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tours Laurentides
health facilities



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The Best Choice

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Geneviève Biron, présidente et cheffe de la direction de Santé Québec et Sabrina Charbonneau, chef de service urgence, soins intensifs et hémato-oncologie à l'Hôpital de Mont-Laurier.

Santé Québec leadership tours Laurentides health facilities

meeting frontline workers, administrators and local partners as part of a broader provincial outreach initiative.

The visit, held February 4 and 5, formed part of Santé Québec's ongoing regional tour aimed at strengthening dialogue between provincial leadership and healthcare teams across Quebec. Biron was accompanied by members of her executive team and local officials from the Centre intégré de santé et de services sociaux, CISSS, des Laurentides.

Listening to the field

Over the course of the visit, the delegation stopped at several healthcare facilities across the region, including Hôpital de Mont-Laurier, the Centres multiservices de santé et de services sociaux in Rivière-Rouge, Sainte-Agathe and Argenteuil, as well as Hôpital de Saint-Jérôme and Hôpital de Saint-Eustache.

According to Santé Québec, the objective was to engage directly with healthcare professionals and better understand operational realities on the ground. Discussions focused on daily challenges facing medical and support teams, as well as opportunities to improve service delivery in a region characterized by geographic spread and varied community needs.

Since the establishment of Santé Québec, Biron and members of her executive team have made several visits to the Laurentides. The current tour reinforces what officials describe as an effort to maintain close ties with regional networks and ensure that provincial decisions

reflect local realities.

Biron emphasized during the visit that strengthening communication between provincial leadership and regional teams is essential to responding effectively to population needs. Health authorities say ongoing exchanges with staff allow both the sharing of best practices and the identification of systemic issues requiring attention.

Regional collaboration

Benoît Major, associate president and chief executive officer of CISSS des Laurentides, highlighted the collaborative framework between the regional network and Santé Québec. He noted that the CISSS is fully integrated within the provincial structure and works daily with the central leadership team to address challenges and improve care delivery.

Officials indicated that such visits serve not only to resolve operational concerns but also to highlight successful initiatives that could be replicated elsewhere in Quebec.

The Laurentides stop followed a similar visit to the Outaouais region. Santé Québec confirmed that the provincial tour will continue in the coming weeks, with the Capitale-Nationale region scheduled as the next destination.

The regional tour, described internally as "À l'écoute du terrain," is intended to provide senior leadership with direct exposure to frontline realities as Quebec's public health system continues to evolve under the Santé Québec governance structure.

MARIA DIAMANTIS
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The president and chief executive officer of Santé Québec, Geneviève Biron, spent two days in the Laurentides region earlier this month

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Linda Lapointe underlines Black History Month

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Marking the 30th anniversary of Black History Month in Gatineau stood as both a celebration and a moment of reflection. Three decades of official recognition had helped illuminate the history, culture, and achievements of Black Canadians, yet the roots of these contributions extended far deeper. This milestone invited the community to honour the past, acknowledge the present, and reaffirm a shared commitment to a more inclusive future.

Black History Month had always been more than a symbolic observance. It reminded us

that the story of Canada was inseparable from the stories of Black communities—stories of resilience, leadership, creativity, and courage. In Gatineau, these stories shaped neighbourhoods, enriched cultural life, strengthened public institutions, and broadened our understanding of belonging. From educators and entrepreneurs to artists, activists, and public servants, Black Canadians continued to influence every dimension of society.

This year's commemoration gained particular significance through the active participation of MP Linda Lapointe. Her presence, engagement, and support underscored the essential role of political leadership in advancing equity and justice. MP Lapointe stood alongside community members not only to celebrate the lasting contributions of Black Canadians, but also to demonstrate a clear commitment to addressing the challenges that remained. Her involvement signaled that the work of building a fairer Canada required collaboration between communities and elected representatives, and that meaningful change depended on leaders willing to listen, learn, and act.

Honouring this 30-year milestone meant recognizing the individuals and families who had built community spaces when none existed, who had fought for equal rights when equality was denied, and who continued to push for progress. Their efforts opened doors for future generations and helped Canada grow into a more diverse and dynamic country.

