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## Deux-Montagnes municipal council

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Residents of Deux Montagnes begin to file in to city hall for the first council meeting of 2025. (Photo: Dylan Adams Lemaçon, North Shore News)



Page 3

## Rosemère City Council

Residents and council members take a seat as the first council meeting of 2025 gets off to a start. (Photo: Dylan Adams Lemaçon, North Shore News)



## Rosemère's Winter Carnival

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# Deux-Montagnes holds first municipal council meeting of 2025

*Key discussions on waste management, property evaluations, and upcoming infrastructure projects*

**DYLAN ADAMS LEMAÇON**  
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dylan@newsfirst.ca

The first municipal council meeting of the year was held on January 16, 2025, at the city hall building on Chemin d'Oka. The meeting, attended by over a dozen local residents, was presided over by Mayor Denis Martin and the members of the municipal council. As the town moves into 2025, the council addressed several issues on the agenda while providing updates on ongoing projects.

The session began with Mayor Martin wishing the public a happy new year, marking the start of the first meeting of the year. The council swiftly proceeded to review the order of the day, which included the adoption of new municipal regulations. The mayor mentioned that all the proposed resolutions were being approved without any significant objections so far.

Some of the notable discussions involved updates regarding the REM (Réseau express métropolitain), a major transportation project. The mayor also spoke about the inconveniences

caused by delays in the distribution of waste collection calendars, which were affected by the strike at Canada Post. Mayor Martin explained that the city has also partnered with a new waste management company, which may have contributed to some of the slight inconveniences. Mayor Martin acknowledged the issue and apologized while stating that it should all be sorted out soon enough.

The topic of property evaluations was also brought up, with the mayor emphasizing that the municipal council has no authority to intervene in property evaluation matters, despite the ongoing discussions about increased property values and their impact on taxes.

During the public question period, a couple concerns were raised by residents. Andrew Brown, a local, inquired about the future of the Roger-Lemoine Boisé area that is at risk of being damaged by a potential new parking lot. He wanted to know what is happening to this forested sector. In response, the mayor expressed his commitment to protecting the area and explained that there were previous parking agreements in place before the REM



Mayor Dennis Martin and other council members greeting locals ahead of the monthly meeting. (Photo: Dylan Adams Lemaçon, North Shore News)

project came to fruition. Now they are negotiating with REM for additional parking spaces which would not affect the forest area.

Another question from Brown concerned a new housing development behind his property. He joked about how a new number of people would now be able to look down and have a great view of his property due to the new project. The mayor directed him to the appropriate municipal departments for more information on the development and its impact on the surrounding area.

Brown also asked about a potential project with EXO, related to the introduction of electric buses in the area. The mayor clarified that the project is still under consideration, with ongoing discussions about the availability of garages for charging the buses.

Another resident, Nicholas Proulx, raised concerns about the ice rink in the town,

asking for more maintenance to ensure the rink remains usable. He mentioned that he often travels to Rosemère to use their rink due to the lack of consistent availability in Deux-Montagnes. The mayor acknowledged the issue and explained that the town is in the process of building a proper cement foundation to support an ice rink. However, as the project is estimated to cost nearly one million dollars, it is still under serious discussion.

As the meeting concluded, Mayor Martin and the council members expressed their ongoing commitment to improving services, while navigating the challenges of property evaluations, transportation infrastructure, and recreational facilities.

The next town hall session will be scheduled for February 13 2025, where further updates on infrastructure projects and community concerns are expected to be discussed.

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# Rosemère City Council kicks off 2025 with updates on urban planning, citizen honours, and legal battles

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The Rosemère City Council gathered for its first meeting of the year on January 20, 2025, at 7:30 PM. Mayor Eric Westram began the session with a light comment about the return of colder winters after a few unseasonably warm years, setting the tone for a productive evening.

## New online platform for urban planning appointments

“We’re kicking off the year with some excellent news,” announced Mayor Westram as he introduced GOrendezvous, a new online platform designed to streamline appointment scheduling with the urban planning, finance and other town clerk departments. The system is expected to launch in the coming days, promising improved accessibility and efficiency for residents.

## Honouring Rosemère’s exceptional citizens

The mayor also announced that the city will recognize outstanding citizens and organizations during a special event in May 2025. Residents are encouraged to submit nominations by February 15, ensuring the community’s unsung heroes receive the recognition they deserve.

## Questions from the public

The meeting’s first question period saw a few spirited exchanges.

One resident, who did not provide her name, raised concerns about point 5.1.4 of the agenda, which referred to the expansion of a commercial parking lot. Council clarified that the project involves the enlargement of the building itself, with a redesigned parking layout to follow.

