel frequently. This could allow you to treat yourself and even consider buying a new car.

Coffee Break

CROSSWORDS

PUZZLE NO. 178



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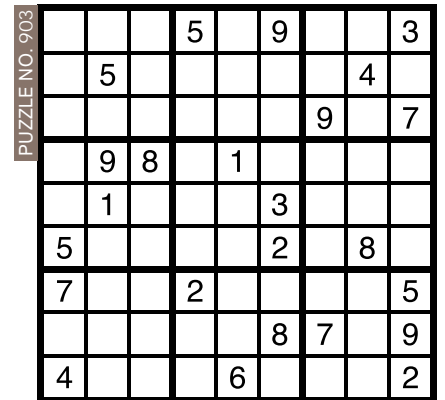
- ACROSS**
- Drenches
 - Horse's relative
 - Swindle
 - Hateful
 - Stopover spot
 - Mexican food item
 - Restaurant list
 - Couple
 - Secondhand
 - Beginning part
 - Scorched
 - Adhesive
 - Law ___ order
 - Wandered
 - "___ Hall"
 - Whistles
 - Each
 - Dish
 - Drooped
 - Take to the slopes
 - Black bird
 - Nightclub for dancing
- DOWN**
- 18-wheeler
 - Chef's need
 - Ale measure
 - Garble
 - Rescue
 - Social slights
 - Nose
 - Amaze
 - Flamenco instrument
 - Serve for a point
 - Trendy
 - Season starters
 - Harvesting
 - Yellow-pages fillers
 - Friendly
 - Land document
 - Poisonous serpents
 - Cow product
 - Weaving, as hair
 - Rent
 - None
 - Wondrous fear
 - Pungent
 - Soprano, e.g.
 - Writing fluids
 - Craving
 - Loam
 - Like a beanpole
 - Bookies' concerns
 - This lady
 - Cuddle
 - Sunday bench

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.

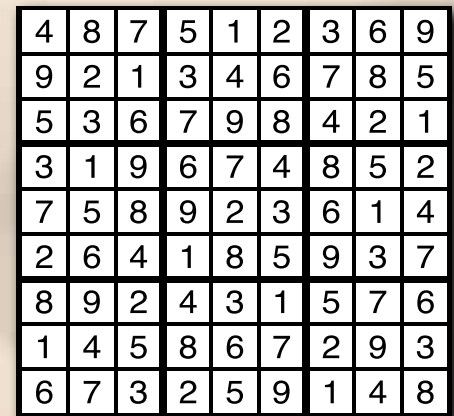


Last Issue's Answers

CROSSWORDS



Sudoku



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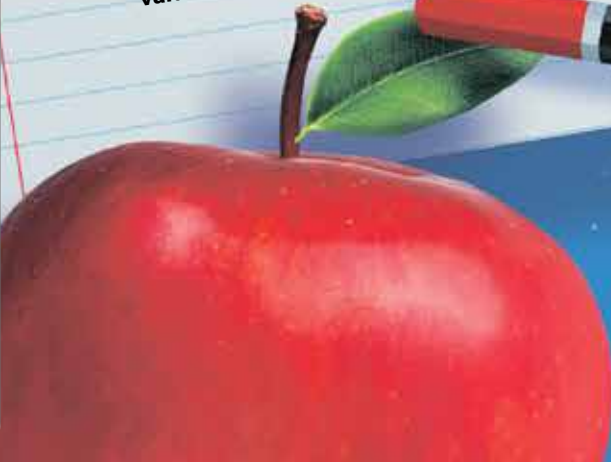
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