Yet standing with Black communities required more than recognition. It demanded action. Anti-Black racism remained a reality in Canada, shaping access to opportunities, representation, and safety. Addressing these inequities was not the responsibility of Black Canadians alone—it was a shared obligation. Building a stronger Canada meant confronting discrimination wherever it appeared, challenging harmful assumptions, and ensuring that institutions served everyone fairly.

Taking action included supporting Black-led organizations, amplifying Black voices in decision-making spaces, and investing in programs that promoted economic and social equity. It



meant ensuring that schools taught a fuller, more accurate account of Canadian history—one that acknowledged both the injustices and the achievements of Black communities. It also meant listening with humility, learning continuously, and being willing to change systems that had excluded people for far too long.

As this anniversary was marked, the community honoured the legacy of those who paved the way and reaffirmed its commitment to those who continued the work. With leaders like MP Linda Lapointe standing in solidarity, the path toward a Canada rooted in equality, justice, and shared belonging became clearer and stronger.



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OPINION & Editorial



LETTER FROM THE EDITOR

THE QUÉBEC GOVERNMENT MUST CANCEL EXCESSIVE RECYCLING FEES FOR PRINT NEWSPAPERS AND MAGAZINES

An alliance of Québec newspapers and magazines is sounding the alarm about the unfair and ruinous effects of Québec's selective collection reform. Far from delivering the promised equity, these new rules pose yet another existential threat to print media in Québec.

Together, we reach millions of readers for whom print remains the medium of choice. It is to ensure that they can continue reading newspapers and magazines in their preferred format that we are joining forces. It's a matter of respect and generational fairness.

Drastic and disastrous increase

We are asking the Québec government to exempt us from the excessive fees imposed by the new collection system, and we call on Premier François Legault to resolve this issue before the end of his term.

The introduction of the new collection regime in January 2025 triggered a dramatic increase in these fees despite the steady decline in the quantities of paper declared and marketed. The situation will only worsen, with additional increases expected in the coming years.

Paradoxically, the less paper we use, the higher our recycling bill climbs. This clearly shows that the new system has replicated the flaws of the old system, which the government meant to correct.

The situation is untenable for us as we contend with profound structural challenges, including the relentless erosion of advertising revenues, declining circulation and the suffocating dominance of the web giants.

Content isn't packaging

To be clear, we understand the need for a recyclable materials collection system for "containers" such as the home delivery boxes used by foreign online vendors. However, a fundamental distinction must be made in the case of newspapers and magazines, where the content cannot be separated from the container. Taxing the paper on which they are printed is not the same as taxing packaging: it means taxing content that is of fundamental value to our society, produced by local professionals specifically for Québec readers. This distinction was made in the past when the Québec government exempted books from recycling collection fees.

That decision to support the diversity of cultural expression should logically be extended to our print media outlets, which are a bulwark against cultural globalization and a shield against misinformation. In a geopolitical landscape scarred by fake news and weakened institutions under stress from social media, the international digital behemoths and other pressures, preserving local print media should be a priority. Our media outlets form a compre-

hensive ecosystem that provides many direct and indirect jobs. Every dollar spent on local media stays in Québec's economy. And contrary to some perceptions, demand for print remains robust: millions of Quebecers continue to buy our print formats, which are indispensable for bridging the digital divide—especially in rural areas, among seniors, and in less connected households.

Act now!

Over the years, the Québec government has introduced significant measures to support print media. But this misguided reform flies in the face of public policies designed to revitalize the media sector.

The Québec government must swiftly rectify this situation by exempting print media from recycling fees. Must we wait for media outlets to shut down before action is taken?

A government that defends Québec's interests must champion an industry of such vital importance, not strangle it.

George Guzman and Le Journal de Montréal, Le Journal de Québec, Le Devoir, The Globe and Mail, The Gazette, L'Actualité and RICARDO; the print publications of TVA Publications, Pratico-Pratiques, KO Média, Bayard Presse Canada and Naître et grandir; and the Association québécoise des éditeurs de magazines (AQEM), RecycleMédias and Hebdo Québec.

EXCESSIVE CHARGES IMPOSED ON NEWSPAPERS AND MAGAZINES
BY THE GOVERNMENT

Progress
shouldn't
come at the
expense of
journalism.

