

Bulletin D'AYLMER

VOLUME 45 | EDITION 43
LE MERCREDI
4 NOVEMBRE 2026
WEDNESDAY
NOVEMBER 4, 2026
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Publireportage

Inauguration – Espace Ambiance



Le directeur général des Galeries'Aylmer, M. Guy Leblanc, est à l'entrée de L'Espace Ambiance qui a été inauguré officiellement le mercredi 28 septembre aux Galeries d'Aylmer. /
The managing director of Galeries Aylmer, Mr Guy Leblanc, is standing at the entrance to L'Espace Ambiance, which was officially opened on Wednesday 28 September at Galeries d'Aylmer.
PHOTO: CHRISTIAN ROCHEFORT

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GATINEAU
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Un mode de vie locatif moderne au cœur du Vieux-Aylmer

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Quebec's new PQ cabinet without a minister from the Outaouais region



Drazen Seslija

None of the MNAs from the Outaouais region will serve as minister in the new cabinet of Paul St-Pierre Plamondon's government, which was unveiled on October 21. Instead, responsibility for the region has been entrusted to Camille Pellerin-Forget, MNA for Iberville in the Montérégie region.

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Camille Pellerin-Forget, who has previously lived in the Outaouais, is the new minister responsible for the region, in addition to serving as minister for Democratic Institutions and as deputy minister for Mental Health and Social Services.

The region's only PQ member of the National Assembly, Isabelle Millette, elected in Papineau, did not receive a ministerial position. Instead, she will serve as Camille Pellerin-Forget's parliamentary assistant.

A FOCUS ON COLLABORATION FOR GATINEAU'S MAYOR

In Gatineau, Mayor Maude Marquis-Bissonnette has indicated her desire to collaborate with members of the new cabinet to advance the city's priority issues. In particular, she intends to reach out to Health Minister Marie-Karlynn Laflamme; the minister responsible for Transportation and Municipal Affairs, Nicolas Girard; and Premier Paul St-Pierre Plamondon, who is also responsible for combating homelessness.

The mayor also welcomed the appointment of Camille Pellerin-Forget as regional liaison. For Gatineau, dialogue with the provincial government will be crucial on issues such as health care, transportation, homelessness, and municipal infrastructure.

THE ABSENCE OF AN OUTAOUAIS REPRESENTATIVE IN CABINET RAISES QUESTIONS

André Fortin, Liberal MNA for Pontiac, highlighted the unique situation of the Outaouais, which is the only region to have elected a representative from the Parti Québécois without securing a seat in cabinet. According to him, this situation could complicate efforts to advocate for regional interests with the government.

The absence of a minister directly from the Outaouais presents local elected officials with a challenge: advocating for the needs of a region whose issues fall under the purview of several ministers, while working with a regional representative elected outside the territory.

The new Liberal member for Hull, Sacha Cannon, has also made defending regional interests a top priority. He stated that he intends to champion and voice the region's concerns to the new government, particularly regarding health care and infrastructure.

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Santé Québec

Publireportage

Allô mon Coco : deux restaurants, deux histoires entrepreneuriales à Gatineau

Avec près de 50 succursales réparties au Québec, en Ontario et au Mexique, Allô mon Coco continue de faire rayonner sa passion pour les déjeuners, dîners et brunchs. À Gatineau, deux restaurants témoignent du dynamisme de cette entreprise québécoise et de l'engagement de ses franchisés envers leur communauté.

UNE NOUVELLE ADRESSE DANS LE SECTEUR

Inauguré le 8 octobre 2026 au 20, boulevard du Plateau, le nouveau restaurant Allô mon Coco est dirigé par Smit Bharatkumar Chikhaliya, également propriétaire d'une succursale à Kanata. Entrepreneur passionné, il poursuit son développement après trois années au sein de la bannière. Pour lui, la satisfaction des clients et la proximité avec la communauté demeurent des priorités.

