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Maison des Aînés et Alternative operating at full capacity



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Justin Trudeau announces his resignation

(NEWSFIRST) - Monday morning, Canadian Prime Minister Justin Trudeau made a surprising announcement that he will be stepping down as the leader of the Liberal Party and as Prime Minister of Canada. The announcement was made during a press conference held outside his residence at Rideau Cottage in Ottawa, marking a significant moment in Canadian politics.

Trudeau, who has served as Prime Minister since 2015, stated that he will remain in his position until the Liberal Party selects a new leader. This decision comes after a period of increasing pressure from within his party and the public, largely due to his handling of various issues, including the rising cost of living, internal party conflicts, and recent controversies.

During his speech, Trudeau reflected on his time in office, highlighting his efforts to strengthen the middle class, protect free trade, and guide the country through the COVID-19 pandemic. He expressed gratitude to Canadians for their resilience and support throughout his tenure. Trudeau also mentioned that his decision to step down was influenced by conversations with his family, emphasizing the importance of their support in his political journey.

Trudeau's resignation marks the end of nearly a decade of his leadership. He was initially celebrated for bringing a fresh, progressive approach to Canadian politics, but his popularity has waned in recent years. The abrupt resignation of his finance minister in December 2024 further fueled calls for Trudeau to step down.

In his speech, Trudeau acknowledged the challenges he faced during his time in office. At the same time, he pointed to his government's achievements, such as the legalization of cannabis, the introduction of a carbon tax, and the renegotiation of NAFTA as significant milestones.



Trudeau's departure sets the stage for a new chapter in Canadian politics. The Liberal Party will now begin the process of selecting a new leader, with potential candidates including former Deputy Prime Minister Chrystia Freeland and former central banker Mark Carney. The timeline for the next federal election remains unclear, but Trudeau's resignation has undoubtedly created a sense of urgency within the party to find a suitable successor.

In his closing remarks, Trudeau expressed confidence in the future of the Liberal Party and Canada. He stated that the country deserves

a real choice in the next election and that his resignation will allow for a fresh perspective and renewed energy within the party. Trudeau's legacy will be remembered for both his achievements and the challenges he faced during his time in office.

The transition ahead

As Canada prepares for this transition, the political landscape is poised for significant changes. The new leader of the Liberal Party will have the task of addressing the issues that have led to Trudeau's decline in popularity and

steering the party towards a successful future. Trudeau's resignation is a pivotal moment in Canadian politics, signaling the end of an era and the beginning of a new one.

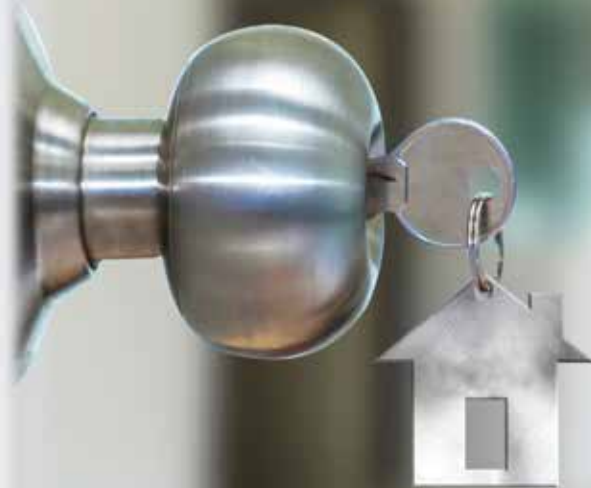
The announcement has already sparked a wave of reactions from political figures and the public. Opposition leaders have called for a swift transition and emphasized the need for stability during this period of change. Meanwhile, supporters of Trudeau have expressed their gratitude for his service and dedication to the country.

Trudeau's decision to step down also raises questions about the future direction of the Liberal Party. Will the new leader continue Trudeau's progressive policies, or will they take the party in a different direction? The upcoming leadership race will be closely watched, as it will shape the party's strategy and priorities for the next election.

In the meantime, Trudeau will continue to serve as Prime Minister until a new leader is chosen. He has pledged to support the transition process and ensure a smooth handover of power. As he prepares to leave office, Trudeau's focus will likely be on securing his legacy and ensuring that his successor is well-positioned to lead the country.