Publishers are committed to recycling. But the dramatic and unsustainable scale of proposed new fees on newspapers and magazines raises concerns about the future viability of Quebec's news ecosystem and the communities that depend on it.



Rosemère honours three young athletes for exceptional 2025 performances

MARIA DIAMANTIS
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On a quiet winter evening at the H.J. Hemens Public Library, the Town of Rosemère paused to formally recognize three of its youngest high-performance athletes, each of whom distinguished themselves on provincial, national, and international stages in 2025.

The ceremony, held on February 5, brought together families, municipal officials, and community members to celebrate cyclists Élodie Bédard, snowboard cross athlete Ellie Boudreau, and baseball player Elliot Lacoursière. The event culminated in a symbolic yet meaningful gesture: the signing of Rosemère's Golden Book, a record reserved for individuals whose achievements become part of the town's civic memory.

Presiding over the ceremony, Mayor Marie-Elaine Pitre highlighted the broader significance of the recognition, noting that the athletes' accomplishments extend beyond medals and rankings.

"These young people embody discipline, balance, and perseverance," she said, emphasizing their ability to pursue elite-level sport while maintaining their academic commitments.

At just 13 years old, Élodie Bédard has already built an impressive résumé in competitive cycling. A Secondary II student at Académie

Ste-Thérèse, she competes with the Espoirs Laval cycling club and excels across multiple disciplines, including road cycling, track cycling, and cyclo-cross. Her standout performance at the Jeux du Québec in Trois-Rivières earned her four gold medals, while international victories in Belgium and a top-five finish at the Canadian Cyclo-Cross Championships further underscored her rapid rise. She is also a scholarship recipient from the Aléo Foundation, recognizing both athletic and academic excellence.

Ellie Boudreau, also 13, has made her mark in snowboard cross, a discipline known for its technical difficulty and physical demands. Enrolled in the Sport-Études program at École Saint-Gabriel and competing with Club Survolt Développement Athlétique, she captured national attention with a first-place finish at the Canadian Junior Nationals in the U13 category. Her season also included a provincial championship title and multiple honours at the Gala Québec Snowboard, where she was named female breakthrough athlete of the year.

Fourteen-year-old Elliot Lacoursière rounded out the trio, representing Rosemère on the baseball diamond. A student at Collège Boisbriand, he plays with the Red Sox des Laurentides and was a key contributor to his team's success in 2025. Their season included gold medals at both the Jeux du Québec and the Nicolet tournament, as well as a silver medal at the Quebec



International Baseball Classic. During the ceremony, officials noted not only his on-field performance but also his leadership and team spirit.

The Golden Book itself holds a special place in Rosemère's institutional life. Traditionally reserved for distinguished visitors and residents who have made notable contributions in various fields, it functions as a living archive of the town's collective achievements, preserving moments that reflect its values and aspirations.

For the three young athletes, the evening was less about ceremony than affirmation: a public acknowledgment that their dedication, often unfolding far from home at competitions and training facilities, resonates deeply within their community.

As Rosemère continues to invest in youth development, the signatures added on February 5 stand as a reminder that excellence can emerge early, and that local support remains a powerful force behind national and international success.

Blainville youth council marked School Perseverance Days



Members of the Blainville 2026 Youth Council hold the School Perseverance flag alongside Deputy Mayor Jean-François Pinard and municipal councillor for the Plan-Bouchard district, Philippe Magnenat.

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Members of Blainville's 2026 Youth Council took part earlier this month in activities marking the annual School Perseverance Days, held from February 16 to 20, lending their support to students across the city's elementary schools.

During the week, the youth council emphasized the importance of resilience and determination in the face of academic challenges. Council members shared the message that perseverance is not about avoiding difficulties, but about continuing to move forward with the right support when obstacles arise.

The young representatives also highlighted the role played by school staff in supporting

students, noting the availability of teachers and specialists during recovery periods designed to help learners strengthen their understanding and confidence.

As ambassadors for the initiative, the members of the Youth Council helped promote the message of school perseverance within their own schools, encouraging classmates to remain engaged and motivated throughout the academic year.

Municipal officials acknowledged the council's involvement, underlining the value of youth participation in educational and civic initiatives. The city also expressed its appreciation for the Youth Council's ongoing commitment to student success and community engagement.