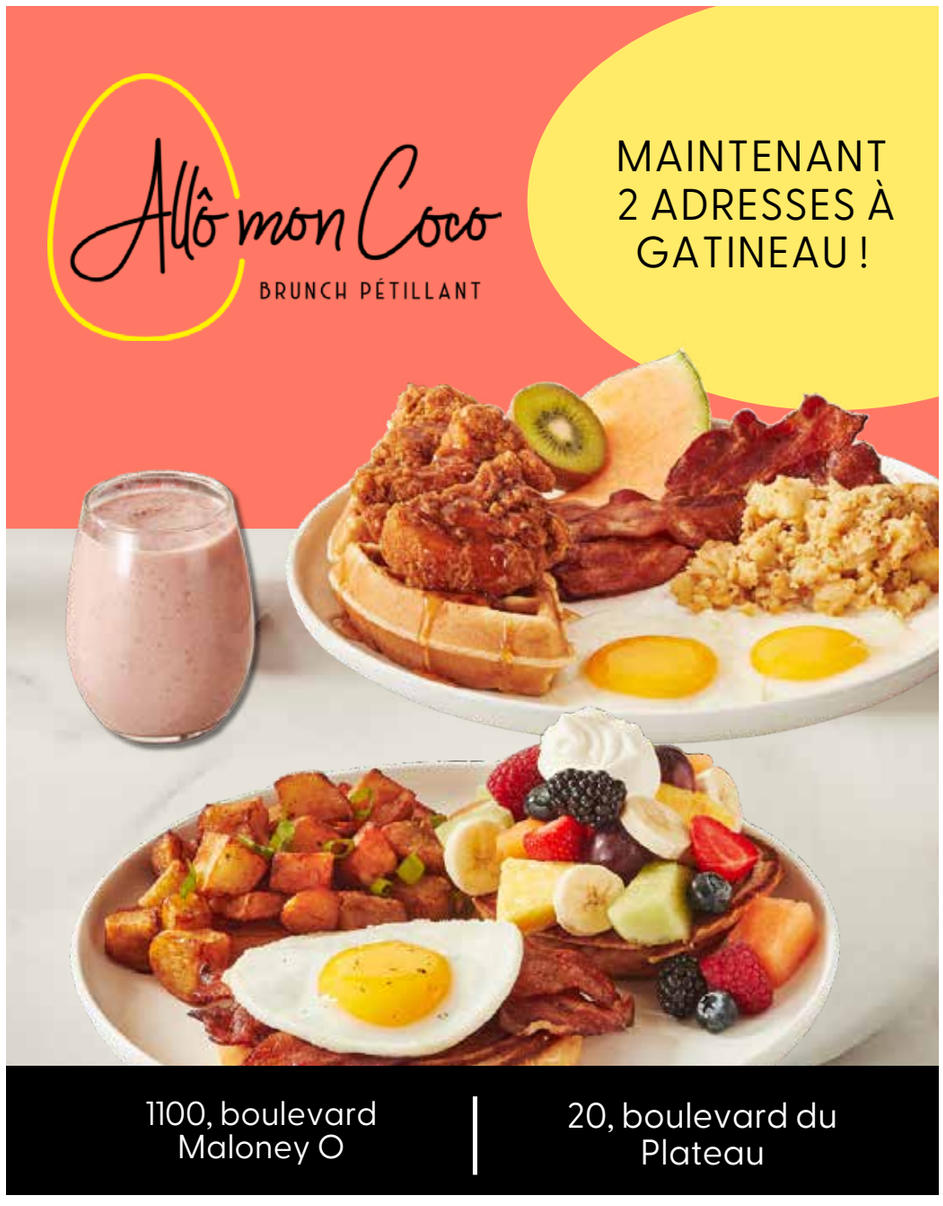
UNE AVENTURE ENTREPRENEURIALE

Depuis près de dix ans, Jonathan, son frère Jacob et leur mère travaillent ensemble au développement de leur restaurant Allô mon Coco à Gatineau. Une aventure entrepreneuriale marquée par la passion, la persévérance et le travail d'équipe.

Au fil des années, ils ont également développé des liens étroits avec leur communauté en soutenant diverses initiatives locales, notamment dans les domaines de la jeunesse, du sport et des arts.

« Ma plus grande fierté, c'est de voir tout le chemin parcouru ensemble », souligne Jonathan, qui se réjouit de poursuivre cette aventure malgré les défis surmontés au fil des années.

À travers ces deux parcours, Allô mon Coco démontre que derrière chaque restaurant se trouvent des entrepreneurs passionnés, profondément attachés à leur communauté.



Affaires municipales

Séances à venir du conseil municipal et des comités et commissions de Gatineau



Marie-Ève Turpin

LUNDI 9 NOVEMBRE

- **Comité consultatif agricole (CCA) :** à 15 h dans la salle de direction de la Maison du Citoyen ou par vidéoconférence. Toute personne souhaitant assister à la séance du CCA ou s'adresser à ses membres doit se présenter sur place à l'heure et à l'endroit indiqués, ou s'inscrire préalablement pour y assister en virtuel, jusqu'à midi la veille de la séance, en faisant parvenir un courriel à comitescommissionstables@gatineau.ca. Un lien pour participer à la séance sera envoyé aux personnes inscrites.

JEUDI 12 NOVEMBRE

- **Commission de développement économique (CDÉ) :** de 12 h 30 à 15 h 30 dans la salle de direction de la Maison du Citoyen ou par vidéoconférence. Toute personne souhaitant assister à la séance de la CDÉ ou s'adresser à ses membres doit se présenter sur place à l'heure et à l'endroit indiqués, ou s'inscrire préalablement pour y assister en virtuel, jusqu'à midi la veille de la séance, en faisant parvenir un courriel à comitescommissionstables@gatineau.ca. Un lien pour participer à la séance sera envoyé aux personnes inscrites.

VENDREDI 13 NOVEMBRE

- **Comité des finances (CF)**

SAMEDI 14 NOVEMBRE

- **Commission jeunesse (CJ) :** de 13 h à 16 h dans la salle des Comités de la Maison du Citoyen. Toute personne souhaitant intervenir auprès de la CJ peut le faire par écrit à l'adresse suivante : comitescommissionstables@gatineau.ca.

MARDI 17 NOVEMBRE

- **Conseil municipal :** Début de la séance à 19 h dans la salle Jean-Despréz de la Maison du Citoyen. Toute personne souhaitant s'adresser aux élus durant la période de questions doit se présenter sur place dès 18 h 30 afin de s'inscrire. Les séances peuvent également être visionnées en direct sur les ondes de MAtv ou en différé sur le site Web de la Ville de Gatineau.

Hypocrisie climatique, quand tu nous tiens!



DIDIER **Périès**

Je ne crois pas en Dieu, mais je crois dans les coïncidences pleines de sens! La COP 31 se déroule au moment où démarre un procès contre le gouvernement du Canada. Vous avez bien entendu. Mais revenons un instant sur les évènements, alors que notre représentant commercial en chef, Mark Carney, se dépense à signer des ententes commerciales, afin de « favoriser les nouveaux investissements et […] réaliser de grands projets qui créeront de bons emplois […] sur plusieurs générations » (dixit la page du PM!). Wouaou! Rien de moins!

En coulisses, son gouvernement a constitué un groupe interministériel visant la construction de 1000 km de pipeline pour acheminer du gaz de schiste de l'ouest jusque sur la Côte-Nord du Québec. Je peux vous garantir que vous ne voulez pas d'un puits de gaz de schiste dans vos environs: ce gaz est, certes naturel, mais sa production et sa consommation génèrent beaucoup de GES, en plus de polluer massivement les nappes phréatiques. Bref, la société Marinvest n'a pas payé ses lobbyistes des millions pour rien Mark Carney l'a reçue quand il n'a pas eu une seule rencontre avec des organisations écologistes… Et les cibles de réduction des GES que le Canada s'est engagé à atteindre, me direz-vous? 1. Elles ont été réduites 2. Elles ne seront jamais atteintes. Personne n'est dupe, mais on fait semblant que c'est encore possible, ou bien l'on détourne le regard; c'est le principe de la diversion, de l'illusionnisme.