She also brought up waste management, suggesting the city reduce garbage pickup to once a month during the winter to save costs and reduce environmental impact. She noted there would be less odor in colder months, making the change viable. While Mayor Westram agreed with the suggestion’s logic, he reminded her of the backlash when a similar approach was attempted three to four years ago. Still, he acknowledged the need for internal council discussions to revisit the idea.

Sophie Cardinal, another resident, sought clarification on point 11.8, which addressed plans for climate change adaptation. Mayor Westram emphasized the importance of investing in infrastructure to handle extreme weather, citing last summer’s sewer flooding as a wake-up call. “We need to be conscious of strong precipitation that will become more current than in the past—and we must look at our infrastructures and what must be done at that level,” he explained. Cardinal expressed frustration about repeated evaluations of her waterfront property without prior notice.

Another attendee asked if Rosemère planned to develop smaller housing projects, potentially utilizing the local golf course. Mayor Westram responded that while most of the city’s territory is already built, some rental housing projects are under review.

## Ongoing legal dispute over golf course development

The mayor took the opportunity to address a high-profile legal battle involving the former golf course. In 2023, the city rejected a proposed residential development from Immobilier Quartier Melrose, prompting a \$278 million lawsuit from the developers.

“There will be a decision to be made by the council eventually of what is to become of that land,” said Mayor Westram, noting that the city remains divided on the issue. So far, the legal defense has cost Rosemère approximately \$1 million in fees.

A resident asked for further updates on the lawsuit. The mayor admitted that the city was at a standstill, defending itself in court while deliberating on the land’s future.

## Agenda items approved without objection

Following public discussions, the council proceeded with the order of the day. All points were approved without significant debate, allowing the meeting to progress efficiently. Council members continue to acknowledge the challenges and opportunities ahead in 2025. Mayor Westram’s remarks emphasized the city’s focus on community engagement and infrastructure improvements, setting a hopeful tone for the year ahead.



Mayor Eric Westram gets the first council meeting of 2025 started as he introduces attendees to the new online platform GOrendezvous. (Photo: Dylan Adams Lemaçon, North Shore News)



Resident Sophie Cardinal expresses her frustration to the council pointing to the cities approach to working around her home. (Photo: Dylan Adams Lemaçon, North Shore News)

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# OPINION & Editorial



## Good fences, better neighbours: Rethinking the Canada-U.S. relationship

*How Canada can preserve its sovereignty while deepening cross-border co-operation*

Robert Frost famously said, "Good fences make good neighbours." While this adage underscores the importance of respecting boundaries, it also invites reflection on the purpose of those fences and how they shape relationships. For Canada and the United States, the border symbolizes both division and a shared history—a line of sovereignty and a bridge of interdependence.

At a time of significant global challenges, it's essential to re-examine this relationship, address its strengths and vulnerabilities, and lay the groundwork for a stronger partnership.

As someone deeply connected to both nations, this topic is profoundly personal. Born and raised in the U.S., I moved to Canada as a young man and eventually became a Canadian citizen. This choice reflected years of experience and admiration for Canada's distinct identity and values. It also mirrored a recognition of the deep, sometimes fraught, interdependence between the two nations—a relationship rooted in history and shared interests yet continually tested by evolving challenges.

Canada and the United States share the longest undefended border in the world, a testament to a partnership built on trust and mutual benefit. Economically, culturally, and politically, the ties run deep. Alberta's energy exports to the U.S., for example, fuel both economies but also reveal the risks of overdependence on a single market. Similarly, the U.S. reliance on Canadian resources—from oil and gas to timber and wheat—highlights a reciprocal need that must be carefully managed.

Yet this interdependence is not without tension. Divergent values and policy approaches often create friction. Canada takes pride in its emphasis on social welfare, multiculturalism, and collective well-being. The U.S., on the other hand, is known for its individualism, market-driven dynamism, and global assertiveness. While sometimes a source of misunderstanding, these differences also offer valuable lessons for each nation.

In an increasingly interconnected world, the challenges facing Canada and the U.S. transcend borders. Environmental and economic transitions, technological disruptions, and geopolitical uncertainty demand a unified approach. For instance, given the cross-border nature of environmental impacts, the shift toward renew-

able energy and climate adaptation requires co-ordinated policies. Similarly, addressing technological changes, such as the regulation of artificial intelligence and securing supply chains, necessitates collaboration.