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MP Linda Lapointe visits our firefighters



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As part of National Kindness Week, MP Linda Lapointe paid a special visit to the firefighters serving the communities of Saint-Eustache and Deux-Montagnes. The visit provided an important opportunity to recognize the essential work carried out by these dedicated teams and to celebrate the values of compassion, courage, and service that they demonstrate every day.

Throughout the visit, MP Lapointe met with firefighters, listened to their experiences, and gained firsthand insight into the realities of their profession. The conversations reflected

the unique challenges they face—moments that require technical expertise, rapid decision-making, and unwavering calm under pressure. Beyond the physical demands of the job, what stood out most was the firefighters' deep sense of responsibility toward the public and their commitment to keeping residents safe.

Firefighters in Saint-Eustache and Deux-Montagnes respond to a wide range of emergencies: fires, accidents, medical calls, rescue operations, and community safety programs. In each situation, they bring professionalism, teamwork, and humanity to their roles. Their presence offers reassurance, their efforts prevent tragedies, and their actions often save lives.

National Kindness Week serves as an annual

reminder to recognize those whose daily contributions strengthen the heart of the community. For the firefighters of these two municipalities, kindness is not reserved for a single week—it is reflected in the service they provide every day, often in difficult or dangerous conditions. Their commitment extends beyond responding to emergencies; it includes educating the public, supporting prevention efforts, and building safer, more resilient neighbourhoods.

MP Linda Lapointe expressed her deep gratitude to the firefighters for their dedication, courage, and continuous presence. She emphasized the sacrifices they and their families make, as well as the importance of acknowledging their work not only during National Kindness Week but throughout the entire year. Their service, she noted, is a vital part of what keeps the community strong.

The visit was described as both an honour



and a meaningful opportunity to highlight the essential role firefighters play in the wellbeing of Saint-Eustache and Deux-Montagnes. Thanks to their professionalism and compassion, these communities continue to be safer and better supported.





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Laurentides health network successfully deployed winter measures to protect people experiencing homelessness

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As temperatures gradually returned to seasonal levels, regional health officials in the Laurentides confirmed that a broad set of winter protection measures had been effectively deployed during the coldest weeks of the season to support people experiencing homelessness.

Throughout the winter, the CISSS des Laurentides coordinated a region-wide response aimed at reducing the risks associated with prolonged exposure to extreme cold. Central to that effort was the distribution of more than 750 emergency winter kits, each containing essential items such as mittens, thermal emergency blankets and hand warmers. These kits were delivered through community partners working directly with vulnerable populations across the territory.

The response also relied heavily on a system of “extreme cold alerts,” which were issued whenever the perceived temperature dropped to -27°C or lower. Since November, more than a dozen alerts were triggered, prompting rapid mobilization among shelters, outreach teams and social service organizations to ensure individuals were not left outdoors in dangerous conditions.

Despite increased pressure on shelter capacity during peak cold periods, regional authorities reported that community organizations remained fully mobilized and were able to accommodate those seeking refuge from the elements.

At the conclusion of the winter response, Benoit Major, Assistant Chief Executive Officer of the CISSS des Laurentides, publicly acknowledged the collective effort behind the initiative, empha-



sizing the importance of sustained collaboration between institutional services and community-based organizations in safeguarding the health and dignity of people experiencing homelessness. In parallel with emergency interventions, the health authority had also made available a

comprehensive directory of sheltering resources and a regional winter initiatives guide, tools that were used by outreach workers and service providers to direct individuals toward appropriate support. With winter conditions now behind them, offi-

cials pointed to the season's coordinated response as evidence of the region's capacity to act quickly and cohesively in the face of extreme weather, underscoring the role of preparedness, partnership and timely intervention in protecting the most vulnerable members of the community.

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FROM WAYNE & TAMARA

SECOND THOUGHTS

Q A young man I worked with asked me out. We had spent quite a bit of time together, and I may even have flirted. But deep down I didn't believe this could develop into a long-term relationship. I stated we were friends and colleagues, and I just wanted to remain friends.

The next day I reconsidered and thought I'd go on one date to be "nice," since he had the courage to ask. Thing is, the date never happened. This bothered me, or my ego, and I asked him about it months later. He said he didn't follow through because he wasn't sure he asked the right person. I was hurt.

