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30th annual Sainte-Rose Art Symposium

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From the left, Laval city councillor for Sainte-Rose Flavia Alexandra Novac, Shirley Théroux and city councillor for Champfleury Carole St-Denis at last week's preview of the 2026 Symposium de Sainte-Rose. (Photo: Martin C. Barry, Newsfirst Multimedia)

Sir Wilfrid Laurier School Board yearly roundup

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James Di Sano, chairman of the Sir Wilfrid Laurier School Board, in his office.



The Best Choice
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Thirtieth annual Sainte-Rose Art Symposium takes place from July 23 - 26

Spotlight falls on works of 80 artists in Laval's historic Vieux Sainte-Rose

MARTIN C. BARRY
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While the dates may change a little from year to year, and the weather can vary from warm sunshine to sudden downpours of rain, there's one thing about the Sainte-Rose Art Symposium you can always count on.

This popular summertime artists' gathering – held in a setting as romantic as it is historic – is always a guarantee of four days of appreciation for sculpting, photography and other visual arts by the thousands of patrons who drop by every year.

Symposium's 30th anniversary

This year, the Corporation Rose-Art's annual show is taking place from Thursday July 23 to Sunday July 26. Those with discerning taste for fine sculpture and inspiring visual creations – or who simply know what they like – will be arriving from all over Québec, as well as other parts of eastern Canada, for this year's celebration of the three successful decades of the Symposium de Ste-Rose.

In addition to the symposium's 30th anniversary, the Corporation Rose-Art is celebrating its 35th year of activity promoting the work of Laval's artists.

As part of this, the organizers will be holding a special silent auction during the symposium, featuring 33 canvases by Rose-Art members, with the goal of raising \$5,000 for the Canadian Cancer Society.



Corporation Rose-Art members, Québec chanteuse Shirley Thérour (second from right), Laval city councillors and representatives of Sainte-Rose MNA Christopher Skeete were on hand at the Vieille Caserne in downtown Sainte-Rose last week for a preview of the 2026 Symposium de Sainte-Rose. (Photo: Martin C. Barry, Laval News)

In an homage to Corporation Rose-Art's well-founded roots, a group of "original six" artists (Yolande Lapalice Daneau, Diane Lafond, Monique Lafond, Lise Dupuis, Maxime Lacourse and Carole Laurence), who were in at the beginning, will be exhibiting in a special segment of the symposium.

Legendary Québec chanteuse Shirley Thérour

This year, the organizers from Corporation Rose-Art have again persuaded legendary Quebec singer Shirley Thérour to be the official spokesperson for the Sainte-Rose Art Symposium. Sainte-Rose MNA Christopher has also again agreed to serve as the event's honorary president.

Thérour had a string of song hits in Québec during the 1960s and 1970s and was also a highly popular late-afternoon program host on French-language television.

An accomplished painter in addition to her musical talents, Thérour will be offering a range of art works, with potential collectible value, in a special segment of the show.

'The beginning of a dream'

In an address last week to guests attending a special preview of the 2026 symposium, Corporation Rose-Art president Oprina-Felicia Dolea set the tone for this year's event.

"Thirty years ago, it was the beginning of a dream in these enchanting surroundings of Vieux Sainte-Rose – the creation of a bridge

linking the artist and the public directly, between feeling and artwork," said Dolea.

"For three decades, our historic neighborhood is transformed over the course of a summer into a gallery open to the sky where creativity has no limits," she added.

"What was only a dream by artists in the beginning has become a highly-respected cultural gathering, shining a spotlight on Vieux Sainte-Rose far beyond the limits of Laval."

Eighty artists taking part

Many visitors will be purchasing works produced by the 80 participating artists, who express themselves in styles ranging from traditional and impressionistic to modern and abstract.

As always, the symposium will be taking place alongside the Rivière des Mille-Îles in the charming and historic Laval neighbourhood known as Vieux Sainte-Rose.

The village is renowned as the birthplace of internationally-acclaimed Québécois painter Marc-Aurèle Fortin. Sainte-Rose was also at one time the home of landscape painter Clarence Gagnon. Both influenced generations of artists here and around the world.

After winning a range of awards for excellence over nearly three decades, the organizing committee continues to uphold the standards that have established the Sainte-Rose Art Symposium's reputation for excellence in art circles across eastern Canada.

Rose-Art's award-winning efforts

The organizers have received some significant recognitions for their efforts. In 2019, the Laval Chamber of Commerce and Industry presented them with a Dunamis award for helping to promote tourism in Laval. They were also a finalist for a second Dunamis in 2020 and 2022, as a sustainable organization or enterprise.

More than 20,000 people are expected to attend. Although most are usually from the Laval and greater Montreal regions, the busy vacation season is also known to bring in visitors from Ontario, New Brunswick and Nova Scotia, as well as from the U.S. states of Vermont, New Hampshire and New York.

Tourism has been growing by leaps and bounds in Laval over the past few years, as travellers from all over Canada and the U.S. begin to rediscover hidden treasures such as the Symposium de Sainte-Rose.

Some of the best times to go

The Symposium will be taking place along a stretch of the main street in downtown Sainte-Rose, next to La Vieille Caserne (216 Ste-Rose Blvd.), a stone's throw from Sainte-Rose-de-Lima Church, between Filion and Deslaurier-Hotte streets.

All the events are free. The hours are as follows: Thursday July 23, 10 am to 6 pm; Friday, July 24, 11 am to 6 pm; Saturday July 25, 10 am to 6 pm; Sunday July 26, 10 am to 5 pm. Additional information is available on the website roseart.ca | roseart@videotron.ca | (450) 625-7925

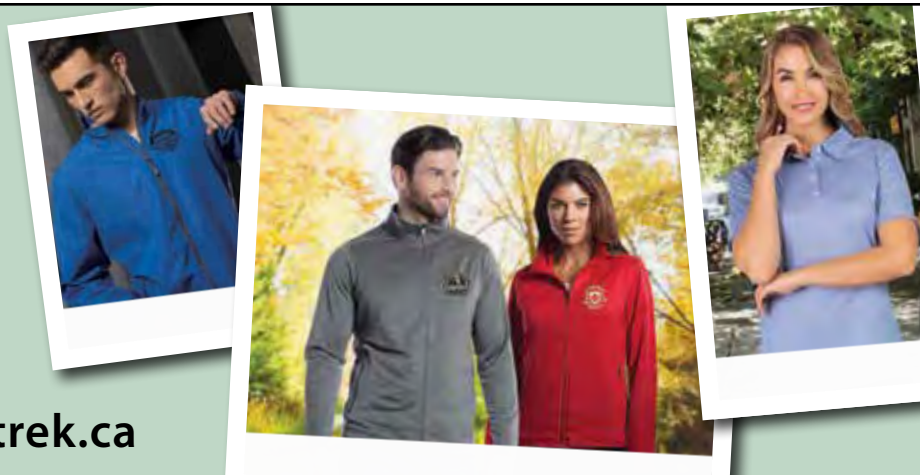


"What was only a dream by artists in the beginning has become a highly-respected cultural gathering," according to Corporation Rose-Art president Oprina-Felicia Dolea. (Photo: Martin C. Barry, Laval News)

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A year of adjustment and investment at Sir Wilfrid Laurier School Board

ALESSANDRO COMMISSO

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Over the past year, the Sir Wilfrid Laurier School Board has invested more than \$12 million in infrastructure, expanded capacity in the North Shore and added hundreds of new classroom technologies. Those moves have marked a significant period under chairman James Di Sano's leadership.