However, this partnership must not come at the expense of Canada's unique identity and sovereignty. Troubling rhetoric, like Donald Trump's suggestion to annex Canada into a "United States of North America," highlights the need for vigilance. While such remarks may lack immediate credibility, they remind us of the importance of preserving Canadian independence while fostering a respectful relationship.

To maintain a strong partnership, both nations must tackle key challenges together. Addressing these issues collaboratively will build trust and mutual prosperity. Here are some critical areas that demand attention:

- **Supply chain management:** Reform is needed to prevent inflated consumer prices and ensure industries adapt to market changes, promoting competition, innovation, and affordability.
- **NATO responsibilities:** Canada must be a committed funder, active partner, and strong defender within the alliance to uphold democracy and collective security.
- **Restoring merit:** The focus on "woke" ideologies has overshadowed the importance of qualifications, ability, and achievement. Merit must return as the primary standard for decision-making.
- **Corruption:** Corruption in Canadian government, particularly in procurement, must be eliminated. It requires zero tolerance at all levels and across all political parties to restore accountability.
- **China's influence:** Undue interference in Canadian politics and elections threatens sovereignty and democracy. Immediate action is needed to eliminate this influence and protect political integrity.
- **Sovereignty:** Secure, well-protected borders are essential to maintaining Canada's sovereignty and safety, fostering mutual respect and clear boundaries in international relations.
- **Corporate subsidies:** Subsidies and incentives should only be used in urgent situations,

addressing critical needs without fostering dependency or creating unfair advantages.

- **Standard of living:** Economic productivity must translate into tangible improvements in citizens' standard of living, ensuring growth benefits everyone.
- **Energy transition:** Canada must balance its global responsibilities in the energy transition while addressing the world's ongoing demand for reliable energy resources.
- **Border security:** Strengthen measures to stop the flow of illegal guns into Canada and fentanyl into the U.S., ensuring the safety of both nations.

While these issues present significant challenges, they also offer opportunities for Canada and the U.S. to strengthen their partnership through focused, collaborative policies. Moving forward, both nations must formalize and deepen their dialogue, drawing on their shared history to confront modern challenges effectively.

A bilateral climate and energy council could align policies and accelerate the transition to sustainable practices. Similarly, joint task forces on emerging technologies, like artificial intelligence and cybersecurity, would foster innovation while protecting national interests. Modernizing trade agreements, like the United States-Mexico-Canada Agreement (USMCA), could address economic vulnerabilities and reflect current realities. Finally, expanding cultural exchange programs—including student exchanges and cross-border internships—would deepen grassroots connections and mutual understanding.

Canada and the U.S. have always been more than neighbours—they are partners bound by geography, history, and shared destiny. However, this partnership must evolve to meet the demands of the future. By prioritizing collaboration on critical issues and respecting each other's sovereignty, both nations can chart a course toward greater prosperity and stability.

The challenges we face—environmental, technological, and geopolitical—demand co-operation, not isolation. Let's work together not to erase our differences but to build a shared future rooted in mutual respect and purpose.

Good fences may make good neighbours, but great partnerships make better futures.

*Dr. Perry Kinkaide*

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# Boisbriand residents to see moderate tax adjustment in 2025

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Residents of Boisbriand will face a moderate increase in municipal taxes for 2025, a rise notably smaller than the adjustments seen in the previous year. Depending on the type of property, the increase will range between 2.11% and 2.9%, reflecting the city's effort to minimize the impact on its citizens while addressing inflationary pressures.

The city's \$90.06 million budget, which was initially approved during a municipal council meeting on November 3, was later unveiled at Mayor Christine Beaudette's annual breakfast, hosted by the Thérèse-De Blainville Young Chamber of Commerce. During the event, Mayor Beaudette emphasized that the budget was developed with careful attention to financial sustainability, ensuring the continuation of high-quality municipal services.

For homeowners with properties containing one to five residential units, the tax rate will rise from \$0.57 to \$0.58 per \$100 of property value. This means that an average single-family home, assessed at \$480,035, will see an annual tax increase of \$70.73, equivalent to a 2.11% rise. Other property categories will experience slightly higher average increases, set at 2.9%.

To ease the burden of payments, the city will allow residents to pay their taxes in four installments, with due dates spread across the year: February 5, April 22, July 7, and September 22. In addition to property taxes, service fees

have been set at \$255 for water and wastewater management, \$139 for public transportation, and \$240 for waste collection services.

The city's revenue stream continues to rely heavily on municipal taxes, accounting for \$72.72 million of its income. This revenue supports a range of expenditures, with significant portions allocated to operations such as goods and services, employee salaries, debt repayment, and funding for local organizations. Additionally, the city will contribute \$8.32 million to the regional police force and \$2.27 million to public transportation through the ARTM.