C'est l'un des nombreux exemples du recul actuel du Canada en matière de lutte aux changements climatiques. Il y en a beaucoup d'autres que je ne m'épuiserais pas à énumérer. Ce n'est pas pour rien que des enfants ont intenté un procès au gouvernement qui commence enfin, après sept ans de procédures pour l'annuler ou le repousser, sans succès. Les enfants en question sont maintenant adultes et réclament — expression nouvelle — que justice climatique soit faite! Le premier procès climatique au Canada voit donc ces quatorze jeunes (venus de sept provinces) témoigner à Vancouver pendant quatre semaines. L'une d'entre eux est même devenu maman : elle pense maintenant à ses enfants… et peut-être à ses petits-enfants. Leur accusation? Le Canada mettrait en péril leur santé, leur sécurité et leur compromettrait leur avenir en favorisant l'exploitation des combustibles fossiles (pétrole et gaz de schiste notamment). Leur intention? Forcer le gouvernement à mettre en pratique un plan qui agisse vraiment contre la crise climatique et respecte leurs (nos) droits constitutionnels.

Ironie cruelle, au même instant se déroule une énième COP teintée du tout récent rapport du Programme des Nations unies pour le développement (PNUE), un rapport au constat brutal : la diplomatie climatique des vingt dernières années n'a pas fonctionné ; le 1,5 degré de réchauffement est non seulement dépassé (nous en sommes déjà à deux degrés au Canada), mais l'on se dirige allègrement vers une moyenne de cinq degrés d'ici 2100! Je sais, ce sont des chiffres un peu abstraits, j'y reviendrais dans un autre éditorial.

En Turquie, les « parties » vont donc discuter, au milieu des lobbyistes des industries fossiles - maintenant devenus plus nombreux sur place que les écologistes - faire semblant de négocier pour aboutir à une nouvelle déclaration pleine de vagues promesses consensuelles, que personne ne tiendra. Quand nous en lasserons-nous?

The Illusion of Privacy (2) - Opting Out of Surveillance



IAN **Barrett**

As explained in last week's column, our cars capture enormous amounts of data on our private lives, from our driving habits to our personal health. These data are then sold by car manufacturers to other companies, who use them for various purposes.

In terms of controlling data collection by the car companies themselves, there are possibilities to opt out from some data collection, but not over what's referred to as "essential data harvesting". These opt-outs are generally buried in the account configuration settings of apps, and require giving up many of the "smart" features of cars, with the most comprehensive privacy settings eliminating automatic 911 calls, satellite navigation, and potential software updates. Preventing your data from being shared with third parties requires going to the automaker's privacy webpage and filing a formal Do Not Sell/Share My Personal Information request. You can also contact data aggregators like LexisNexis and Verisk to see what data they have on you, and request opt-outs from sharing your data.

Crucially, you should always perform a hard reset on the vehicle system when buying or selling a used car, as the vehicle will otherwise retain personal information, mobile connections, home locations and even garage door codes for the original owner.

Still, there is hope that things will improve in terms of privacy in cars. A few years ago outrage in the U.S. over insurance companies using drivers' driving habits without their knowledge to set premiums led to legislation to reign in such practices. Canada is ahead of the U.S. in terms of privacy legislation, but Europe is much farther ahead still, drastically restricting the types of data that car companies can harvest. In particular, European cars tend to store data locally in the vehicle, and only transmit it when an emergency occurs.

The simplest solution is to simply go old-school. Driving a car that was manufactured before 2015 means that you're outside the data drag net of car manufacturers.

Yet problems with data collection go deeper than simply being on a car company's server. Any data which is collected and held by an American company is subject to something called the American Cloud Act, which requires companies to hand over the data to American authorities, even if the servers housing the data aren't located in the U.S. Since all major companies with cloud infrastructure are based in the U.S., including Microsoft, Amazon, and Google, this means that the U.S. has effective ownership of the world's data.

The idea of privacy is very much a 20th century concept. As more tech enters our lives via smart homes and digital assistants, private companies will know everything about us. Yet this is the price for the conveniences that we've come to embrace. If anything, tech is inviting itself into ever more aspects of our lives. Smart home devices like voice-activated assistants are some of the most important examples. Even if they respect privacy when running properly, they are vulnerable to being hacked and turned into covert spy devices.



Par : Julie Dufour

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"This project has been made possible by the Community Media Strategic Support Fund offered jointly by the Official Language Minority Community Media Consortium and the Government of Canada."

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LETTRES À L'ÉDITEUR | LETTERS TO THE EDITOR

LA PAGE DE JACK COUTURE

Écrivez-nous par courriel !

Expédiez-nous vos commentaires, vos idées ou vos questions par courriel. Il nous fera plaisir de recevoir votre correspondance. Vous devez signer votre lettre et inclure vos coordonnées complètes. C'est gratuit! Faites parvenir votre matériel au rédacteur en chef: info@bulletinaylmer.com

Say your piece!

Get your opinion out where it counts – via a "Letter to the Editor". This is a free means to talk to your neighbours, municipal leaders and other politicians – to the world around us. Simple as an email or dropping your letter at our offices [see coordinates on page 4]. All letters must be signed and must include your coordinates. Send your email to the Editor: info@bulletinaylmer.com

BÉNÉVOLES RECHERCHER
Un peu de votre temps pour protéger les enfants au défilé du Père Noël

Chers lecteurs,

À l'approche des Fêtes, les sollicitations se multiplient. Je ne fais pas exception, mais cette fois, ce n'est pas votre argent que je sollicite : c'est un peu de votre temps.

Le samedi 28 novembre prochain, le défilé du Père Noël de Gatineau illuminera les rues du Vieux-Aylmer, de la Marina jusqu'aux Galeries Aylmer. Pour que cette soirée demeure magique et sécuritaire, nous avons besoin de 40 bénévoles présents le long du parcours.

Malgré l'installation de près de 900 barricades, certains coins de rue et certaines portions du trajet nécessitent une présence humaine. Émerveillés par les chars allégoriques, les enfants peuvent parfois être tentés de s'avancer dans la rue. Votre vigilance nous aiderait à les garder à une distance sécuritaire et à assurer le bon déroulement du défilé.

Nous sollicitons votre présence de 17 h 30 à 20 h 30. Munis d'une veste réfléchissante, vous serez affectés à une portion du parcours pour veiller sur les spectateurs, particulièrement les plus petits.