Months passed and I kept my distance because I was embarrassed. But since we work together, I decided to start communicating again. After a bit of time, he said he wanted a second chance. He gave me gifts and kept calling and asking even when I turned down his physical advances.

I was in a state of tension as I had to work with him every day. Following more months of avoidance I convinced myself to give it a go. This time intimacy did occur, and it left me unhappy. He kept saying he loved me, and I could not respond as I couldn't say those words truthfully.

I've since left that job, and the distance has helped. I know now I need to keep physical intimacy to the confines of a proper commitment. Still I am left with guilt and question whether I need to explain myself to this man.

He still contacts me and says he loves me, and I still cannot respond. He's told mutual friends he has stayed in this town for me. He is a good man, but I don't know if I could be happy with him. I'm wondering if I'm the problem and if this would happen regardless of which man approached me.

Casey

A Casey, years ago there was a popular antismoking poster featuring the face of a cadaverous woman with a cigarette in her mouth. Under her head were the words "Smoking is very glamorous."

Do you think the tobacco companies were worried about that poster? Not at all. They know that extreme examples of health risks don't make people reform their behavior. Just the reverse. Because people can't identify with extreme examples, posters like that make smokers even more confident "it could never happen to me."

In the same way, if we painted a picture of a bickering couple whose marriage ends in divorce, you would not recognize yourself. But your picture could be on that poster, not because you are a cantankerous person, but because of a small error in your thinking.

From the beginning this man felt wrong to you. To be "nice" you overrode those feelings and ended up feeling snubbed. That snub led to embarrassment at work, physical intimacy, and now, a lack of belief in yourself and your own judgment.

A snub is like a scab we can't resist picking, but picking at a scab turns it into something worse. That is why pet owners put an Elizabethan collar on their dog or cat, so they can't bite or scratch the area which needs to heal. You have an area which needs to heal, and that is why you must stay away from this former coworker.

This whole chain of events started with an innocent decision to overrule your best instincts. But your instincts were correct. Deep down you know your desire for a relationship can never turn the wrong man into the right man. We get many letters from people who end up married to someone they didn't even want to date. It starts with one small step in the wrong direction.

Don't question yourself. Don't let second thoughts make you a poster child for unhappy marriages.

Wayne & Tamara

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

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Elderly patients secretly photographed in degrading conditions by health care worker



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A health care worker entrusted with the care of vulnerable seniors used his position to secretly photograph elderly patients in deeply degrading circumstances, according to court proceedings in Quebec. The acts, which occurred across multiple regions, have raised serious concerns about oversight, abuse of trust, and patient safety within care settings.

Court records show that the worker, who was employed as a personal support attendant through an agency, admitted to committing voyeurism against seniors under his care between November 2021 and January 2022. The incidents

took place in health facilities in the Lanaudière and Laurentians regions, although authorities have not publicly identified the specific institutions involved or the exact number of victims.

During a recent appearance at the Joliette courthouse, prosecutors summarized evidence recovered from the worker's cellphone. Sixteen photographs were presented to the court, several of which focused on the intimate body parts of elderly patients. Some images were taken while the individuals were asleep, confined to their beds, or standing with the aid of walkers. Eight of the photos depicted patients lying in their own excrement, a detail that underscored the extreme vulnerability of the victims and the humiliating nature of the acts.

The Crown requested the preparation of both a presentence report and a sexological assessment, arguing that a fuller psychological profile is necessary before sentencing. Defence counsel acknowledged that certain elements of the case raise legitimate concerns that warrant closer examination.

Sentencing hearings are expected in the coming weeks.

Prior sexual assault in hospital corridor

The voyeurism offences occurred shortly after a far more serious crime. In September 2021, while working at a hospital in Saint-Eustache, the same worker sexually assaulted a patient who was lying on a stretcher in an emergency room corridor.

The victim had been admitted due to severe alcohol intoxication and was described in court as extremely weak and unable to protect herself. Evidence showed that the worker assaulted her in full view of the corridor, exploiting both her condition and his role as a caregiver. The victim later reported the incident to a nurse.

In November 2024, François Landry, a judge of the Quebec Superior Court, sentenced the offender to three years in federal prison. In his ruling, the judge emphasized the gravity of the breach of trust, noting that the offender used his hospital employment to commit the crime.