Boisbriand's capital investment plan outlines significant infrastructure projects for the coming years, with \$41.24 million earmarked for 2025. The city plans to expand its public amenities, improve road safety, and develop its downtown community center. Future years will see even larger investments, as funding increases to \$86.25 million in 2026 and \$87.24 million in 2027, ensuring sustained growth and modernization across various sectors.

Mayor Beaudette described the 2025 budget as a forward-looking initiative designed to balance current needs with future aspirations. She highlighted the importance of maintaining the city's existing achievements while prioritizing investments that benefit younger generations. By taking an innovative approach to challenges and focusing on long-term sustainability, the city aims to ensure Boisbriand remains a thriving and resilient community.



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# Saint-Eustache launches recruitment campaign to showcase career opportunities and community engagement

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The City of Saint-Eustache has launched a recruitment campaign to highlight employment opportunities within its administration and position itself as a leading employer in the region. The initiative, titled “You and Me, It’s for the City!”, aims to attract talented individuals while emphasizing the vital role municipal employees play in enhancing the quality of life for residents.

Unveiled in mid-January, the campaign is designed to be highly visible and engaging, with advertisements placed across a variety of platforms and locations. Key sites include the Walter-Buswell Complex, where advertisements will feature prominently on the building’s exterior, and along the busy Highway 640. Public transit riders will also encounter the campaign through ads on buses and at bus shelters throughout the region. Additionally, the campaign will reach a digital audience through audio ads on Spotify, a move intended to connect with younger and tech-savvy job seekers.

City officials have emphasized that the campaign is not merely a short-term initiative. All future communications regarding specific job openings will adopt the campaign’s branding, ensuring its continued presence across Saint-Eustache’s social media channels, including Facebook, Instagram, and LinkedIn. The

city has also incorporated its workforce into the campaign visuals, featuring photographs of employees in their daily work environments to create an authentic connection with potential applicants.

Saint-Eustache is promoting the advantages of joining its team, citing competitive salaries and comprehensive benefits as key incentives. The city also underscores its commitment to professional development, offering opportunities for career advancement within an environment described as stimulating and innovative. Jobs are available across a wide range of sectors, including information technology, sports and recreation, engineering, and arts and culture. The campaign highlights the city’s belief that working for the municipality allows individuals to make a tangible difference in the lives of local residents.

The recruitment campaign reflects a broader effort by the City of Saint-Eustache to address workforce needs while reinforcing its role as a community-focused employer. Officials hope the campaign will attract a diverse pool of applicants and enhance the city’s reputation as a desirable place to work.

By combining traditional advertising with a strong digital presence, Saint-Eustache is seeking to engage with job seekers on multiple levels. The campaign’s slogan, “You and Me, It’s for the City!”, encapsulates the city’s vision of a collaborative and community-oriented workplace, one where employees and residents alike can thrive.

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# Rosemère unites for a community celebration at the 2025 Winter Carnival

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As the crisp winter air settles over Rosemère, the town is preparing for one of its most beloved seasonal traditions: the 2025 Winter Carnival. Scheduled for Saturday, February 1, from 11 a.m. to 3 p.m. at Charbonneau Park, this annual

event promises a day filled with outdoor fun, warm treats, and a celebration of winter's magic.

## A celebration of snow and ice

Winter lovers of all ages can look forward to an array of activities that embrace the season's best. Whether it's gliding across the ice rink, sledding down the snowy hills, or trying out the increasingly popular fat biking and snow skating,



there's something for everyone to enjoy. Families are encouraged to bring their own skates and sleds to make the most of the winter playground.

For those who prefer a more relaxed way to take in the scenery, horse-drawn sleigh rides will weave through the town along the picturesque Mille Îles River. It's the perfect way to admire the serene winter landscape while soaking in the festival atmosphere.

## Flavours of the season

No winter festival is complete without comforting treats, and this year's carnival will not disappoint. The 49<sup>th</sup> Rosemère-Lorraine Scout Troop will be on-site with a selection of affordable snacks and warm beverages, ensuring that attendees stay cozy throughout the day. And for those with a sweet tooth, a highlight of the event will be the traditional maple taffy on snow—served up for free at various points during the celebration.

## Live music and community spirit

Keeping the energy high, a live DJ will be spinning upbeat tunes, creating a lively atmos-

phere where festival-goers can dance, laugh, and enjoy the winter festivities together. The event is designed to bring the community closer, celebrating the joy of the season in the company of friends, family, and neighbours.