Parents, grands-parents et membres de notre communauté : votre présence peut faire toute la différence. Accepteriez-vous de nous prêter main-forte pendant ces trois heures?

Si vous êtes disponibles, merci de me transmettre votre nom, votre numéro de téléphone et votre adresse courriel à noelaylmer@gmail.com, afin que je puisse compléter notre liste de bénévoles et vous communiquer les consignes.

Je vous serais très reconnaissante de toute aide que vous pourriez apporter. N'hésitez pas à partager cet appel autour de vous : chaque personne compte!

Merci de contribuer à protéger nos enfants et à faire vivre cette belle tradition.

Nathalie Lavergne,
noelaylmer@gmail.com - 819.328.8244
Coordination du défilé du Père Noël de Gatineau

VOLUNTEERS WANTED
A little of your time to keep children safe at the Santa Parade

Dear Readers,

As the holidays approach, requests for help are on the rise. I'm no exception, but this time, I'm not asking for your money—I'm asking for a little of your time.

On Saturday, November 28, Gatineau's Santa Parade will light up the streets of Old Aylmer, from the Marina to the Galeries Aylmer. To ensure this evening remains magical and safe, we need 40 volunteers stationed along the parade route.

Despite the installation of nearly 900 barriers, certain street corners and sections of the route require a human presence. Enchanted by the floats, children may sometimes be tempted to step into the street. Your vigilance would help us keep them at a safe distance and ensure the parade runs smoothly.

We're asking for your help from 5:30 pm to 8:30 pm. Equipped with a reflective vest, you'll be assigned to a section of the route to keep an eye on spectators, especially the youngest ones.

Parents, grandparents, and members of our community: your presence can make all the difference. Would you be willing to lend a hand for these three hours?

If you're available, please send me your name, phone number, and email address at noelaylmer@gmail.com so I can add you to our volunteer list and provide you with instructions.

I would be very grateful for any help you can provide. Please feel free to share this call for volunteers with others: every person counts!

Thank you for helping to keep our children safe and for keeping this wonderful tradition alive.

Nathalie Lavergne,
noelaylmer@gmail.com - 819.328.8244
Gatineau Santa Parade Coordination
(Translated BA)

Request that Gatineau modifies bylaws governing biodiverse gardening

As a volunteer with Pollinate Aylmer, a nonprofit that promotes native gardens, I was troubled to hear that a neighbour's complaint prompted a municipal enforcement visit to a Gatineau resident's award-winning native plant garden. The Canadian Wildlife Federation had recognized the garden for its biodiversity benefits, yet it still faced a law enforcement review. Although no violation notice was issued, inspecting an ecologically beneficial garden sends a discouraging message to residents working to conserve nature.

Native pollinator gardens are cultivated, not neglected, landscapes. They provide habitat for bees, butterflies, birds, and other wildlife, save water, and strengthen neighbourhood resilience to climate change. Gatineau encourages diverse plantings, smaller lawns, and pollinator beds featuring Quebec's native flowers. Its biodiversity action plan includes a commitment to protect 30 percent of its territory by 2030.

Promoting biodiversity while allowing complaints about naturalized gardens' appearance to trigger enforcement visits is contradictory. A native flower garden should not be viewed as a possible bylaw violation merely because it differs from a traditional lawn.

Gatineau's climate plan and biodiversity strategy aim to build a resilient city where nature thrives. Yet conflicts continue despite longstanding commitments to align property-maintenance and nuisance bylaws with those goals. I urge Gatineau City Council to amend the relevant bylaws without delay, explicitly protecting environmentally responsible gardening and putting its biodiversity and climate commitments into practice. Residents and local conservation groups should be celebrated for creating native habitat, not compelled to defend it.

M. Wong,
North Lucerne

Alliance Parc Deschênes

Une autre grosse corvée de nettoyage!

Une belle équipe d'une vingtaine de bénévoles ont participé à une corvée automnale de nettoyage de la forêt Deschênes, organisé biannuellement par l'Alliance Parc Deschênes.

Tous, incluant 5 jeunes étudiants, ont vraiment contribué, encore une fois à aider la forêt à mieux respirer et à redonner aux abords de la rivière des Outaouais un aspect plus naturel.

Un travail continu de 2 heures a abouti à la collecte de 15 gros sacs de déchets dont plusieurs cannettes de métal, contenants en verre et de plastique et plusieurs sacs de crottes de chiens. On y a aussi collecté du métal, des tuyaux, des chaises brisées, et beaucoup de matériel de construction.



Un appel à tous: à votre prochaine randonnée dans le futur parc Deschênes, merci de rapporter chez vous vos déchets. C'est un petit geste facile pour chacun de nous mais tellement important pour assurer la conservation de cette belle forêt urbaine et ses alentours. Un gros merci aux bénévoles!

Another big cleanup effort!

A wonderful team of about twenty volunteers took part in an autumn cleanup of Deschênes Forest, organized twice a year by the Deschênes Park Alliance. Everyone, including 5 young students, really contributed once again to helping the forest breathe better and restore a more natural look to the banks of the Ottawa River.

Two continuous hours of work led to the collection of 15 large bags of trash, including many metal cans, glass and plastic containers, and several bags of dog waste. We also collected metal, pipes, broken chairs, and a lot of construction materials.

A call to everyone: on your next hike in the future Deschênes Park, please take your trash home with you. It's a small, easy gesture for each of us but so important to ensure the conservation of this beautiful urban forest and its surroundings. A big thanks to volunteers!





Poupoune
8 ans | 8
himalayen blue point | Himalayan Bluepoint
Propriétaire | Owner: Jean-François



Darlin'
13 ans | 13
Exotic Shorthair
Propriétaire | Owner: Patricia



Lupin
3 ans | 3
chat domestique à poil court | Domestic Shorthair
Propriétaire | Owner: Kareen



Luna
4 ans | 4
chat « tuxedo » | Tuxedo Cat
Propriétaire | Owner: Kayla

Arthur
6 ans | 6
croisement devon rex & sphynx | Devon Rex & Sphynx mix
Propriétaire | Owner: Kayla

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Send your cat's photo to: @bulletinaylmer on Facebook and Instagram or by email to a.repstock@bulletinaylmer.com

A call for strategic placement of public toilets across Gatineau

I am writing to draw the attention of the City of Gatineau's municipal government to an important but often overlooked issue: the lack of accessible public toilets for delivery drivers and other mobile workers who provide essential services to our community.