Parole denied, deportation possible

In August of the following year, the Parole Board of Canada denied both day parole and full parole. The Board assessed the offender as presenting a "moderate" risk of reoffending, while also noting

a psychologist's opinion that this assessment might underestimate the true level of risk.

Board members expressed concern over the offender's lack of accountability. Despite the conviction, he initially continued to deny responsibility while incarcerated. He later acknowledged his actions during a parole hearing, attributing the sexual assault to stress and insisting he had no sexual disorder. The Board rejected this explanation, concluding that his statements appeared designed to improve his chances of release rather than reflect genuine remorse.

The Board also revealed that the offender attempted to leave Canada in the summer of 2023, despite a court order prohibiting travel. He reportedly described the attempted departure as a vacation.

Although the individual holds permanent resident status, he is not a Canadian citizen. As a result, he could face removal from the country on grounds of serious criminality. However, federal authorities have not yet initiated deportation proceedings.

A system under scrutiny

The case highlights systemic vulnerabilities in the protection of seniors and hospital patients, particularly when care is outsourced through staffing agencies. It also underscores the lasting harm caused when positions of trust are abused, often out of public view.

As the courts prepare to determine an appropriate sentence for the voyeurism offences, the case continues to reverberate through Quebec's health care and justice systems, prompting renewed calls for stronger safeguards for society's most vulnerable patients.



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A period of great dynamism is on the horizon. If you feel the urge to get away, now is the perfect time to revive those travel plans you had put on hold. Even a short solo getaway could inspire you and leave you with lasting memories.



TAURUS

You'll be overflowing with creativity this week, which could lead to a remarkable achievement, especially if you nurture your artistic side. If you align your lifestyle with your true aspirations, you'll find greater ease, and everything will naturally fall into place.



GEMINI

Take a break to regain your energy and find clarity. Let your creative or spiritual impulses flow freely. Getting involved in a charitable cause could also deeply nourish both your heart and mind.



CANCER

Invest more time in your social life, including social media, to expand your circle of friends. Joining a gym with friends to try a new sport will also open up new and exciting horizons for you.



LEO

Your joy and optimism will be contagious to everyone around you. You'll become more efficient at work, which will help you better support your colleagues. Your extra efforts won't go unnoticed, and you will soon be rewarded for them, reinforcing your motivation.



VIRGO

A spontaneous decision will push you to take a training course that will open the door to better career opportunities. A revelation will guide you toward fulfilment. However, you'll have to work hard to make this change a reality.



LIBRA

You may soon secure funding for a project close to your heart. A meeting with an advisor will help you consolidate your debts, bringing you financial stability and peace of mind for the future.



SCORPIO

Tidying up your home will help you clear your mind. Before you discuss a separation, speak openly with your partner to avoid making an impulsive decision that could lead to regrets.



SAGITTARIUS

At work, you must fine-tune your documents and proposals before presenting them; this will maximize their chances of approval. Your success will inspire you to refresh your wardrobe or treat yourself to a well-deserved reward.



CAPRICORN

You'll share exciting ideas with your friends this week and tap into a creative talent you're truly passionate about. Your growing self-confidence will pave the way for remarkable achievements that will soon fill you with pride.



AQUARIUS

You'll meet inspiring people who will expand your social circle and feed your spirituality. A professional or personal opportunity may even prompt you to consider moving soon.



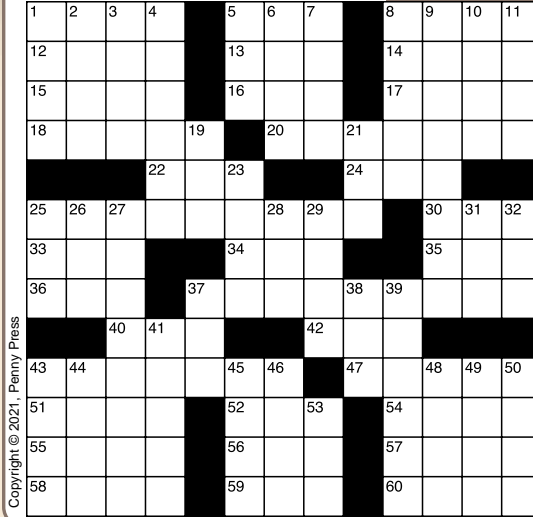
PISCES

You must show care and affection to prevent misunderstandings in your relationship. Open communication will lead to improvements. However, financial uncertainties could linger, so approach the situation with caution and honest dialogue.