## Mayor's invitation to embrace winter fun

Mayor Eric Westram is eager to welcome residents to this much-anticipated gathering, emphasizing the importance of embracing the colder months with enthusiasm. "The Winter Carnival is a cherished tradition that brings our community together in the best way possible—through outdoor fun, shared laughter, and the beauty of the season," he said.

## A festival for all conditions

While winter weather can be unpredictable, organizers assure that the event will go ahead regardless of conditions—except in the case of heavy rain. Residents are encouraged to check the Town of Rosemère's website and Facebook page for any last-minute updates.

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# RIPTB: Building careers and prioritizing mental health in 2025

**MARIA DIAMANTIS**

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The Régie intermunicipale de police Thérèse-De Blainville (RIPTB) has launched a dual initiative aimed at recruiting police cadets for the summer of 2025 while promoting mental health awareness across the region. This approach reflects the organization's commitment to building a strong and compassionate community, both within its ranks and among the general public.

## Opportunities for future police officers

Students and recent graduates in police techniques are being offered a unique opportunity to gain hands-on experience and launch their careers in law enforcement. The RIPTB is actively seeking candidates for its summer 2025 cadet program, a move that aims to attract new talent into the field while fostering professional growth.

The program provides recruits with opportunities to protect and assist their communities, engage in meaningful and action-packed work, and grow within a supportive, team-oriented environment. The RIPTB emphasizes that its approach is professional yet accessible, creating a work atmosphere that combines purpose with personal connection.

## Mental health advocacy at the forefront

In addition to recruitment efforts, the RIPTB is underscoring the importance of mental health. Recognizing the widespread impact of mental health issues, the organization has committed to participating in broader conversations about well-being, with a focus on fostering resilience within the community.

The RIPTB highlights the need for collective action to address mental health challenges, pointing to the power of small but meaningful actions—such as listening, expressing care, and creating space for open dialogue. The organization is particularly focused on supporting young people, acknowledging their unique challenges and the need for a strong support network.

## A holistic approach to community building

By blending recruitment with advocacy, the RIPTB aims to reinforce its role as both a professional law enforcement body and a community-focused organization. These efforts reflect a belief that a strong police force and a mentally healthy population are intrinsically linked.

Observers see this approach as an example of how police organizations can modernize their roles to address evolving community needs. The dual initiatives by the RIPTB demonstrate that law enforcement can prioritize safety and well-being simultaneously, creating a foundation for a healthier and more cohesive society.

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# DIRECT ANSWERS

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## DRAGONSLIPPERS

**Q** *I need you to help me because I feel like I'm going insane. It has to do with my sister and her boyfriend. She's been with him for nine years and living a lie ever since. He's been unfaithful to her since the beginning of the relationship and continues to do her wrong. When times get hard, he runs out on her.*

*She has a daughter from a previous marriage and one with him. He plays in a rock band and never has time for them. He stays out every weekend and says he has a show, when in actuality he is with another woman. He has girls text messaging him and she's seen what they say to him, yet she covers for him and says it's nothing.*

*Her children are suffering because she doesn't pay attention to their needs. Just a few weeks ago, he tells her he's leaving her again and moves in with another woman. Then he texts how miserable he is without her and how much he loves her.*

*I know she will take him back, and I think it will be the last straw for me. I love her with all my heart, but I worry more about what she is doing to the children. She acts as if she can't live without him and will put up with anything--lying, cheating, disrespect--just so he won't leave her. What can I do to help her see the light?*

Bernadette

**A** Bernadette, there are only three things you can do. First, you can be the best aunt to your sister's children that you can be.

Second, accept that your sister is in an abusive relationship. For some reason, she is willing to put up with this behavior. You don't understand that reason, but it has great power over her. So to gain more understanding, and possibly be of help, start reading about abuse and contact organizations for abused women.

One question outsiders always have is, How can an otherwise smart, capable woman put up with abuse? "Dragonslippers," a book by Rosalind Penfold, provides an answer. Roz Penfold was in such a relationship for 10 years. She kept a diary, and when words failed her, she drew pictures. The book is a graphic portrait of abuse.

Many women like Roz ease into abuse one small step at a time and use common ideas in our culture to justify what they are doing--turning the other cheek, forgiving the other, accepting bad behavior as a disease.

It is a truism that a woman with an abusive man will not leave that situation until she sees things in the particular light which will make her change. For one woman, it might be consideration of the children--their suffering, their future, their well-being. For another woman, it might be understanding that she seeks abuse because she feels unworthy of anything better. For a third woman, it might be a vision of her own future.