Justin Trudeau's resignation marks a significant turning point in Canadian politics. His decision to step down reflects the challenges and pressures of political leadership, as well as the need for renewal within the Liberal Party. As Canada looks to the future, the country will be watching closely to see who will emerge as the next leader and how they will navigate the complex political landscape. Trudeau's legacy will be a topic of debate for years to come, as Canadians reflect on his contributions and the impact of his leadership on the nation's history.

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Trudeau 'did the right thing,' says Koutrakis, after Liberal PM throws in the towel

'Every leader has an expiry date,' says Vimy MP, adding it 'came maybe even a year ago'

MARTIN C. BARRY
marty@newsfirst.ca

Reaction from this Liberal MP was quick earlier this week following news of Prime Minister Justin Trudeau's decision to resign the Liberal Party leadership, to step aside as prime minister, and to prorogue Parliament until a new party leader is chosen.

'Right thing,' says Koutrakis

"The prime minister did the right thing," Vimy Liberal MP Annie Koutrakis said in a phone interview with *Newsfirst Multimedia* minutes after the announcement.

She said she advised her constituency association caucus members last week of her decision to join other elected Liberal MPs in publicly recommending to the prime minister that he should step aside.

"And many of my colleagues agreed with me," she continued. "So, even though today is a bittersweet day for me, it was the right thing for the prime minister to do.

"My hope was that he would have come to that conclusion earlier," said Koutrakis. "But at the same time, we needed to respect the fact that it was his decision to make and he chose to do it today, and we look forward to what comes next."

'Good of our country'

"It wasn't easy for me to come out and ask for him to step down," added Koutrakis. "But for the

good of our country, for the good of our party, not any one person is bigger than the country and the party. He had to do the right thing."

She said a meeting held last Monday afternoon by the Liberal Party of Canada's national caucus would set off the internal mechanisms for the eventual choice of new party leader.

She was non-committal in terms of who she might be favoring at this early stage as the Liberals' new leader. "I think there are many people within government who would make good leadership candidates, and I believe there are also quite a few from outside the caucus that would be interested," she said.

Seeks a healthy debate

In the meantime, she suggested the process for choosing a new party leader should be positive. "I think that it's healthy to have that kind of conversation and debate. I think it will allow Canadians to see what the choices are."

As for Justin Trudeau's legacy as prime minister, she said Trudeau "will be viewed kindly by history as a very consequential prime minister. But every leader has an expiry date. And unfortunately what we heard from Canadians is that the expiry date came maybe even a year ago. But, like I said, it was his decision to make and his alone and he made it today."

While saying she hadn't yet been formally approached by any potential leadership candidates seeking her support, Koutrakis acknowledged she had recently had "conversations with leadership hopefuls, but they have not openly

asked me to support or to endorse any of them."

Koutrakis' election concerns

With an election call now just a matter of time, Koutrakis, who will be seeking her third term, said she has already begun putting her campaign team into place. "I am actively looking for my campaign office. We want to make sure that my constituents can continue to have faith in me and my ability to serve them.

"And I hope that they recognize that I'm a hard worker, and that I ran not because of status or status but that I ran because I'm not afraid of work and to roll up my sleeves to work for them. I hope that my constituents feel and recognize that and hopefully whenever the next election comes, they will allow me to continue serving them."

No response from El-Khoury

Newsfirst Multimedia also reached out to Laval-Les Îles Liberal MP Fayçal El-Khoury for his reaction to the announcement last Monday. El-Khoury was unable to respond to us by deadline as he was about to board an airline flight in Florida early last Monday afternoon.



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OPINION & Editorial



Principals and teachers must avoid becoming irrelevant

Can principals give relevant advice after they have been out of the classroom for years, or does it only matter how they lead? Should principals only be allowed 3 to 5 years before they are returned to the classroom for a year then reapply for another principalship if still interested in exercising administrative, managerial, motivational, and inspirational skills, talents, and strategies?

Although this idea may be cumbersome and even farfetched, how can it be ensured that principals stay effective in their knowledge when sought out by teachers? After all, there are only so many conferences, articles, discussions, workshops one can experience and even those will never add up to crucial classroom experience. Perhaps a return-to-the-classroom is not needed, assuming that principals can stay current through their teachers, but don't they also need to rely on their own hands-on in classroom experiences to guide kids and teachers alike? Is there an answer?