"When I came in, there was a need to improve our infrastructures across the organization," said Di Sano. "Not just Laval, but across the North Shore."

Rather than concentrating funds into one major project, the board spread the investment across multiple schools. Some saw significant upgrades, particularly older flagship buildings, while others received more modest improvements that nonetheless address pressing issues.

"We invested to respond to the needs of the respective communities," he said, emphasizing that each region required a different approach.

At the same time, the board has expanded to meet rising enrolment in certain areas. A similar trend is unfolding in Saint-Jérôme, where Laurentia Elementary has reached capacity. In response, the board opted to expand beyond its original site, acquiring a second property with support from the Ministry of Education for just over \$5.5 million. Located roughly 12 minutes from the main building, the new site will serve as a secondary campus to better accommodate growing student needs. The building required minimal work to become operational and provides an opportunity for future expansion if enrolment continues to rise.

Growth all across the regions has required more immediate solutions. At Mountain View Elementary in Deux-Montagnes, rising enrolment led to the installation of portable classrooms, modular units connected directly to the main building. These portable classrooms are a cost-effective way to expand schools immediately.

"It's like another wing to the school," he said, noting that the additions can range from single-level units to multi-storey extensions depending on demand.

Rather than viewing the expansion as a strain, Di Sano frames it differently. "It's to respond to the growing numbers, which is a fantastic position to be in."

Investing in more technology

Beyond physical space, the board has also focused on modernizing classrooms. Over the past year, it installed 398 new smartboards, representing an investment of approximately \$1.3 million. These investments have taken place across a system that remains uniquely complex. The Sir Wilfrid Laurier School Board spans Laval, the Laurentians and Lanaudière, covering a vast territory with 40 schools and centres serving very different communities.

"Collectively, the territory of our board is the size of Belgium," he said. "It's not always one size fits all. It's impossible. We adapt ourselves to the specific region and clientele that we're servicing."

That geographic diversity is reflected in enrolment trends. While some schools in Laval are seeing declining numbers, others in the surrounding regions are growing steadily.

"We're losing in Laval, but we're growing in the regions," he explained.

Inevitable budget cuts

The challenge for the board has been to respond to both realities at once, expanding when needed while maintaining stability elsewhere. That balancing act has been further complicated by financial constraints. Like many school boards across Quebec, the school board had to

contend with budget pressures that force difficult decisions.

"When I came in, it was to make the board more transparent, more accountable, and more fiscally responsible," he said.

Those principles have shaped how the board has managed cuts. Rather than scaling back services outright, efforts have focused on restructuring and reallocating resources internally.

"If you're cutting me here, I'm going to go find it here to pay for it," he acknowledged. "We do the best that we can with the resources that we have."

Community above all

Amid those pressures, Di Sano points to

community involvement as a defining strength of the board. Within the English-language sector, parent engagement remains a consistent driver of school life. That involvement came into focus at Our Lady of Peace Elementary in Laval West, where a new playground structure opened last fall after years of fundraising efforts by parents.

"The parents took five or six years to raise the money," he admitted. "And the difference that they were missing, we committed to funding."

The result reflects a broader reality across the board's schools, where projects are often shaped by collaboration between families and administration.

Student experience has also remained part of

the board's focus. Efforts to promote inclusion included raising the Pride flag at head office, a move Di Sano says is intended to encourage dialogue and understanding.

"It's very important that students come together and have meaningful conversations about inclusion and respect," he said.

Academic achievement has continued alongside these initiatives. At Laval Senior Academy, students hosted the Montreal Regional Science and Technology Fair, with several participants advancing to higher levels of competition in the United States.

Looking back on the year, there is no single defining initiative. Instead, what emerges is a pattern of response and adaptation. Investments in infrastructure and technology have been paired with expansion in growing regions and ongoing efforts to maintain services elsewhere.

Through it all, Di Sano returns to a consistent focus. "Our collective duty and responsibility are to ensure the success of our students."

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OPINION & Editorial



Je me souviens, in La Belle Province...

Do we dare dream of a Québec for all Québécois?

June 24 is Québec's heartbeat, Saint-Jean-Baptiste Day rising in collective breath, to remind us who we are, where we've come from, what came before us, and what's to come after.

In a continent shaped by English-speaking dominance, Québec's celebration isn't simply festive, it is deeply meaningful, affirming language, culture, and history that refuses to disappear.

In recent times, it has become better-known as La Fête nationale du Québec, giving the broader civic-and-political-meaning. While Saint-Jean-Baptiste Day carries religious and historical roots, La Fête asserts collective identity, belonging, and survival of a people intent on being recognized as a distinct society, if not independent of Canada, certainly different from, and equal to, the rest of the country.

Visibly and joyfully, throughout La Belle Province, from Laval's Centre-de-la Nature and beyond, families gather under summer skies, picnicking with renowned Québec artists, children running barefoot across grassy parks, faces resplendent of Fleur-de-Lys, laughter blending with music-of-shaped-generations.

'À Montréal', the Old Port and Place des Arts reverberate beloved Québec songs. Saint-Denis Street, the Plateau, across neighbourhoods from Hochelaga-to-Verdun, balconies in blue brightly survey cars displaying the Fleur-de-Lys, voices rising in language carrying centuries-of-history.

Remembering arriving in Montréal from Australia, settling on Saint-Denis Street, in a triplex with winding-iron-staircases emblematic of the Plateau, the feeling was beautiful, vibrant, but deeply alienating at times. My neighbours, French-Canadians rooted in generations-of-identity, I'd yet to understand. Not one spoke English. I never understood why.

Adapting quickly, learning French not from textbooks, but from daily life - the speed, rhythm, and vibe-of-the-street. There was no soft transition, only pressure, expectation, at times exclusion. An Allophone, I experienced discrimination and the feeling that belonging felt less like welcome, and more like erasure.