In dealing with your sister and her family you must be totally honest. If your sister praises her boyfriend, let her know everyone knows exactly what he is like and how he fails as a man. Don't go along with any imaginary or delusional way she presents his behavior. Let her children know that a good man does not treat a woman this way, and that a woman should never put up with this sort of treatment. In short, educate them to your way--the proper way--to view their home life.

Finally, realize she may never change, and there may be nothing you can do to cause her to change. An accident of birth has linked the two of you as sisters. Just as you cannot allow alcoholic and drug-based behavior, or criminal behavior, or abusive behavior to dominate your life, so you cannot allow her self-demeaning life to ruin your own.

Wayne & Tamara

WAYNE & TAMARA MITCHELL are the authors of YOUR OTHER HALF ([www.yourotherhalf.com](http://www.yourotherhalf.com))

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# Mobilizing against fraud

*A civic initiative in MRC Thérèse-De Blainville*

**MARIA DIAMANTIS**

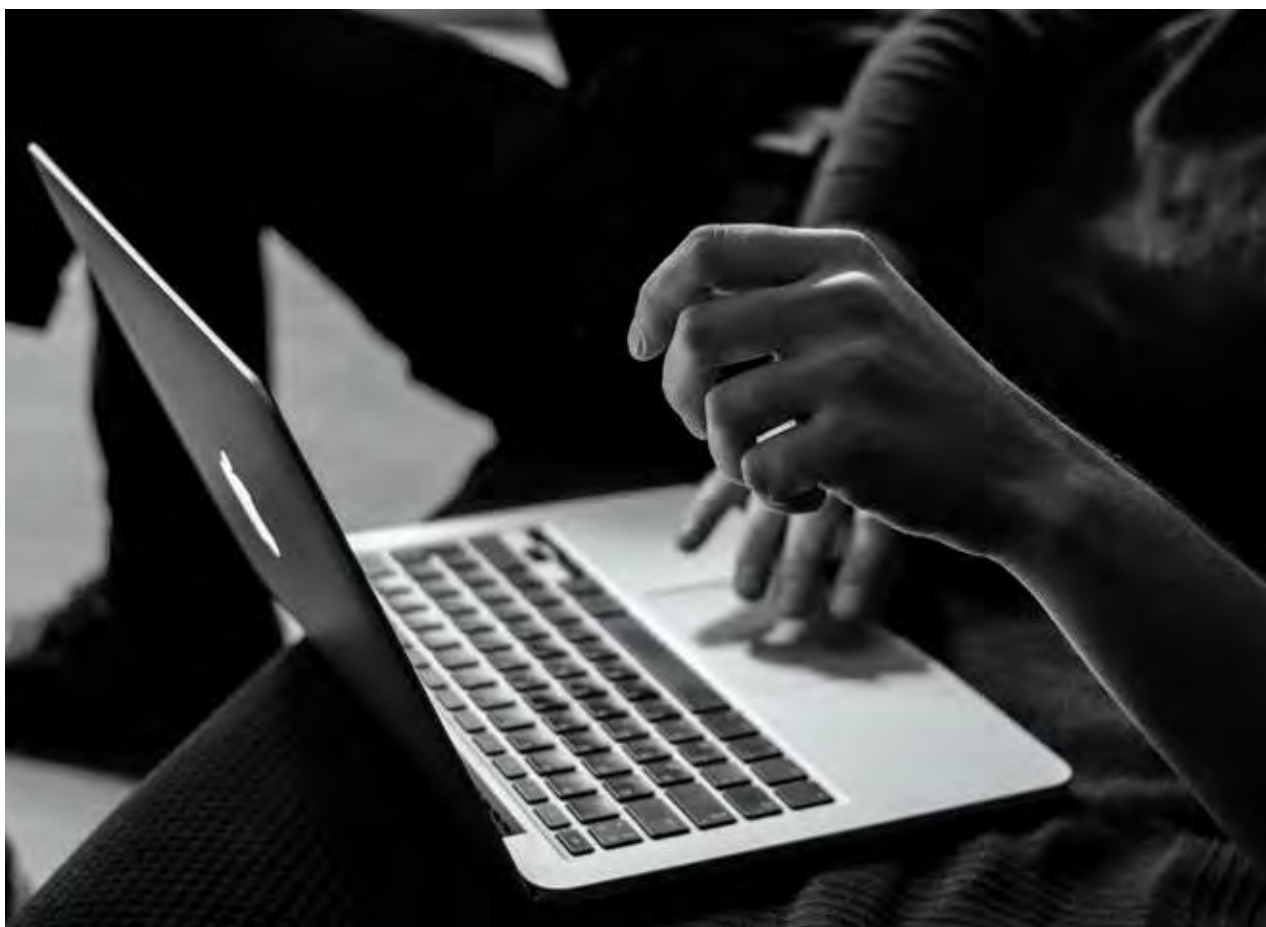
Local Journalism Initiative Reporter for The North Shore News  
info@newsfirst.ca