If by self-assessment, peer-review, and supervisory evaluation, the consensus is that a principal no longer meets the needs of teachers, students, and school board, should they not be encouraged, supported, aided-and-abetted to re-enter classrooms, at least temporarily, to recharge their initial commitment to being the best principal possible?

Why not send them back to the classroom where there is a dire need for more teachers to reduce the often-debilitating ratio of one teacher to 30-40 students? It used to be that once a principal, always be a principal, but it seems it's not so anymore. Principals have to show that they can still effectively do the work needed. Can principals give relevant advice after they have been out classrooms for too-many years? Yes, but that is dependent upon the principals themselves and whether they are willing

to learn. If principals go into classrooms and work with teachers, they get perspectives that other principals don't necessarily get. They see effective and ineffective teaching. If they don't go into the classroom, they lose contact and context.

Furthermore, effective principals should be teachers, not necessarily directly to kids but definitely to staff. True, teaching teachers has its own challenges. However, if principals simply "run" meetings, they have lost sight of what it is to teach.

Does it matter how many years they taught, prior to taking hold of an administrative desk? Or does it only matter how they perform as leaders? Then again, there are teachers that have taught 20 years and are ineffective while others who have taught 1 to 5 years, are truly amazing. Teachers that are sponges, willing to grow, tend to excel faster no matter their age. The same should apply to administrators. Do teachers become ineffective after a number of years? It is hoped not. Again, this has more to do with mindsets and being learners. If teachers don't "learn" anymore, then of course they would be out of touch, especially if they don't place themselves in the way that kids learn today based on our changing world.

The dominant trust and belief must be that all stakeholders in schools, whether custodians, parents, students, secretaries, teachers, technicians, guidance counselors, psychologists or principals, and anyone else, have opportunities to be learners and teachers.

Double standards need to be abolished. Many teachers also need to be "re-trained". Teaching, sadly for many is about comfort and routine. If this is true, and principals are imposed term limits, then, it's only fair and effective to advocate that teachers need "reassignment" at the same rate, say every four or five years.

Education, especially the public kind delivered by school boards and/or Service Centres is an easy place to dig one's wheel lines and ruts, and like trail-horses, stick to them year-after-year. Essentially, this isn't an issue of Principalship. It's an issue of professionalism. What are principals and teachers doing as professionals to continue their own learning, in and out of school? Staying relevant takes work such as continual professional development, both formal and informal, getting into classrooms on an ongoing and regular basis, and not only observing but working with teachers.

If principals aren't learners, it doesn't matter how long they are administrators. Learners will continue to evolve, adapt, stay relevant. The time principals spend learning with staff and students in classrooms is what is valued most.

Perhaps the real problem is continuous principal turnover, not principals staying too long. Studies show that average tenures of high school principals is only three years. Rapid turnover of principals leads to increased teacher turnover, problems recruiting and retaining best teachers, and increased reluctance of staff to commit to school improvement efforts. Those seeking to improve schooling through efforts to increase teacher effectiveness are realizing that such efforts rely heavily on a principal's capacity, stability, and good judgement to assess professionally and fairly. A principal's primary job is to drive the mission of the school and to develop the right culture that values, enfranchises and even inspires kids and staff in pursuing that mission. Man or woman, he or she has to manage all of the assembled skills and personalities to get a team to work together towards a common goal. That takes special talent Extraordinary Educational Leaders.

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Quebec's emergency rooms in crisis: Patients told to fend for themselves amid overcrowding chaos

CISSS des Laurentides asks patients once more to avoid the ER

MARIA DIAMANTIS

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Quebec's emergency rooms are facing unprecedented overcrowding, with some hospitals operating at more than 200% capacity.

This situation has led health authorities, including the Centre intégré de santé et de services sociaux (CISSS) des Laurentides, to urge the public to seek alternative care options for non-critical conditions.

The CISSS des Laurentides specifically advises residents to consider the following alternatives before visiting the emergency departments of Saint-Jérôme and Saint-Eustache hospitals:

Consult a pharmacist, family doctor, or pediatric urgent care center.

Schedule an appointment with a physician through the Rendez-vous santé Québec website (rvsq.gouv.qc.ca).

If without a family doctor, utilize the Guichet d'accès à la première ligne (GAP) by calling 811, option 3, or visiting gap.soinsvirtuels.gouv.qc.ca.

For health-related questions, contact the Info-Santé line at 811, available 24/7 to speak with nursing staff.