Every day, drivers working in transportation, courier services, food delivery, grocery delivery, and other sectors help keep Gatineau moving. They transport people, deliver essential goods, bring meals to families, and help individuals and businesses save valuable time. Many of these workers operate throughout the day and night, including weekends and holidays. They are an important part of our local economy, contributing through their work, spending, and taxes while making everyday life more convenient for thousands of residents.

Yet, despite the importance of their work, many drivers face a basic challenge: finding a toilet when nature calls.

Gas stations and other businesses that previously provided access to washrooms increasingly restrict or deny access to non-customers. Public washrooms are also not always available where drivers need them, particularly during late-night hours or while working in less central areas of the city. For drivers who spend hours on the road, this creates an uncomfortable and sometimes urgent problem.

When people have no reasonable access to toilet facilities, some may resort to relieving themselves in roadside areas, secluded public spaces, or other inappropriate locations. This is not only a public sanitation concern; it can also affect the cleanliness, appearance, and reputation of our neighbourhoods. Providing accessible facilities would be a practical step towards addressing the problem at its source rather than simply condemning the consequences.

I therefore respectfully urge the City of Gatineau to consider installing mobile or self-contained public toilets at strategic locations throughout the city, including the Aylmer, Hull, Gatineau, Buckingham, and Masson-Angers sectors.

Potential locations could include major road corridors, public parking areas, parks and recreation zones, transportation hubs, and other places where drivers regularly stop or wait for work assignments. Particular consideration should be given to locations accessible during extended hours, including overnight, when many other facilities are closed.

To make the initiative practical and sustainable, the city could begin with a pilot project at selected high-demand locations. The facilities could be designed to be accessible, regularly cleaned, well-lit, secure, and maintained through a scheduled servicing programme. Usage, maintenance costs, and community feedback could then be evaluated before expanding the programme to other parts of Gatineau.

This initiative would benefit more than delivery drivers. Taxi and rideshare drivers, commercial transport workers, tradespeople, cyclists, pedestrians, tourists, and other members of the public could also benefit from convenient access to public washrooms.

Gatineau prides itself on being a welcoming, clean, and livable city. Ensuring access to basic sanitation facilities is a practical way to uphold those values while recognizing the dignity of people whose work keeps our community functioning.

Delivery drivers are not asking for special treatment. They are asking for access to a basic human necessity while performing services that residents rely on every day. A city that benefits from their contribution should also consider their most basic needs.

I encourage the municipal council and relevant city departments to examine this proposal and engage with drivers, residents, and local businesses to identify suitable locations and workable solutions.

Sometimes, a relatively simple municipal initiative can make a meaningful difference to public health, neighbourhood cleanliness, workers' dignity, and the quality of life of an entire community.

I hope the City of Gatineau will give this issue the serious consideration it deserves.

Yours sincerely,

A Concerned Gatineau Resident and Road Worker
Gatineau, Quebec





« La marina d'Aylmer. On dirait l'arbre de la vie pour moi »

"Aylmer, Marina. Looks like the tree of life to me"

Soumis par : Sandra-Lynn Renaud

#NewsMatters

Community grieving

Second fatal car crash on Boulevard des Allumettières this season



Drazen Seslija

Two people were killed in a car crash that occurred early Friday, October 30, around 2 am on Boulevard des Allumettières in Aylmer. Three other people in the vehicle were also injured, one of them seriously.

The accident occurred on the eastbound lane, near the intersection with Boulevard des Grives. The vehicle, which was carrying five people, reportedly veered off the road and rolled over several times, according to authorities.

By the time first responders arrived, one of the passengers had already succumbed to their injuries. A second person, who was transported to the hospital, later died.

The three other occupants were also taken to the hospital. Two have since been discharged, while the third person, who suffered serious injuries, remains hospitalized in stable condition.

AN INVESTIGATION IS UNDERWAY

The Gatineau Police Service (SPVG) is continuing its investigation to determine what led to the loss of control of the vehicle. At this time, preliminary information does not suggest that a crime was committed. The possibility that the driver was under the influence of alcohol or drugs has also been ruled out.

The police response required the closure of Boulevard des Allumettières in the eastbound direction, between Chemin Vanier and Boulevard des Grives. The area remained closed to motorists until 4 pm to allow investigators and forensic technicians to conduct the necessary analyses.

At the time of this writing, the SPVG will not disclose the identities of those involved, out of respect for their loved ones.

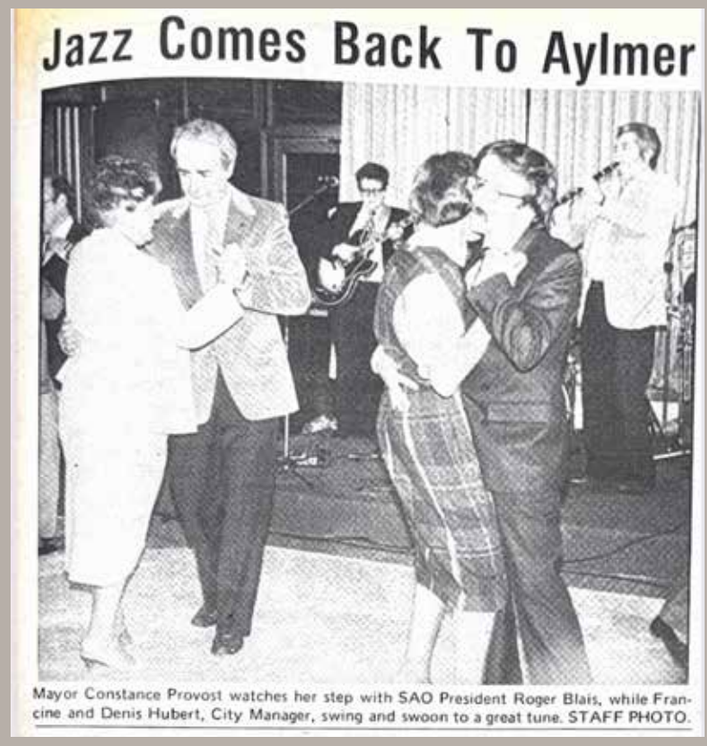
Members of the public with information that could help advance the investigation may contact the Police Department at 819-246-0222, on its non-emergency line.