Still, life gradually opened doors, French friends bridging, not only linguistically but culturally. Through them, and through persistence, I moved through a world that once felt closed; tensions did not disappear, but they did soften. We shared meals and traditions that once felt foreign, as 'cabane-à-sucre in spring, tourtière in winter, sirop-d'érable in

spring, sweetened everything. The distance slowly became more complex and human: not full-assimilation, but negotiated-belonging.

And then came Saint-Jean-Baptiste Day: concerts, standing among crowds, listening at first, then observing, gradually joining, music impossible to ignore, expressions of memory, resilience, continuity. Although from elsewhere, I felt their power.

In smaller towns and rural communities, celebrations dispense similar spirit, parades moving through flag-lined streets, local stages presenting blends of tradition, and contemporary expression. In some regions, bonfires flicker, recalling origins in faith and seasonal renewal.

For the young, the day is unlike others. French schools inspire children to learn Québécois songs days leading to June 24, when they become part of the celebration, faces painted blue-and-white, voices raised in pride. Culture is studied and lived. Regrettably, not so in English schools.

At heart, this day speaks to survival and continuity. French Québec is not an accident of history, it's the result of determination. The French Fact has survived and thrived- from La-Nouvelle-France through The British Conquest, the Québec Act, the Constitutional Act, the Rebellion of 1837, the British North America Act, La Grande Noirceure, La Révolution Tranquille, Maintenant ou Jamais/ Masters-In-Our-Own House, Equality-or-Independence, specters of the Never-Ending-Referendums, and beyond. Québécois have protected their identity through generations of change. Saint-Jean-Baptiste Day, and especially La Fête nationale, are reminders that survival was never taken for granted.

Yet Québec is no longer a homogeneous society, immigration transforming cities, classrooms, neighbourhoods, raising important questions. What does Saint-Jean-Baptiste Day mean in today's pluralistic Québec? For newcomers, the celebration can feel both welcoming and distant: songs, symbols, and references deeply-rooted, but not immediately accessible. Participation begins by watching, listening, and trying to understand.

Over time, however, something can shift. Familiarity can grow into fragile but real senses of belonging, not ones that erase origin, but ones that facilitate connection and dare-we-say - integration. My own journey reflects that evolution, from alienation on Saint-Denis Street to standing among thousands on June 24, no

longer outside-the-story.

Sadly, the celebration has become politically-charged. Québec's need to protect language and identity is real. In predominantly English-speaking North America, French remains vulnerable. Laws, policies, and expectations around use of French reflect that reality. For many Québécois, these are necessary tools of collective survival.

At the same time, for many Anglo and Allophone communities, these same measures can feel restrictive, even exclusionary. People who live, study, work, and raise families in Québec, in French, may still feel that their place is conditional, their rights and voices more fragile than they should be in a province that unofficially sees itself as bilingual; lines between preservation and imposition can be very thin.

This tension is the heart of the debate. Québec must defend its historic minority language in the continent. But minority communities also have the right to feel that protection of one identity doesn't require weakening of others. Survival should not become a competition of exclusions. Saint-Jean-Baptiste Day reminds that Québec's nationalism is not only political, it is cultural, linguistic, and emotional-in songs, language, rituals, memory. It's pride, but it also creates distance. It can unite, but can also divide. For those from elsewhere, belonging is rarely immediate, too often to be negotiated, sometimes painfully hard-won.

Saint-Jean-Baptiste Day therefore has the dual-responsibility of remaining a stronghold of Québec's identity, while serving as an invitation to others to participate, to overcome the feeling of being erased. That's what elevates the day above politics. It not only reminds us of what Québec has been, but asks what kind of society it hopes to become. Cultures that close in on themselves may survive, but risk becoming rigid. Cultures that demand too much assimilation may protect language while alienating and losing those willing to embrace it.

So, why do we celebrate? Does Saint-Jean-Baptiste Day show the strength of culture confident enough to be shared, or unease of one still unsure of survival? In protecting what was nearly lost, are we building a future others can belong to, or reinforcing a past only some can fully claim?

On June 24, Québec does not simply celebrate its past—it reflects on its future. To all les gens du pays ... Bone fête.

Renata Isopo

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Quebec National Assembly passes Bill 4, creating an added measure against domestic violence

Legislation inspired by 'Clare's Law,' which was first implemented in the United Kingdom

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The head of a Montreal-based family services agency that operates a women's shelter in Laval is giving a thumbs-up to the CAQ government's recently-adopted Bill 4, which allows criminal and police record information to be shared in order to prevent intimate partner violence and femicide.

Based on a UK law

In a June 11 statement, Premier Christine Fréchet's government said they were proud to confirm the adoption by the National Assembly of Bill 4, inspired by Clare's Law, "taking a significant step to prevent intimate partner violence and femicides and to combat these scourges."

First implemented in the United Kingdom in 2014, Clare's Law is named after Clare Wood, a woman murdered in England by a former domestic partner who police knew to be dangerous. Variations on the legislation, implemented in different areas of the world, provide several ways for police officers to disclose a person's history of abusive behaviour to those who may be at risk.

Quebec's Bill 4 amends various legislative provisions in order to allow the disclosure, to a person who fears for their safety or that of their child, of information concerning the history of domestic violence of a current or former intimate partner.

SQ and local police checks

Following a background check by the Sûreté du Québec (SQ), in collaboration with municipal and Indigenous police forces, disclosure will be made through a designated organization with expertise in domestic violence "to ensure compassionate and tailored support," according to the government's statement.

The person at risk can also be referred to appropriate resources if needed. The goal, says the government, is to provide the person at risk with as many tools as possible "to make an informed decision about their relationship, without imposing a decision."

The law grants a victim the right to be informed of the conditions of any supervision imposed as part of a release order, a probation order with supervision, or a suspended sentence. It also grants the victim the right to be informed of the area where the person will be residing.

The government says significant collaborative work will continue in the coming months to develop tools with the partners involved who have expertise in this area, particularly as regards the use of the online application forms.

Some of the new law's measures

The new law adds an additional mechanism to existing measures implemented in Quebec to combat femicide and intimate partner violence. These measures include:

- The addition of specialized domestic and sexual violence units within police forces;
- The deployment of electronic monitoring bracelets for perpetrators of domestic violence;
- The establishment and strengthening

of rapid intervention units for domestic violence in all regions of Quebec;

- Emergency financial assistance to quickly relocate victims of sexual or domestic violence who wish to leave a dangerous environment;
- The creation of a dedicated phone line, which offers four hours of free legal consultation to all victims of domestic or sexual violence;
- And the creation and implementation of specialized courts for sexual and domestic violence cases.

A tool for domestic violence victims

Melpa Kamateros (picture on the right), executive-director of Shield of Athena Family Services, cited some examples of how the new law might be applied on a day-by-day basis.

"If you suspect something about someone your daughter is going out with, you will have the right under this law to go to the police station and ask if this guy has had any previous situations of conjugal violence, criminal arrests, complaints, if they've been tried," she said.