Other professionals, such as physiotherapists,

dentists, and optometrists, are also available to address various health needs. These alternatives are recommended for non-urgent situations; individuals facing critical or unstable conditions should not hesitate to visit the emergency department.

The current strain on Quebec's emergency rooms is attributed to multiple factors, including a surge in respiratory infections and a persistent shortage of healthcare personnel, particularly nurses. This shortage has been exacerbated by the COVID-19 pandemic, leading to increased workloads and burnout among healthcare workers.

Dr. Mitch Shulman, an emergency room physician in Montreal, notes that post-holiday periods typically see a rise in ER visits, a trend that is both predictable and preventable. He emphasizes the need for public awareness about alternative care options to alleviate pressure on emergency services.

The Quebec government has previously urged citizens to choose appropriate resources for their ailments, highlighting that up to 50% of ER visits during peak times are for non-urgent cases. Despite these appeals, many individuals remain unaware of available alternatives, underscoring the necessity for targeted public education campaigns.



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Maison des Aînés et Alternative de Blainville fully operational after welcoming final residents

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The Centre intégré de santé et de services sociaux (CISSS) des Laurentides has announced the completion of resident admissions at the Maison des Aînés et Alternative (MDAA) in Blainville. Officially inaugurated in January 2024, the facility now operates at full capacity, with all 72 places filled.

Located at 650, boulevard Curé-Labelle in Blainville, the MDAA offers a total of 72 resident spaces across six households, each accommodating 12 residents. Two households are designated for seniors, while four cater to adults with specific needs. The Maison des Aînés section includes 24 places for seniors experiencing significant loss of autonomy, with approximately 80% of residents living with major neurocognitive disorders. The Maison Alternative section, which comprises 48 places, serves adults with physical or intellectual disabilities or autism spectrum disorders requiring substantial daily support.

Gradual transition for optimal integration

Julie Delaney, President and CEO of CISSS des Laurentides, praised the facility's phased opening process, which began in January 2024.

"The gradual implementation of services allowed for a smooth transition for staff and ensured the optimal integration of residents. I extend heartfelt thanks to everyone who contributed to this project. Together, we've created a unique living environment for our residents. I'm also deeply grateful to the families for their trust and involvement. Your support is essential in fostering a welcoming and caring environment," said Delaney.

Recreating a home-like environment

Maisons des Aînés (MDA) and Maisons des Aînés et Alternatives (MDAA) aim to recreate the atmosphere of a home. These facilities are designed to provide a human-centric living environment for residents and their families. Over the past year, the Laurentides region inaugurated four additional MDAs alongside the Blainville MDAA, increasing the number of available accommodations and addressing the growing demand for long-term care.

The Blainville MDAA complements existing centres d'hébergement et de soins de longue durée (CHSLD), along with intermediate and family-type resources in the region. Placements for all these facilities are coordinated through the Access Mechanism for Accommodation, which ensures fair and efficient management of applications and availability.

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The great recycling revolution in Quebec

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MARIA DIAMANTIS

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January 1 marks the beginning of a groundbreaking reform in Quebec's recycling system, as Eco Entreprises Quebec (EQ) takes over the management of selective collection. This bold change shifts responsibility for product life cycles—from production to recycling—to the companies themselves.

With this reform, municipalities no longer oversee or finance recycling. Instead, EQ will manage the process across the province, a move the government under Premier François Legault hopes will reduce landfill waste and increase recycling rates. As part of this effort, the list of recyclable items has been expanded and standardized, making it easier for citizens to participate.

Under the new guidelines, all containers, packaging, and printed materials must now go into the recycling bin, even if they are currently not recyclable, such as chip bags and yogurt tubs. This expanded list aims to simplify recycling and boost participation. According to EQ, the inclusion of these items is a step toward creating a more circular economy.

EQ's CEO, Maryse Vermette, is optimistic about the reform's impact. "Our goal is to recycle as much as possible within Quebec, establishing a circular economy for containers, packaging, and printed materials," she said. Vermette emphasized that while some materials will still be exported—particularly mixed fibers and paper—efforts are underway to develop local markets for all recyclable

goods by 2025. "This is a crucial part of our responsibility, and we're working hard to make it happen," she added.

Environmental groups have welcomed the change. Karel Ménard, director of the Front Québécois for Ecological Waste Management, noted that municipalities lacked control over many of these materials, making the reform a logical shift. "Residents will notice a decrease in their garbage volume because most of the waste consists of packaging that will now be recycled," he said.