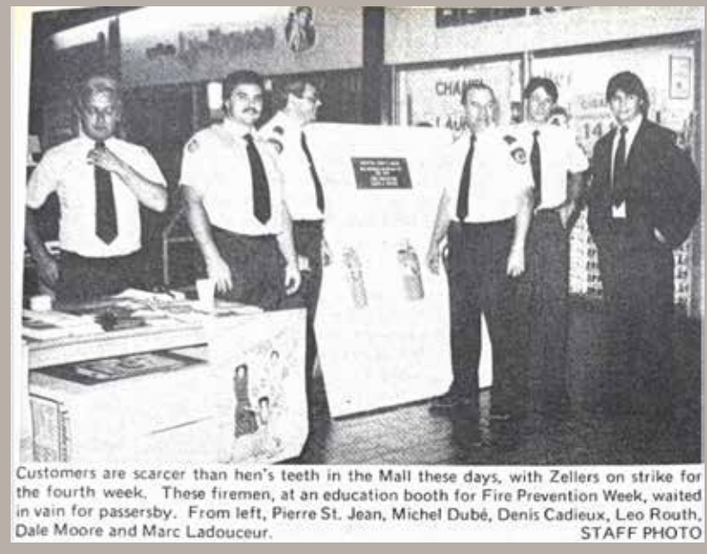
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Browsing the Bulletin's Archives



Mayor Constance Provost watches her step with SAO President Roger Blais, while Francine and Denis Hubert, City Manager, swing and swoon to a great tune. STAFF PHOTO.

Jazz Comes Back To Aylmer—le 18 octobre 1984



Customers are scarcer than hen's teeth in the Mall these days, with Zellers on strike for the fourth week. These firemen, at an education booth for Fire Prevention Week, waited in vain for passersby. From left, Pierre St. Jean, Michel Dubé, Denis Cadieux, Leo Routh, Dale Moore and Marc Ladouceur. STAFF PHOTO

"Customers are scarcer than hen's teeth in the mall these days, with Zellers on strike for the fourth week..."—le 18 octobre 1984

Book an appointment to browse the archives in office: 819 684-4755

Section compiled by: Alana Repstock



Gatineau council hears pleas on housing, school buses and safety



Tashi Farmilo
Local Journalism Initiative

Gatineau's municipal council met at the Maison du citoyen on October 20. The meeting opened with updates on development, regional partnerships and community life, much of it centred on Aylmer. Residents then used question period to raise four concerns: the removal of trailers used as homes on city land, possible cuts to school bus service, broken streetlights and pedestrian safety on Boulevard Alexandre-Taché. Council adopted every resolution put to a vote. One planning item was withdrawn, and two others passed over dissent.

Mayor Maude Marquis-Bissonnette began with the "Espace promoteur", a single point of contact for developers launched the previous week. She said developers will now get direction on their projects within 30 days. She argued that quicker reviews lower the carrying costs that push up housing prices, and that they let the city favour projects in areas already served by roads and pipes. She also presented two regional agreements, funded mainly by Quebec, with the Outaouais regional county municipalities. One aims to link the region's bike paths into a single network, and the other aims to expand the region's supply of clean energy.



Gatineau residents pressed council on October 20 over the looming removal of trailers used as homes near Lac-Leamy, dark streets and pedestrian danger on Boulevard Alexandre-Taché, while a 12-year-old student and former councillor Jocelyn Blondin urged the STO to spare the school bus routes that carry thousands of high school students, before council adopted every resolution put to a vote. (TF)

PHOTO: TASHI FARMILO

Vincent Roy, the Aylmer councillor who presides over council, said the Vieux-Aylmer public market had wrapped up its season the previous weekend with a festive closing market in the commemorative park. The Christmas market opens November 27. He also invited residents to the guinguette at the Aylmer marina, a community gathering spot run by local non-profits with the city, which is staying open into the fall for the first time.

Deschênes councillor Caroline Murray announced the next round of public consultation on the Chemin Vanier project, which she said west-end residents have long awaited. The city will hold an online information session on October 28 at 7 pm, and residents must register on the city's website to get the link. An online questionnaire will be open from October 28 to November 15, and an in-person workshop will take place on November 10 at 7 pm.

Read entire article on www.bulletinaylmer.com

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Dr. Anne-Frédérique Lambert-Slythe explains overdose risks in new Balade santé episode



Tashi Farmilo
Local Journalism Initiative

Drug poisonings and overdoses, and the unpredictable street supply behind many of them, are the subject of the newest episode of Balade santé, the podcast produced by Quebec's Ministry of Health and Social Services. The episode, released October 20, features a harm-reduction worker who has lived with addiction and a public health physician. They explain why deaths keep climbing across the province, how to recognize someone in danger and what bystanders can do to save a life.

The guests are Vincent de Maisonneuve and Dr. Anne-Frédérique Lambert-Slythe. De Maisonneuve is a harm-reduction project officer with the Association québécoise pour la promotion de la santé des personnes utilisatrices de drogues, a provincial group made up of people who use or have used drugs. Lambert-Slythe is a specialist in public health and preventive medicine who also treats patients who use drugs. The ministry designed the series to be heard outdoors while walking or running.

The episode draws a distinction that runs through the whole conversation. Taking a substance may be deliberate, but an overdose is not: it is a severe, unintended poisoning that threatens a person's health or life. Much of today's danger comes from contamination, with people buying one drug and unknowingly receiving another, often far stronger. Health Canada likewise attributes the crisis to an illegal supply it describes as dangerous and toxic.