While acknowledging she was aware that some critics have objected that disclosing personal information potentially violates individual privacy rights, Kamateros said, "As a person who works in the domain, this information could be a reliable source and an additional point of security for domestic violence victims."

A right to feel safe

"Everyone should be able to feel safe with their intimate partner," said Quebec Public Security Minister Ian Lafrenière. "I am particularly proud of the collaborative work with all my colleagues in the National Assembly. We don't play partisan politics when it comes to violence against women."

"The adoption of this important bill is the concrete result of collaborative work among parliamentarians, united by the desire to do even more to combat femicide and intimate partner violence," he continued. "The work is far from over, but the adoption of this bill is a strong step that strengthens our safety net. This measure complements a range of other measures already implemented by our government."

'We owe it to the women'

"Every time a femicide is committed, all of Quebec is in shock," said Quebec Minister of Justice Simon Jolin-Barrette. "In recent years, we have worked tirelessly to better support victims throughout their healing process. If we can offer an additional tool that is more likely to prevent another tragedy, we must try."

"We owe it to the women of Quebec," added Jolin Barrette. "If the measures included in the new law allow us to prevent even one case of domestic violence, all of society benefits. Once again, we are sending a clear message to victims: you are not alone."



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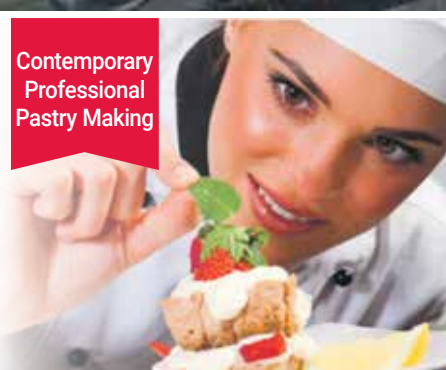
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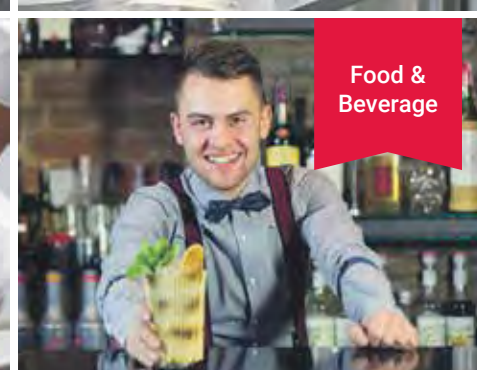
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New identity, same mission: CISSS des Laurentides becomes Santé Québec Laurentides



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Residents of the Laurentides will begin seeing a new name on health-care communications, websites, and public information materials as the region's health authority officially adopts a new identity.

The Centre intégré de santé et de services sociaux (CISSS) des Laurentides is now operating under the name Santé Québec Laurentides, part of a province-wide initiative aimed at creating a more consistent and recognizable public health network.

Provincial officials say the change is intended to simplify navigation of Quebec's healthcare system by providing a unified identity across regions. The rebranding follows broader healthcare reforms designed to improve coordination and public understanding of available services.

For many residents, the healthcare system can be difficult to navigate due to the variety

of agencies, institutions, and administrative structures involved. Health authorities believe that adopting a common name across the province will make it easier for patients and families to identify the services they need.

The transition will occur gradually. Existing platforms, publications, and communication tools will be updated over time to reflect the new identity while maintaining continuity of services.

Regional health leaders say the change is about improving clarity rather than altering the organization's core mission. The focus remains on providing healthcare and social services to residents throughout the Laurentides.

For the Laurentides, the new branding represents more than a new logo or name. It signals an effort to create a healthcare network that is easier for residents to navigate while maintaining the same commitment to care and community well-being.

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The DPJ issues a call to strengthen Quebec's social safety net

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At a conference held June 11 in Quebec City, youth protection officials made one thing clear: improving outcomes for children starts long before the Direction de la protection de la jeunesse steps in. The latest annual report highlights rising demand and increasing complexity, but it also lays out a path forward rooted in prevention, investment, and stronger community networks.

In 2025 to 2026 alone, the DPJ received 144,321 reports involving 107,273 children, representing 6.4 per cent of all minors in the province. While that marks a 1.4 per cent increase from the previous year, only 39,661 of those reports, retained for further assessment. These figures suggest that while more families are being flagged, not all cases meet the threshold for intervention.

Many of the challenges families face begin outside the scope of the DPJ. Rising costs of living continue to strain households across the province. Housing is becoming harder to secure, food prices remain high, and access to essential services is not always within reach.

"Access to housing is becoming more difficult, to feed yourself is expensive, having access to certain services, it's the accumulation of all these factors. This is ultimately what raises stress levels for parents in Quebec," said Nadia Denis, youth protection director for Côte-Nord.

These daily struggles often build over time, eventually pushing families into crisis situations that could have been avoided with earlier support. That is why DPJ officials are calling for greater investment in prevention. Community organizations, schools, and local services are seen as key players in helping families before situations escalate. However, their ability to do so depends on reliable support.

"Community organizations need to know where their funding is coming from year to year," said Nelson Pimentel, director of youth protection for Montreal's West Island.

Making activities and services accessible

Another major issue raised during the conference is accessibility, particularly when it comes to activities that contribute to a child's development. Sports, arts, and other structured programs provide more than entertainment. They help children build social connections, confidence, and stability.

However, these opportunities are not equally available to all families.

"Children's accessibility to activities, for example when you have to pay 500 dollars for a house league soccer team, that's a lot of money for some of our families, so it prices people out," said Pimentel.

This lack of access can have lasting consequences. The report notes that more than half of young people show signs of social anxiety affecting their well being and development. Without opportunities to engage in structured

environments, these challenges can worsen.

"Activities are important for the development of children, this is where we need to invest," Pimentel added.

The data also shows that neglect remains the leading reason for intervention, accounting for 30.1 per cent of cases, followed by risk of neglect at 17.9 per cent. These figures highlight how many situations are linked to broader living conditions rather than isolated incidents.

The principle behind prevention is clear. "A dollar of prevention on the front end will yield greater results for a society," Pimentel said.

Keeping families together whenever possible

Despite the growing pressures, the DPJ maintains that its primary goal is to keep families together. Just over half of children receiving services, 52.1 per cent, remain in their home environment, while one in five children are placed with relatives rather than in institutional care. Removing a child from their home is considered a last resort.

This approach requires collaboration with parents and sustained support systems that address root causes such as financial stress, mental health challenges, and social isolation. It also depends heavily on services outside the DPJ's direct control.

The report further notes that 10,507 adolescents were involved in interventions under the Youth Criminal Justice Act, a 4.1 per cent increase from the previous year and part of a broader upward trend over the past five years.