On Wednesday, March 19, 2025, the MRC Thérèse-De Blainville will host a special event aimed at educating seniors and their loved ones about the risks of fraud. Held at the Centre culturel et communautaire Thérèse-De Blainville in Sainte-Thérèse, this free initiative highlights the region's commitment to protecting its community from fraudulent schemes. Running from 1:00 PM to 4:00 PM, the event will feature prevention kiosks offering practical advice and resources to help attendees recognize and avoid scams. Participants can also enjoy a theatrical performance by Théâtre Parminou, known for its impactful storytelling on social issues. Light refreshments and surprises will add to the welcoming atmosphere.

This event is organized by the Comité prévention maltraitance aînés, with support from the Table 3e âge Thérèse-De Blainville and funding from the Government of Canada's New Horizons for Seniors Program. Registration is required, as spaces are limited.

Fraud awareness is a vital civic issue, especially for older adults who are often targeted by sophisticated scams that can threaten their financial security and trust. By educating seniors and involving their families, this initiative fosters intergenerational support and strengthens community defenses against fraud. It reflects the MRC Thérèse-De Blainville's proactive efforts to protect its residents and create a more secure environment.

Artificial intelligence (AI) is increasingly becoming a powerful tool in the fight against fraud. In local contexts like Thérèse-De



Blainville, AI-driven systems can identify unusual patterns in transactions and flag potential scams for investigation. Financial institutions and municipal services could benefit from integrating these technologies, making fraud prevention more effective and accessible. AI-powered chatbots, for instance, can assist seniors in verifying suspicious communications in real time. When combined with community-focused initiatives like this event, these technologies provide a comprehensive defense against evolving fraudulent tactics.

This event is more than just a one-day effort; it underscores the MRC's dedication to protecting its most vulnerable residents and fostering community resilience. By merging education, community engagement, and innovative solutions such as AI, the region is setting a strong example of civic responsibility. To take part in this important initiative and help build a fraud-resistant community, register now and join the conversation at 120 Bd du Séminaire, Sainte-Thérèse, QC J7E 1Z2.



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# HOROSCOPE

Week of JANUARY 26 TO FEBRUARY 1

The luckiest signs this week:  
ARIES, TAURUS AND GEMINI

**ARIES**  
You may be offered a big promotion at work. Before making a decision, however, you should talk to your partner and loved ones to prevent any misunderstandings.

**TAURUS**  
The winter blues are starting to get you down. This may prompt you to seriously consider planning a sunny vacation. Just thinking about it fills you with joy and enthusiasm!

**GEMINI**  
Your senses will be on high alert, and your emotions could play tricks on you. You'll untangle the threads of a scandalous affair, be it in your workplace or within your family circle. The chaos will soon fade away.

**CANCER**  
Get ready to sharpen your negotiation skills, whether at work or in your personal life. You've got what it takes to secure solid agreements that will pave the way for career success.

**LEO**  
You'll be in the spotlight this week, which will make you happy. You may also be rewarded. A celebration for your career advancement could be on the horizon.

**VIRGO**  
If you're not feeling your best physically, take it easy. Every hour of rest will work wonders, giving you the energy boost you need to accomplish amazing things.

**LIBRA**  
After the festivities, your home may still be a bit of a mess. You'll be in a hurry to put everything back in order. This is the perfect opportunity to declutter and refresh your space to help you feel lighter and more energized.

**SCORPIO**  
You'll speak freely, saying aloud what others keep to themselves. You may even write a poem or a powerful phrase that earns you global recognition.

**SAGITTARIUS**  
Your finances will be top of mind this week. A small mistake like receiving a bill in the wrong name could create some worry. However, once the mix-up has been resolved, you'll feel much more at ease.

**CAPRICORN**  
Adventure awaits! Those around you will be eager to include you in all sorts of activities, pulling you out of your slump. You'll be encouraged to join group training, at least with your close friends by your side.