In the latest episode of the Health Ministry's Balade santé podcast, public health physician Dr. Anne-Frédérique Lambert-Slythe and harm-reduction worker Vincent de Maisonneuve explain how a contaminated street drug supply is driving deaths in Quebec, how to recognize a poisoning and how to respond with naloxone and a 911 call. (TF)
PHOTO: COURTESY OF DR. ANNE-FRÉDÉRIQUE LAMBERT-SLYTHE'S LINKEDIN

Lambert-Slythe put Quebec's current toll at roughly 52 deaths a month. She added that stimulants such as cocaine and methamphetamine now figure in at least as many of those deaths as opioids. Many official figures are provisional: the province's public health institute counts both deaths confirmed by a coroner and those where evidence points to drug poisoning but the final cause is not yet established. By that measure, the institute recorded 645 drug-related deaths in 2024, a provincial record, and 596 more between April 2025 and March 2026.

Lambert-Slythe traced the change in the drug supply to around 2019 and 2020, when pandemic border closures left people buying whatever they could find. Counterfeit hydromorphone containing fentanyl appeared first. Today, fentanyl is often mixed with even stronger analogues, with benzodiazepine-type sedatives and with drugs used in veterinary medicine. De Maisonneuve noted that people who use drugs rarely think of death as a possible outcome, any more than most people consider alcohol poisoning when they drink at a party.

Lambert-Slythe singled out people leaving jail, a hospital or residential treatment as particularly vulnerable. After time without using, their tolerance has dropped, but they may return to the amount they once took.

Continued on page 11





Costumes et solidarité au souper de doré des Chevaliers de Colomb



France Dubois, de L'Autre Chez-Soi, ainsi que Lynn Foran et Mercedes D'Trinidad, du Centre alimentaire Aylmer, ont reçu un chèque de 850 $ pour leurs organismes respectifs lors du souper de doré des Chevaliers de Colomb le 30 octobre dernier. PHOTO : GRACIEUSETÉ



Jude **Osmond**

Les Chevaliers de Colomb ont tenu leur souper de doré mensuel le 30 octobre dernier, sur le thème d'Halloween. De nombreux convives se sont costumés pour l'occasion. L'ambiance musicale était assurée par le groupe Unison.

Le repas, au coût de 25 $, comprenait au choix du doré ou du poulet, servi avec riz, salade de chou et pain, ainsi qu'un dessert.

Deux organismes communautaires, L'Autre Chez-Soi et le Centre alimentaire Aylmer, ont chacun reçu un don de 850 $ de la part des Chevaliers de Colomb.

Le dernier souper de doré de l'année aura lieu le vendredi 27 novembre. *Trad. : MET*

The Legion Aylmer branch 33 Halloween's party



PHOTO : PETAR SESLIJA



Dr. Anne-Frédérique Lambert-Slythe explains overdose risks in new Balade santé episode

Continued from page 9

She also described the signs of an opioid poisoning. It typically starts with heavy drowsiness, followed by slowed breathing, an unusual snoring sound, pinpoint pupils and blue lips, until breathing and eventually the heart can stop. Stimulant poisonings are different, bringing agitation, hallucinations, seizures or cardiac symptoms, and no antidote exists for them.

For a suspected opioid poisoning, the advice is to call 911 and give naloxone. Naloxone reverses only opioids but causes no harm if the person has taken something else, so there is no reason to hesitate. With today's stronger opioids, several doses may be needed. A person who wakes up should not be left alone, because naloxone can wear off before the opioid does and the poisoning can return. The guests also warned that drugs cut with medetomidine, a veterinary sedative, can leave someone breathing again but still unconscious, since naloxone does not act on that substance.

Both guests spoke from experience. De Maisonneuve said he once lived with dependence and managed to function only partly, and that working in prevention helped him break his patterns. Lambert-Slythe described a patient she has followed for years, a woman who used cocaine and opioids and was living on the street. Because the patient was not ready to stop, Lambert-Slythe prescribed a treatment along with tablets meant as a safer alternative to street drugs. The patient crushed and injected the tablets and overdosed on them, and Lambert-Slythe ended those prescriptions. The woman later cut back, returned to the street market, was incarcerated and then completed six months of residential therapy. Three months on, she has stopped using. Lambert-Slythe presented the story as an illustration of how people move back and forth along a continuum of substance use over a lifetime.

The guests also discussed drug-checking services, which can return results in about 15 minutes and send unusual samples to specialized laboratories so public health can issue warnings. In the Outaouais, CIPTO, a harm-reduction organization at 145 Eddy St. in Hull, offers a mobile supervised consumption service and distributes naloxone kits, fentanyl test strips and drug-checking tools.

For people who use alone, de Maisonneuve recommended a remote accompaniment service. Callers stay on the line with someone who can send help if they stop responding. The service is run by Drogue: aide et référence and available day or night, in French or English, at 1-800-265-2626.

The guests argued that overdoses cannot be reduced to personal choices, pointing instead to mental health, housing, isolation and stigma. De Maisonneuve called for a safer drug supply, an end to criminalizing people who use drugs and a greater voice for people with lived experience in decisions that affect them. Lambert-Slythe closed by encouraging listeners to learn more about these substances and the people who use them, noting that someone in almost everyone's circle probably does.

The episode is one of 17 Balade santé instalments since the series launched June 17, 2025, with an episode on child protection. Episodes in 2025 covered the health effects of heat, end-of-life care including medical assistance in dying, active aging, vaccination, family caregiving and unstructured play as an alternative to screens. This year's episodes have covered gastroenteritis, when to treat common viruses at home versus seeking care, feeding young children, the Ma grossesse pregnancy service, syphilis, elder abuse, protection from ticks and mosquitoes, energy drinks and the role of public health.

Listen to Balade santé on YouTube: https://www.youtube.com/playlist?list=PLHCIr1T5nD1-DzvTCKnalPpuHRbuBU8fk

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ST. MARK'S CHURCH, 160 RUE PRINCIPALE, ANNUAL FALL BAZAAR Saturday, November 7, from 8 am to 2 pm – Household items, jewellery, crafts, toys, games, small electronics & sports items, home-baked goods, a "Gift Shop" and raffle (3 prizes) – come for some early Christmas shopping.