This adds another layer of urgency to the need for early intervention and accessible youth programs.

Ultimately, the findings point to a system reacting to crises instead of preventing them. By investing in housing, food security, community organizations, and accessible activities, Quebec has an opportunity to reduce the number of families reaching breaking points.

When asked what level of funding would be required to make a tangible difference, Pimentel declined to commit to a specific amount.

"I think there's already been a significant amount invested, it's a much bigger question than I can answer," said Pimentel. "I'm not sure I can give you a dollar amount but we know that we need to invest."

The message from youth protection officials is clear: rebuilding the social safety net is essential. Supporting families earlier and more consistently will not only ease the burden on the DPJ, but also ensure that more children can grow up in safe, stable, and supportive environments.

This approach also requires long term commitment from both government and communities. Sustained investments, better coordination between services, and a focus on equity can help ensure that vulnerable families are not left behind. By acting earlier and more collectively, Quebec can shift from managing crises to preventing them, creating a system that supports children before they ever need protection.

Lyme disease risk expands across most of the Laurentides region

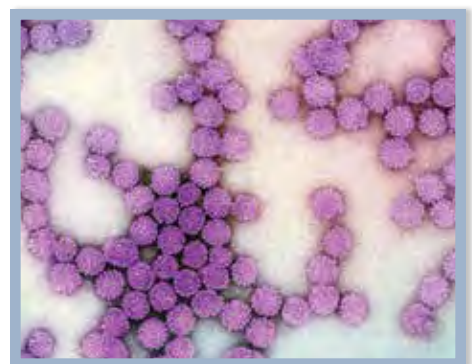
DIMITRIS ILIAS

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Residents planning summer hikes, camping trips, or outdoor activities in the Laurentides are being urged to take extra precautions following a significant expansion of areas considered at high risk for Lyme disease.

According to public health officials, nearly the entire Laurentides region is now classified as a high-risk zone for Lyme disease transmission, with only a handful of remote northern territories remaining outside the affected area.

The development highlights a growing public health challenge that is no longer confined to southern Quebec. Health authorities say Lyme disease has continued to spread into new regions over the past several years, a trend often associated with changing environmental conditions and expanding tick habitats.



For municipalities across the Laurentides, the announcement carries important implications. The region attracts thousands of visitors annually to its parks, forests, lakes, and recreational trails. As outdoor tourism remains a major component of the local economy, officials stress that residents and visitors should not avoid nature but instead adopt preventive measures.

Public health experts recommend staying on designated trails, avoiding tall grass, wearing long and light-colored clothing, and using insect repellents containing DEET or icaridin. Individuals are also encouraged to perform tick checks after spending time outdoors and to shower promptly upon returning home.

One of the most important factors in preventing Lyme disease is the rapid removal of ticks. Health officials note that removing a tick within 24 hours significantly reduces the risk of infection.

The warning also has implications for local healthcare services. Residents who are bitten by a tick in a high-risk municipality may be eligible for preventive antibiotic treatment following an assessment by a physician or pharmacist.

The expansion of Lyme disease risk zones serves as a reminder that public health concerns increasingly intersect with environmental realities. As more residents embrace outdoor recreation, awareness and prevention are becoming essential tools in limiting the spread of tick-borne illnesses throughout Quebec.

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CANADA DAY

The first Canada Day

Most historians agree that two key events precipitated the creation of the Canadian Confederation. First of all, America was in the middle of a civil war, with the British Crown taking the side of the southern slave states. Confronted with this situation, the United States threatened to annexe Canada. From the American point of view, the unification of all the British North American colonies would give them greater military and financial striking power against England, the mother country.

Another key event was the end of the preferential tariff given by London to its



The last time that Canada underwent a geopolitical change was in 1999, with the creation of a new territory, Nunavut.



colonies. In 1846, faced with the loss of this reciprocity treaty, Canada was forced to turn towards the United States for trade. A new reciprocity treaty was signed in 1854, this time with our neighbours to the south. It expired a short time later, in 1866, and was never renewed.

Following the loss of these two major trade markets, plans were made to unite the six independent colonies that formed British North America. On March 29, 1867, Queen Victoria approved the British North America Act, and the Dominion of Canada came into effect on July 1 of the same year.

A salute to the national flag

Canada Day celebrations usually involve fun activities for the whole family, such as dance and musical performances, children's shows, and face-painting. Many larger Canadian towns also organize a flag-raising event, an important ceremony that brings a moment of gravity to the festivities.



Here are some interesting tidbits about our flag:

- Some vexillologists (flag specialists) say that the Canadian flag is one of the most beautiful in the world because of its simplicity in colour and design.
- The red and white flag featuring the stylized maple leaf was raised for the first time over Parliament Hill in Ottawa, in 1965.
- Red and white were designated as Canada's official colours during the proclamation of the Royal Arms of Canada by King George V in 1921.
- The Canadian flag was first planted on the summit of Mount Everest in 1982 and appeared in space for the first time in 1984, on the uniform of Canadian astronaut Marc Garneau.



The red and white flag featuring a stylized maple leaf was raised for the first time over Parliament Hill in Ottawa, in 1965.

Happy Canada Day!

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CANADA DAY



Canadian values also include sustainable development and the promotion of culture and education.

July 1 is a day of celebration across the country, as Canada Day parties take over backyards and city parks. This date corresponds with the creation of the Canadian confederation through the British North America Act, which took effect on July 1, 1867. It is a moment in time stamped with the values we hold dear.

We often hear that Canadians believe strongly in the importance of defending their values on the international scene. But what are Canadian values, exactly? Let's zoom in on a few of those that seem to be embodied in the works of our artists, scientists, athletes, governments, and great minds.

Celebrating Canadian values

The main value we see reflected there is respect of universal human rights. Since the Universal Declaration of Human Rights was issued, and right up to the more recent Convention on the Rights of the Child, Canada has been on the front lines in the fight to win an international consensus on the freedom and dignity of the individual. It follows that Canadians are seen as staunch supporters of women's and children's rights.

Democratic traditions are also very important to Canadians. The development of a pluralist and participative civil society is strongly encouraged in Canada—that means we are serious about allowing the expression of diverse opinions and offering all citizens the possibility and means of participating in the life of their community and their country.

In economics, Canada is among the great defenders of the rule of law. Canadians want their governments and corporations to play by the rules in the business world, and generally support clear and transparent regulations along with both fiscal and environmental responsibility.

Symbols of our identity



There is much about Canada to inspire our rich collection of national symbols: we are a country with welcomed cultural diversity, we have four distinct seasons, and we are blessed with stunning landscapes of prairies, forests, mountains, rivers, and lakes. Historical events and our natural heritage have inspired the most famous of our symbols.