For cities on Montreal's North Shore, such as Boisbriand, Rosemère, Blainville, Deux-Montagnes, Sainte-Thérèse, and Saint-Eustache, this reform represents a significant opportunity. These suburban communities, known for their growing populations and residential focus, face unique challenges with waste management. The new standardized system simplifies recycling for residents, many of whom are already environmentally conscious and eager to do their part.

In Sainte-Thérèse and Saint-Eustache, local leaders have praised the reform as a step forward in reducing the environmental footprint of their cities. Community initiatives are being planned to educate residents about the expanded list of recyclable materials, ensuring that everyone can easily adapt to the new system. Similarly, Deux-Montagnes and Boisbriand are working to integrate these changes into existing waste management programs, aiming to make recycling more efficient and effective.

The reform's emphasis on local markets for recyclable materials could also bring economic



benefits to these areas. With centralized management under EQ, cities like Rosemère and Blainville may see improved access to recycling facilities and the potential for new green jobs tied to processing and innovation in recycling technologies.

Collaboration with municipalities is central to the reform's success. EQ has launched action plans with local governments to improve the quality of materials placed in recycling bins. Some municipalities have even introduced quality control teams to ensure compliance. While EQ had advocated for penalties for non-compliant residents, this measure did not pass.

Education and awareness campaigns are

another key component of the initiative. EQ aims to help residents understand what can and cannot be recycled, promoting correct use of recycling bins and increasing participation rates. In North Shore communities, these campaigns could foster a sense of pride in contributing to a cleaner and more sustainable environment.

While challenges remain—particularly in finding local markets for certain materials—this reform is a major step toward sustainability. Quebec's bold approach demonstrates its commitment to tackling global environmental challenges through innovative waste management practices. As Vermette puts it, "We're paving the way for a more sustainable future."



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New fire service agreement: Lorraine partners with Terrebonne for enhanced safety



MARIA DIAMANTIS

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As of January 1, 2025, the City of Lorraine embarked on a new ten-year partnership with the Terrebonne Fire Department (SSIT). This agreement represents a significant step forward in fire safety management for Lorraine, following months of in-depth analysis by the municipal council. The council concluded that Terrebonne's proposal fully met Lorraine's financial and operational expectations.

Under this partnership, Terrebonne's fire brigade will provide round-the-clock service, seven days a week, ensuring rapid response to emergency calls. This 24/7 coverage guarantees a continuous presence and adherence to the highest standards outlined in the risk coverage plan.

The new agreement also underscores Lorraine's commitment to optimizing public safety and delivering reliable emergency services to its residents. By leveraging Terrebonne's expertise and resources, Lorraine aims to enhance its capacity to handle emergency situations efficiently while maintaining fiscal responsibility.

The Terrebonne Fire Department brings extensive experience, advanced equipment, and a strong reputation for excellence in fire safety. Their team of skilled professionals will integrate seamlessly with Lorraine's community needs, fostering a proactive approach to fire prevention and emergency response.

This partnership reflects a forward-thinking strategy, emphasizing regional collaboration to maximize resources and enhance service quality. Residents can rest assured that, starting in 2025, their safety will be in the capable hands of a dedicated and well-equipped fire brigade.

The City of Lorraine looks forward to this decade-long collaboration, which promises not only to meet but exceed the community's expectations for fire protection and emergency preparedness.



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DIRECT ANSWERS

FROM WAYNE & TAMARA

SECOND FIDDLE

Q We've been married six months. Although my husband swears he supports me first, his actions and words reflect that his mamma is number one. My husband believes she's an angel who wants to get close to me, "her favorite girl." I feel this family lives in "Pleasantville" under the façade of the perfect family.

She's a bragger who wants to show me off. I hate it. While my husband finds this flattering, I find it demeaning. I want to be treated like an adult, not a preschooler learning to ride a two-wheeler. My husband would like me to become her best friend.

My mother-in-law told her pastor we would make great youth group leaders. We never expressed such an interest, plus I avoid her church as just another way to control me. One day my husband came home and said, "Mom really wants us to go to this youth group meeting. It's not a commitment, she just wants us to see if we like it. Want to go?"