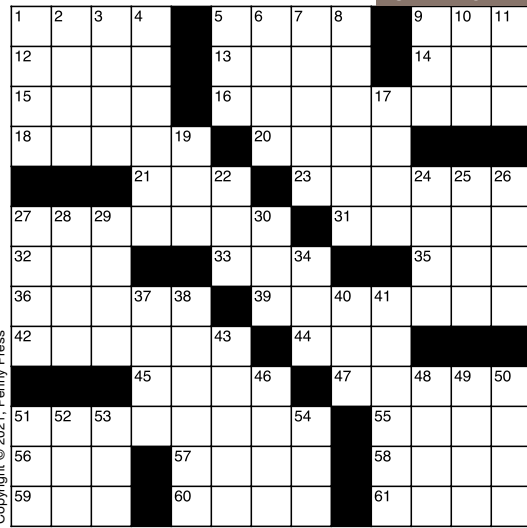
**AQUARIUS**  
You'll need a second cup of coffee to clear your head and stop procrastinating. Boosting your efficiency will be the key to completing new projects and reaching your goals.

**PISCES**  
It's not always easy to find your way in a crowd. At work, juggling the demands of your boss, customers and colleagues may feel like an uphill battle.

# Coffee Break

## CROSSWORDS

PUZZLE NO. 272



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### ACROSS

- 1. Tableland
- 5. Flows back
- 9. Handful
- 12. Arena shape
- 13. Invalid
- 14. Historic epoch
- 15. Monk's quarters
- 16. Romantic ones
- 18. Leg joints
- 20. Evaluate
- 21. Shaggy ox
- 23. Brewing vessel
- 27. Slip
- 31. Capture
- 32. Get an "A" on
- 33. Clear liquor
- 35. Aggravate
- 36. Comes together
- 39. Least messy
- 42. Allows to enter
- 44. Goopy liquid
- 45. Require
- 47. Stadiums

### DOWN

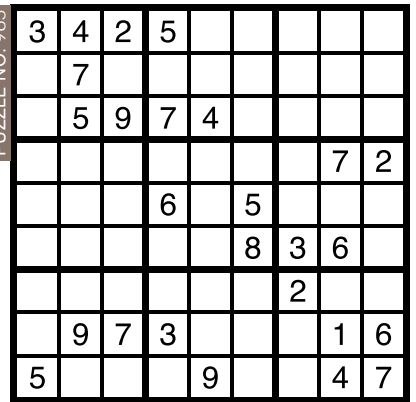
- 1. Mimic
- 2. Fifty-fifty
- 3. Bargain offering
- 4. Side streets
- 5. Come to a close
- 6. "Perry Mason" star
- 7. Lamb's comment
- 8. Blackboards
- 9. Attorney's charge
- 10. Botch
- 11. Had being
- 17. Nasty

### DOWN

- 19. Posed for a picture
- 22. Barrel
- 24. \_\_\_ the way
- 25. Mineral resources
- 26. Printed matter part
- 27. \_\_\_ Cass
- 28. Frozen
- 29. Appear
- 30. Cherry seed
- 34. Young bug
- 37. Dye
- 38. Robs
- 40. Small quantity
- 41. Pressed
- 43. Raise: 2 wds.
- 46. \_\_\_ on (love excessively)
- 48. Put on, as clothes
- 49. Liquid rock
- 50. Flower support
- 51. Tread the boards
- 52. Muck
- 53. Electrified particle
- 54. Ruby-hued

# Sudoku

PUZZLE NO. 965



### 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.

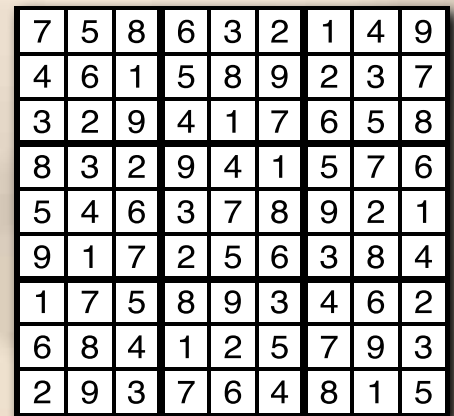
Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.

## Last Issue's Answers

### CROSSWORDS



### Sudoku



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- Blueberries
- Corn
- Broccoli
- Green Beans
- Cremini Mushrooms
- Celery
- Carrots (2lbs)
- Potatoes (~2lbs)
- Garlic (Spain)
- Green Onions
- Romaine Hearts (3)
- Cucumber
- Tomatoes (Medley)
- Sweet Oranges (5) (Small)
- Grapefruit
- Turmeric (Organic)
- Ginger (Organic)
- Bananas (4-5)

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