Perhaps the most recognizable symbol today is the maple leaf, just like the one that adorns the Canadian flag. The maple leaf image was adopted widely in the eighteenth century and has appeared on the uniforms and insignias of the Canadian military since 1850. All the grave stones of soldiers who have died in combat and are buried overseas or in Canada are engraved with a maple leaf.

Another important symbol is the beaver. This animal's image was closely linked with the Hudson's Bay Company many centuries ago, when Europeans first made their way inland. The beaver was later adopted as the logo of the Canadian

Pacific Railway and is used today by many other groups and associations across Canada. The image of the beaver is engraved on the five-cent coin, and it appears on the coats of arms of Saskatchewan and Alberta as well as some cities, including Toronto.

The Canadian identity is also partly defined by our history with the British monarchy, highlighted by the image of Queen Elizabeth II on our twenty-dollar bills. Indeed, symbols of the British monarchy make our Canadian identity very distinctive when compared with that of the United States. Other distinguishing traits are the RCMP and bilingualism.



Canadian symbols capture the spirit of this country.

*Bonne Fête
du Canada*

*Happy
Canada Day*

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VILLE DE DEUX-MONTAGNES

Blainville honoured for expanding public access to natural spaces

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The City of Blainville has been recognized by Nature-Action Québec (NAQ) for its efforts to improve public access to natural environments while protecting ecologically significant lands throughout the municipality.

The distinction was presented during celebrations marking the environmental organization's 40th anniversary. Acting Mayor Jean-François Pinard and Renaissance District Councillor Michèle Murray accepted the award on behalf of the city.

Municipal officials say the recognition reflects years of work aimed at balancing environmental conservation with public accessibility.

"We are extremely pleased that Nature-Action Québec has recognized both our achievements and our vision regarding access to natural environments," said Pinard. "For several years, and particularly since the adoption of our Ecological Transition Plan in 2023, we have made woodlands and natural areas accessible to residents through the development of trails and public infrastructure that contribute to the quality of life for which Blainville is known."

Nature-Action Québec officials praised the municipality's commitment to environmental stewardship and its willingness to invest in projects that connect residents with nature.

"This 40th anniversary allows us to measure how far we have come, but also to highlight what makes our work possible: the courage of municipalities to act and the collaborative efforts of our partners," said Pascal Bigras, Executive Director of Nature-Action Québec. "Through its initiatives, the City of Blainville has become an inspiring model for access to nature by placing both environmental protection and the well-being of residents at the centre of its priorities."

Significant natural assets

Blainville possesses one of the largest collections of natural spaces in the Laurentians region. Municipal data indicate the city contains 19.2 square kilometres of woodlands, 9.86 square kilometres of wetlands and more than 50 kilometres of waterways.

A major component of the municipality's conservation strategy has

been the acquisition and protection of approximately 560 hectares within what is now known as the Grande tourbière de Blainville. The vast wetland complex plays an important role in preserving biodiversity within the greater Montreal region.

Over the past several years, the city has invested in making these natural environments more accessible through the creation of trails, observation points and recreational infrastructure. Among the projects completed are improvements to the woodlands surrounding Lakes Fauvel, Parc équestre, Plan Bouchard and the Fontainebleau ravines.

Regional leadership in conservation

According to municipal officials, Blainville strengthened its conservation efforts in 2023 by registering several protected natural areas in the Metropolitan Directory of Municipal Conservation Initiatives maintained by the Communauté métropolitaine de Montréal.

Environment and Ecological Transition Committee Chair Francis Allaire said the protected lands entered into the registry represent an area equivalent to approximately 195 soccer fields.

"These sites account for nearly 11 per cent of all municipal natural-environment conservation initiatives listed in the directory," Allaire said. "This places Blainville among the leaders in the Greater Montreal region when it comes to municipal conservation efforts."

The city also highlighted the Seigneurie des Plaines cycling path, which crosses the Grande tourbière de Blainville and offers residents and visitors an opportunity to observe local wildlife and plant species. The 21.5-kilometre route connects Blainville with the neighbouring municipalities of Terrebonne and Sainte-Anne-des-Plaines.

Chambéry woodland project advances

Blainville's largest ongoing environmental-access initiative is the development of the Chambéry Woodland.

Construction began in spring 2025 and is expected to be completed by the end of summer 2026. Once finished, the site will feature 4.3 kilometres of trails, eight pedestrian access points, seven rest areas, three picnic spaces, two wildlife observation platforms and a bird-watching shelter.



Acting Mayor Jean-François Pinard and Municipal Councillor Michèle Murray receive the award on behalf of the City of Blainville.

The project is being carried out in partnership with the Communauté métropolitaine de Montréal through the implementation program of the Grand Montréal Green and Blue Network.

Municipal officials say the development will provide residents with additional opportunities to enjoy protected natural spaces while minimizing impacts on sensitive ecosystems.

Longstanding partnership

Councillor Michèle Murray emphasized the important role Nature-Action Québec has played in helping the city inventory, protect and showcase its natural environments over the past 15 years.

"NAQ's experts have been valued partners of Blainville for many years," Murray said. "They have helped us identify our natural environments, enhance them and make them accessible to residents through high-quality, environmentally responsible developments."

She added that the municipality looks forward to continuing its collaboration with the organization as new environmental projects move forward.

The award comes as municipalities across Quebec face increasing pressure to balance urban growth with environmental protection. Blainville officials say expanding public access to nature while preserving biodiversity will remain a key priority under the city's ecological transition strategy.

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Blainville turns to sheep for greener lawn maintenance



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Residents passing by the Marcel-Ayotte Reservoir this summer may be surprised to find an unusual municipal workforce quietly grazing on the grass instead of the familiar sound of lawnmowers.

As part of a pilot project launched on June 22, the City of Blainville has introduced a flock of sheep to maintain grass at the reservoir site located at the intersection of Marcel-Ayotte Street and Michèle-Bohec Boulevard. The initiative is part of the municipality's broader ecological transition strategy aimed at reducing the environmental impact of public space maintenance.

The project replaces traditional gasoline-powered lawnmowers with approximately 15 sheep that will be brought to the site once a month by Entreprise Spécialisée MG of Sainte-Sophie. The animals will remain under supervision while grazing and are expected to require about two full days to complete their work.

The initiative forms part of Blainville's Ecological Transition Plan, which seeks to promote environmentally responsible maintenance of municipal parks, lawns and gardens.

Municipal officials cite several advantages. Sheep eliminate the noise associated with gasoline-powered mowers, help protect insects and ground-dwelling wildlife, and naturally fertilize the soil through their manure. The city also hopes the project will encourage residents to think about sustainable land management and strengthen connections with nature.

Approximately once a month throughout the summer, the flock will return to the reservoir site to continue grazing. City officials will monitor the project's environmental impact,

effectiveness and public response.