"Not really," I responded. "You can go. Otherwise tell your mom you aren't interested." He replied, "Well, it's really important to her...." I became agitated and told him I don't spend enough time where I already volunteer.

Then she signed us up for dog class without discussing it. At first my husband said she signed "us" up. When I got annoyed, he changed it to "him." Then he says she didn't sign him up, she talked to him and he just didn't mention it to me. I think he's trying to protect his precious mother.

The first day of class fell on my birthday. I said there was no way I'd go on my birthday. My husband said I would. When I got mad, he dropped it, but he chose dog class with his mother over dinner with me to celebrate my birthday.

Kiki

A Kiki, most behavior is deep-seated. As one counselor remarked, when a new client comes to him, it takes six months just to get the new client to change his cologne.

When you married your husband, you either hoped for the best or were completely snookered. If you were snookered—hadn't a clue your mother-in-law would be the primary person in your marriage—make that clear to everyone. If you were blindly hopeful, admit you went forward against your own interests.

You can't change your mother-in-law, nor do you have the right. You can't change your husband, only he can do that. The odds are two to one against you. You don't have a right to change them, and they don't have a right to change you. It's simple logic. What others can't apply to you, you can't apply to them.

A song by Madonna says, "There's no greater power than the power of goodbye." It's like seafood. If you're allergic to seafood, you can't live with it. If you can't live with it, you can't love it.

Wayne

POINT OF VIEW

Q I've been dating my boyfriend for a year and a half. He was married for four years, and from what I've been told, it was a pretty bad marriage. I've never been married.

I have a daughter, 2, from a previous relationship. I now have a 5-week-old boy with my current boyfriend. We act like we are married, but marriage doesn't seem to be getting any closer. I want to get married so badly, but anytime I bring it up he gets defensive and ignores me.

I'm starting to think it will never happen. Why can't he just commit?

Daryn

A Daryn, when you go to a job interview and don't get an offer, it's not because the employer has a commitment phobia. It's because he doesn't want to hire you. Regardless of what your boyfriend says, he doesn't want to marry you.

Tamara

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

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L'HIVERNALE: Winter fun with the family in Deux-Montagnes

Saturday, February 8, 2025 - 3 p.m. to 10 p.m.



(NEWSFIRST) - The 4th edition of L'HIVERNALE will be held on Saturday, February 8, from 3 p.m. to 10 p.m., at Olympia Park. A family event not to be missed to enjoy the joys of winter!

Programming

- Musical atmosphere
- Skating and hockey
- Fires, to keep you warm
- Storytelling around the fire with the Deux-Montagnes library (reading tent on site)
- Hot chocolate distribution by the Maison des jeunes de Deux-Montagnes (bring your own reusable cup)
- Presence of the Baril à Volonté: Microbrewery beer, wines, Quebec ciders and more
- Intra-team hockey game with the Association de Hockey Mineur Lac des Deux-Montagnes (Panthères)
- Intra-team ringette game with the Association de Ringette Deux-Montagnes (Coyotes)
- Snow softball with the DMSA league
- Hockey Bulle
- **3:00 p.m. to 5:00 p.m.:** Snow soccer with FC Révolution
- **3:00 p.m. to 5:00 p.m.:** Board games and snow games with the Ludusium Club
- **3:00 p.m. to 7:00 p.m.:** Visit from the police
- **4:00 p.m.:** Visit from the firefighter
- **In the evening:** Performance by Baratanga (light percussion)
- **In the evening:** Performance by folk singer André Thériault, accompanied by Tim on the violin

More details to come!

Note: On Saturday, February 8, the Olympia Park site will be closed during the day to allow the event site to be set up. The Central Park skating rinks will be able to welcome skaters (weather permitting).

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HOROSCOPE

Week of JANUARY 12 TO 18, 2025

The luckiest signs this week:
VIRGO, LIBRA AND SCORPIO

♈ ARIES
You'll spend a lot of time looking for a new home. You may also consider changing your decor or making home improvements. Be prepared for unexpected family needs that might demand your energy.

♉ TAURUS
Your words won't go unheard, especially by those who want to silence you. Speaking your truth could be the secret to overcoming challenges and forging a path to success.

♊ GEMINI
Get ready for some fun events this week! At work, you'll be assigned new responsibilities. To top it all off, you'll be given a raise in recognition of your hard work.