Coffee Break

CROSSWORDS

PUZZLE NO. 298



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ACROSS

- Opposite of minus
- Louse
- Yodeler's feedback
- Coarse file
- Pub order
- Without moisture
- Completed
- Afternoon brew
- Moved, as merchandise
- Teasdale and Gilbert
- Results
- Month segments: abbr.
- Type
- Alliance
- Enjoy dinner
- Night bird
- Hospital ward: abbr.
- Noah's number
- Hairstyling goo
- At this time
- Before, in a poem
- ___ close for comfort

DOWN

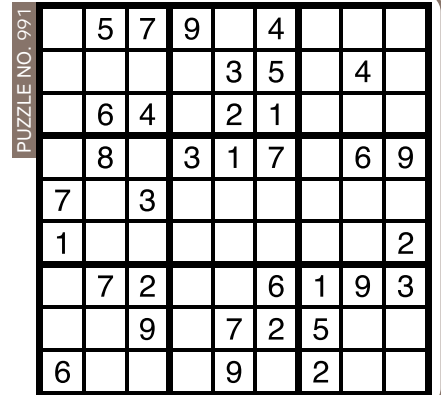
- Will-call
- Indentation
- Press clothes
- Asian frying vessel
- Hill's partner
- Gambling machine
- Dark bread
- Untruthful person
- Outdoes
- Hither and ____
- Stately trees
- Gamblers' concerns
- Go downhill on snow
- Fish limb
- Commotion
- Wheel tooth
- Be in arrears
- Comic-strip cave man: 2 wds.
- Frozen water
- Eject
- Puncturing tool
- Santa's delivery
- Sunday seat
- Long period of time
- Soup pasta
- ___ and raves
- Roster
- Mr. Guthrie
- Amis
- Child's plaything: hyph.
- Dog's wag
- Kind of chowder
- That girl's
- Barbie's friend

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.

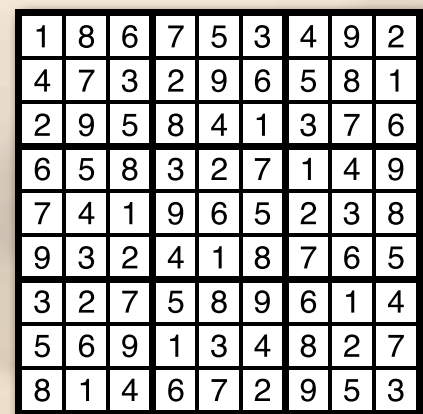


Last Issue's Answers

CROSSWORDS



Sudoku



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BIG BASKET (\$40)

- | | |
|------------------------------------|--------------------------|
| 1. Strawberries | 10. Graffiti eggplant |
| 2. Romanesco cauliflower (organic) | 11. Lemon |
| 3. Pineapple | 12. Pepper (Suntan) |
| 4. Black grapes | 13. Mushrooms |
| 5. Brussels sprouts | 14. Clementines (5) |
| 6. Zucchini (2-3) | 15. Brown Bosc pears (3) |
| 7. Sweet potatoes (2) | 16. Bananas (4) |
| 8. Kiwis (3) | 17. Tomatoes (2) |
| 9. Spaghetti squash | 18. Mini onions (8) |
| | 19. Romaine lettuce |

SMALL BASKET (\$22)

- | | |
|-----------------------------|----------------------|
| 1. Strawberries (Smucchies) | 6. Tomato |
| 2. Broccoli | 7. Pepper (Suntan) |
| 3. Black grapes | 8. Mini onions (8) |
| 4. Romaine lettuce | 9. Lemon |
| 5. Apples | 10. Brussels sprouts |

VISIT OUR FACEBOOK AND INSTAGRAM PAGE!

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J7P 2V2

Mascouche
(Eco-Boutique
un Monde à vie)
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Sainte-Anne-des-Plaines
(Dubeau Vrac)
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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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