While the sheep may appear to be leisurely enjoying the grass, they are carrying out an important ecological function. If successful, the pilot project could influence future maintenance practices in Blainville and potentially serve as a model for other municipalities looking to reduce their environmental footprint.



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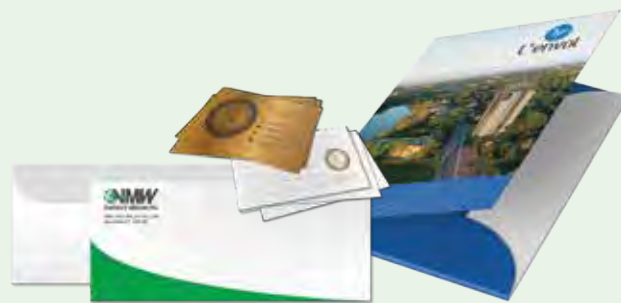
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DIRECT ANSWERS

FROM WAYNE & TAMARA

INTERNAL INVESTIGATION

Q About a year ago, I started to suspect my husband was having at least an emotional affair. Something was changing the familiar pattern of our relationship. I also found notes from a woman on his Facebook page and odd numbers on the phone bill.

At first I attributed the change in our level of intimacy to a combination of his age and a medication he was taking for stress. However, when I looked up the medication, there was no indication the drug affected the sex drive. When I asked my husband if he was interested in having an affair, I got a predictable answer.

Then last weekend we were at a pub. He drank too much and told me he would call his younger "friend" to keep him company unless I agreed to stay with him and drink. I was not drinking. I got up and went home, and he followed.

When I asked him about it the next day, he could not give me an explanation. I am an investigator by profession, and part of me wants to follow up. I will be devastated if it turns out he is having an affair--emotional or physical. We have two teenage children. Should I start to dig, or should I live with a suspicious mind?

Rochelle

A Rochelle, unchecked, the worm of doubt will eat you up. That's the first

reason to consider digging. If your husband is involved with another woman, there is a high degree of risk in your marriage. That's the second reason.

Whenever we have risk in our lives, it is best to try to manage it. That's true whether we are talking about flooding rivers, other drivers, or a potentially unfaithful spouse. But before you can manage risk, you have to identify its presence.

Ignorance prevents you from knowing the hazard and calculating the risk. You may think your marriage will last no matter what, but that is a little like people who believe they are good drivers even when they are drunk. The point is, our beliefs have little to do with the actual level of risk in our lives.

Something has altered your relationship with your husband. You've spoken to him. No resolution came from that. Now you have to step up and do more. It is no different than if a member of your family had a medical problem. Would you forget about it?

You heard a bump in the basement. You're an investigator, so investigate. And hold to the rules of investigation. Document, gather evidence, get all your ducks in a row before you interview the "suspect." Documentation will help should it become necessary to verify things to your children or to others.

Wayne & Tamara

THE WRONG FOOT

Q My boyfriend and I were friends for four years and recently started dating. During our friendship we fell deeply in love and now want to be married. During our months together we have noticed his dad doesn't like me, so we have come up with a way to get married without his father objecting.

I will get pregnant. We want our families at the wedding, and we don't want to elope. What do you think?

Suki

A Suki, you can't change anyone

else. You can be a good person and respectful. You can be a great mom and a great wife and perhaps win him over. But that is not your purpose in life. Your purpose in life is to be a good person for its own sake.

Let your actions speak for you, let your character shine, let people know you for who you are. Be worthy of respect, and if there are others who don't respect you, never give them a second thought. Some people can't be won over.

Part of being worthy of respect is not using ploys to force from others what is not freely given.

Wayne & Tamara

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

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Canada Revenue Agency ombudsman investigating delays in complex T1 adjustments

They 'touch on several rights under the Taxpayer Bill of Rights,' says CRA ombudsman Boileau

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The Canada Revenue Agency's ombudsman says his office has opened an investigation into delays involving the processing of complex T1 adjustments after receiving numerous complaints from taxpayers from across the country.

In a statement issued last week, CRA ombudsman François Boileau said the examination was started because they had been receiving a consistently high level of complaints about the delays.

The T1 General (or simply T1) is the tax form issued by the Canada Revenue Agency which is used by individuals living in Canada to file personal federal income tax returns.

According to the CRA's own reporting, taxpayers have been facing undue delays. Although the CRA's service standard for complex requests is 20 weeks, as of May 14 the CRA was taking up to 47 weeks to complete complex T1 requests.

"We understand that the CRA is under tremendous pressure to deliver its services to the public," Boileau said in a statement issued by his office. "But T1 adjustments affect many taxpayers, and delays can cause real issues for those who are seeking redress," he added.

Possible Bill of Rights violations

"The delays we have been seeing with complex T1 adjustment requests touch on several rights



under the Taxpayer Bill of Rights. With a systemic examination, we are hoping to get to the root causes of why the CRA is not currently meeting its service standard."

In Laval, Tom Laios, a professional tax accountant, said he was mostly unaware of the processing delays described by the CRA ombudsman.

While saying that none of his clients had run into this particular problem, he added, "I know from what I've heard from other people, usually it takes them [the CRA] a couple of months to do it."

In their statement, the ombudsman's office noted that if a taxpayer wants to change an income tax and benefit return, there are different options to do so.

The CRA's service standard for routine adjustments requested through "Change my return" in CRA taxpayer accounts or through tax software is to issue a notice of reassessment or a letter of explanation within two weeks of receiving the request. For routine adjustment requests made by phone or mail, the service standard is eight weeks.

20 weeks for complex requests

However, according to the ombudsman's office, the CRA can determine that a request is complex. This happens when the CRA needs more information or has to review the request. In these cases, the service standard is 20 weeks, which is much longer than the service standard for routine requests, according to the CRA.

In addition to opening a systemic examination, the ombudsman's office said they sent a service improvement request to the CRA.

"We asked it to change the T1-ADJ T1 Adjustment Request web page to encourage taxpayers to file their T1 adjustment requests online, rather than by printing and mailing the webform as suggested on its website, so that the requests can be processed more quickly," reads the OTO's statement, while adding that "our office is committed to carrying out this examination fairly and impartially."

"With this examination, we are looking to better understand current processes, the root causes of service issues, and what the CRA is doing so that it can meet its service standards," they continue. Based on the examination's findings, they say the ombudsman may make recommendations on solutions "to lessen delays so that taxpayers can receive more timely service from the CRA."

Mandate to improve service

The Office of the Taxpayers' Ombudsperson (which is the OTO's official name) describes its role as being to help improve service that the Canada Revenue Agency (CRA) provides to taxpayers.

It says it does so by reviewing complaints about the quality of service as well as by identifying and reviewing "systemic and emerging issues that can affect more than one person or a part of the population."