♋ CANCER
Staying active is a great way to shake off any feelings of sadness. Whether you're following a training program or participating in a sport, moving your body is crucial for burning off pent-up energy.

♌ LEO
You'll soon receive the guidance needed to take your career to the next level. You'll finally find the perfect solution to a long-standing health issue that's been bothering you.

♍ VIRGO
At work, you'll be swamped with customers; at home, there'll be non-stop family activities to organize. Everyone is counting on you to plan everything.

♎ LIBRA
You're back at work and impressing others with your efficiency. This hard work will lead to a well-deserved promotion. You're on track to be offered the boss's chair or an opportunity to start your own business.

♏ SCORPIO
After a disagreement, you'd rather seek out new adventures than get caught up in conflict. With your wisdom, you'll enjoy life to the fullest and steer clear of negative influences.

♐ SAGITTARIUS
You'll feel quite sensitive this week. It will be easy to feel like the world is working against you. This could be life's way of telling you it's time to start making the changes you need to feel more at peace with yourself.

♑ CAPRICORN
Before you make any decisions, take a moment to weigh the pros and cons. An opportunity will present itself, whether it's a chance to dress up for a fancy business dinner or a romantic evening out.

♒ AQUARIUS
You'll have a lot of work to do this week and lots of important details to keep track of. Carefully listen to conversations and speeches, as crucial information will be revealed.

♓ PISCES
You'll accomplish something that will put you in the limelight. Even if you're not used to all the attention, you'll find the confidence to bask in your well-deserved success and embrace the spotlight.

Coffee Break

CROSSWORDS

PUZZLE NO. 271

1	2	3	4	5	6	7	8	9	10	11
12			13				14			
15			16				17			
18			19				20			
			21				22			
23	24	25			26			27	28	29
30				31			32			
33			34				35			
			36	37			38			
39	40				41			42	43	44
45					46			47		
48					49			50		
51					52			53		

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ACROSS

- Egyptian snake
- Upper limbs
- Blemish
- Also
- Ooze
- Mama's fellow
- Possessive pronoun
- Financial officer
- Ready the oven
- Ordinary language
- Footed vase
- Ballet skirt
- Salon treatments
- Vegetable holder
- Embroider
- Gather in
- Sleepy's roommate
- Slangy assent
- On in years
- By way of
- Like seawater or tears
- Chilled

DOWN

- At the peak of
- Rotten
- Skin opening
- Purplish flowers
- Telecast again
- "_____ the Press"
- Luxurious resort
- Spew
- Carnival ride
- Makes like
- Occasional
- Whirled
- Camel's feature
- Muscle twitch
- Amateur's opposite
- Slippery as an _____
- Brightness
- Large snake
- Have a bite
- Child's question
- Achieved
- Babbles
- Swerve sharply
- Inclines
- Oaf
- Doolittle of "My Fair Lady"
- "_____ and Lovers"
- Tease
- Sing
- Fleecy females
- Pierce with a drill
- Time past
- Ship's pronoun

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.

PUZZLE NO. 964

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

Last Issue's Answers

CROSSWORDS

A	K	I	N	S	H	O	P	B	A	T
D	E	C	O	H	A	U	L	A	G	O
O	P	E	N	E	D	G	E	N	E	W
S	T	R	O	L	L	H	A	W	K	
W	A	S		A	L	I	T	E	R	A
A	F	T		B	A	D		S	T	O
R	A	R	E	O	C	E	A	N	L	E
P	R	A	Y	A	C	E		L	A	G
				N	E	A	R	T	R	E
L	O	G		L	O	V	E	L	I	R
A	W	E		T	O	I	L	S	L	A
P	E	R		O	K	A	Y	E	L	L

Sudoku

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



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THIS WEEK'S BASKET:

- Sweet Strawberries (2 packs)
- Mangos (2)
- Dragon fruit (1)
- Spinach (bunch or bag)
- Broccoli
- Green Peppers (2)
- Spaghetti Squash (small)
- Sweet Potatoes (3-4)
- Potatoes (~2.5lbs)
- Lettuce (iceberg)
- Cucumber
- Oranges (3)
- Bananas (4)
- Green Apples (3)
- Pomegranate
- Pineapple

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Local 105, J0N 1P0

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148, 25e Av.
J7P 2V2

Mascouche
(Eco-Boutique
un Monde à vie)
160 Mnt Masson, J7K 3B5

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

2 EASY STEPS:

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

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