The ombudsman can also make recommendations directly to the federal Minister of Finance and National Revenue or to the Minister and the Chair of the CRA's Board of Management to address systemic issues and improve the service the CRA provides to taxpayers. The OTO says it also works to raise awareness of the OTO's role and the Taxpayer Bill of Rights.

Canada's Taxpayer Bill of Rights

There are 16 rights that describe the treatment you are entitled to when you deal with the Canada Revenue Agency (CRA). Additionally, there are 5 small business commitments.

1. You have the right to receive entitlements and to pay no more and no less than what is required by law.
2. You have the right to service in both official languages.
3. You have the right to privacy and confidentiality.
4. You have the right to a formal review and a subsequent appeal.
5. You have the right to be treated professionally, courteously, and fairly.
6. You have the right to complete, accurate, clear, and timely information.
7. You have the right, unless otherwise provided by law, not to pay income tax amounts in dispute before you have had an impartial review.
8. You have the right to have the law applied consistently.
9. You have the right to lodge a service complaint and to be provided with an explanation of our findings.
10. You have the right to have the costs of compliance taken into account when administering tax legislation.
11. You have the right to expect the CRA to be accountable.
12. You have the right to relief from penalties and interest under tax legislation because of extraordinary circumstances.
13. You have the right to expect the CRA to publish its service standards and report annually.
14. You have the right to expect the CRA to warn you about questionable tax schemes in a timely manner.
15. You have the right to be represented by a person of your choice.
16. You have the right to lodge a service complaint and request a formal review without fear of reprisal.



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The luckiest signs this week:
PISCES, ARIES AND TAURUS

♈ ARIES
You'll embark on a spiritual journey that broadens your horizons and nurtures personal growth. Reconnecting with your values and beliefs will bring a sense of inner peace. This period of transformation will be resonant and raise your consciousness.

♉ TAURUS
Asking for help isn't a sign of weakness. A qualified professional may provide support through emotional or personal healing. You deserve to find well-being, serenity and fulfillment.

♊ GEMINI
Your relationship may feel fragile due to your partner's lack of finesse. A little extra tenderness may be needed. At work, pay attention to the small details during a negotiation because they could completely change the outcome.

♋ CANCER
Your physical health is often influenced by your mental health, so you'll need to explore your feelings and subconscious thoughts to understand what's causing your discomfort. If you have a chronic illness, this introspection could reveal new paths to healing.

♌ LEO
Bolstered self-confidence is essential to your success. Boosting your ego in a healthy way will set you apart. Your irresistible charisma will attract respect, admiration and compliments, reinforcing your presence in your personal and professional circles.

♍ VIRGO
You'll juggle a move and a project close to your heart. Your romantic partner's support will be invaluable. Order in your living space will bring mental clarity, promoting serenity, motivation and a sense of balance. These qualities will help you maintain your priorities.

♎ LIBRA
You'll express your opinions boldly, even if they're not always popular. Your charm and eloquence will inspire others to embrace your ideas. Art will be a powerful channel for self-expression, touching the hearts and minds of others.

♏ SCORPIO
Financial concerns may cause stress, so hold things in perspective. Money is important, but love, health and happiness should be your priorities. Regaining this insight will bring calm and help you return to what matters most.

♐ SAGITTARIUS
You are driven by enthusiasm and ambition. You welcome stimulating challenges. Professional or personal success is on the horizon. You'll take a step toward realizing a big dream.

♑ CAPRICORN
A difficult situation—a hard-to-keep secret, perhaps—may weigh on your mind. Think carefully before acting and trust your intuition. Your guardian angels will lead you toward the right decision.

♒ AQUARIUS
Limit your coffee intake to better manage stress and agitation. When faced with difficult situations, practice releasing control. Focus on your priorities. This will help you handle unexpected situations and professional challenges more calmly.

♓ PISCES
New professional opportunities are on the horizon, which will showcase your skills and experience. If you can adapt, you'll persevere to achieve your goals. The process will enhance both your achievements and your financial stability.

Coffee Break

CROSSWORD

GRID N° 307

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				54			55			
56				57			58			

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ACROSS

1. Dock
6. Portray
9. Word of inquiry
12. Knowing
13. Baseball's Gehrig
14. Chopping tool
15. Fasten again
16. Designated
18. Punches
20. Great deal
21. Similar
24. Bring
26. Electrified particle
27. Fore's opposite
28. Sound systems: hyph.
32. Pilfer
34. Severe
35. Some chess pieces
36. Patrolman
38. "When Harry _____ Sally..."
39. Squash

41. Adjusts in length
42. On the cutting _____
45. Poor
47. Grasp clearly
49. Resolve a debt
53. Heidi's mountain
54. End
55. Weld
56. Brother's sib
57. Observe secretly
58. Shipboard buddies
DOWN
1. Obstacle
2. Pasture mom
3. Informer
4. Clan
5. Back of the foot
6. In error: 2 wds.
7. Glide
8. Bath basin
9. Crown of light
10. Yoke of _____
11. Ties the knot
17. Moral precept
19. Not at work
21. Mispronounce
22. Pinch
23. Recognized
25. Gent
27. Additionally
29. Seethe
30. Newsy bit
31. Collections
33. Guardian _____
36. Eerie
37. "_____ on Melancholy"
40. Open a jacket, maybe
41. Laughing _____
42. Divisions of time
43. Cold-cut shop
44. Openings
46. Bongo, e.g.
48. _____ a boy!
50. Cherry center
51. Finished lunch
52. Okey-doke

Sudoku

GRID N° 1000

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

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

CROSSWORD

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

Sudoku

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



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BIG BASKET (\$40)

- | | |
|--------------------------------|--------------------------------|
| 1. Sweet Cherries (~2 lbs bag) | 9. Coffee Mushrooms |
| 2. Strawberries (2 packs) | 10. Shishito Peppers |
| 3. Spinach | 11. Zucchini (2) |
| 4. White Nectarines (3) | 12. Oranges (3) |
| 5. Broccoli (2 crowns) | 13. Cucumber |
| 6. Celery | 14. Romaine Lettuce |
| 7. Lime | 15. Avocado |
| 8. Bell Peppers (3) | 16. Sweet Tomatoes |
| | 17. White Potatoes (5 lbs bag) |
| | 18. Lemon |

SMALL BASKET (\$22)

- | | |
|---------------------------|----------------------|
| 1. Golden Hami Cantaloupe | 6. Coffee Mushrooms |
| 2. Strawberries | 7. Oranges (2) |
| 3. White Nectarines (2) | 8. Avocado |
| 4. Bananas (3) | 9. Tomatoes (pack) |
| 5. Spinach | 10. Bell Peppers (2) |
| | 11. Cucumber |

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