ELLE A PARLÉ. ELLE S'EST RELEVÉE. CONFÉRENCE BRISER LE SILENCE. Le samedi 21 novembre de 18 h 30 à 20 h 30, au 325, boul. de la Cité-des-Jeunes, Gatineau, QC. La violence ne laisse pas toujours de traces visibles. Et pourtant, ses conséquences peuvent être profondes. En marge des 12 jours d'action contre les violences faites aux femmes, Blue Regard Bleu vous invite à une conférence pour sensibiliser, prévenir et faire connaître les ressources d'aide et d'accompagnement. Au programme : le témoignage d'une femme ayant vécu une situation de violence, qui partagera son parcours vers la reconstruction. Un panel réunissant des représentantes du Service de police de la Ville de Gatineau, du CALAS de l'Outaouais, d'AGIR Outaouais, ainsi que des intervenantes et intervenants spécialisés. Des échanges pour mieux reconnaître les signes de violence, comprendre les obstacles à la recherche d'aide et découvrir les ressources disponibles. Une attention particulière sera portée aux réalités des femmes noires et afrodescendantes, notamment aux tabous et aux barrières qui peuvent rendre la prise de parole plus difficile. Une rencontre ouverte à toutes et à tous. Inscrivez-vous ici : https://www.eventbrite.ca/.../elle-a-parle-elle-sest... Parce que prévenir la violence, c'est aussi apprendre à la reconnaître, savoir comment agir et connaître les ressources qui peuvent aider. Briser le silence. Prévenir. Accompagner.

FINDING HOME: Join us for a casual coffee chat on Wednesday, November 4 at 1 pm at the Galeries Aylmer! We'll talk about local issues: housing, food bank resources, mental health support, employment strategies, socialization opportunities, and getting easy access to the information and community connections many now need. Different topic tables may be set up. Discussions are solution-oriented. RSVP to Sylvain at 873-376-4680.

LES CHEVALIERS DE COLOMB D'AYLMER CONSEIL 5281 tiendront leur dernier souper de doré de l'année le 27 novembre. Toujours 25 $ pour le repas. Salle de 162 places disponible pour mariages, cérémonies, fêtes de famille, levées de fonds. Sonorisation et projecteur vidéo sur place. Service de bar et stationnement inclus. Voyez les disponibilités et réservez en ligne sur www.cdecaylmer.ca ou en appelant au 819-684-5552.

LE DÉFILÉ DU PÈRE NOËL DE GATINEAU EST DE RETOUR! Le samedi 28 novembre, la magie de Noël illuminera le Vieux-Aylmer! Venez admirer les chars allégoriques, saluer les participants et guetter l'arrivée du plus attendu de la soirée… le père Noël! Départ de la marina d'Aylmer à 18 h, arrivée vers 19 h près des Galeries Aylmer. Sortez les tuques, les mitaines et les bottes chaudes! Soyez prudents sur les routes et aux abords du parcours.

THE GATINEAU SANTA CLAUS PARADE IS BACK! On Saturday, November 28, the magic of Christmas will light up Old Aylmer! Come admire the floats, cheer on the participants, and watch for the arrival of the evening's most anticipated guest… Santa Claus! The parade departs from the Aylmer Marina at 6 pm and arrives around 7 pm near Galeries Aylmer. Break out your tuques, mittens, and warm boots! Please be careful on the roads and along the parade route.

LÉGION D'AYLMER FILIALE 33 -4 nov. à 18 h 30 : Soirée peinture « champs de coquelicots »; infos et inscriptions : 819-743-7491. -7 nov. à 19 h : Chansonnier Jason Coyle. -11 nov. à 10 h 30 : Défilé du jour du Souvenir à partir de la Légion vers la rue Principale jusqu'au parc Commémoratif. -11 nov. à 10 h 55 : Début de la cérémonie du jour du Souvenir au parc Commémoratif, suivie d'une réception à la filiale. -14 nov. à 13 h : Tournoi d'Euchre. -14 nov. à 19 h : Danse avec le groupe « Lower Road ». La Légion d'Aylmer est située au 59, rue Bancroft. Pour plus d'infos, contactez-nous par courriel : Aylmerlegion33@gmail.com.



VOS ÉGLISES VOUS SOUHAITENT LA BIENVENUE

YOUR CHURCHES WELCOME YOU



CHRIST CHURCH AYLMER (Parish of the Holy Spirit), 101 rue Symmes, warmly invites you to join us for Holy Eucharist each Sunday at 10:00 a.m. All are welcome. For more information: http://www.christchurchaylmer.ca

✝ ✝ ✝

GRACE GATINEAU (PRESBYTERIAN), 325 Boul. de la Cité-des-Jeunes in Hull. Worship service every Sunday at 10:30 am. An English-speaking church that is French-friendly. For more information: gracegatineau.ca or visit our Facebook page.

✝ ✝ ✝

ST ANDREW'S PRESBYTERIAN CHURCH, 1 Eardley Road invites you to its Sunday worship service at 9:30 a.m. For more information: https://pccweb.ca/standrews-aylmer/; by email at brown111@sympatico.ca or call 819 684-5989. Everyone is welcome.

✝ ✝ ✝

UNITÉ PASTORALE GRANDE RIVIÈRE PAROISSE ST-PAUL : Messes mercredi et vendredi à 11 h, jeudi : adoration à 18 h et messe à 19 h. Samedi : 19 h. Dimanche : 9 h et 11 h.

✝ ✝ ✝

PAROISSE ST-MÉDARD : Messes : samedi à 16 h. Dimanche à 10 h 30. Location de salle possible à St-Paul.

✝ ✝ ✝

ST. MARK'S RC CHURCH, AYLMER (QC) Regular Mass schedule (Sep. 1 to June 30): Saturday 5 pm, Sunday 9 am and 11 am. Summer Mass schedule (July 1 to August 31): Saturday 5 pm and Sunday 10 am ONLY. Parish website: stmarkchurch@bellnet.ca. 160 rue Principale. Knights of Columbus Council 15678.

✝ ✝ ✝

ÉVÉNEMENTS COMMUNAUTAIRES | COMMUNITY EVENTS

AYLMER LEGION BRANCH 33 -Nov. 4 at 6:30 p.m.: "Field of poppies" paint night; info and registration: 819-743-7491. -Nov. 7 at 7 p.m.: Singer-songwriter Jason Coyle. -Nov. 11 at 10:30 a.m.: Remembrance Day parade departs from the Legion along Principale St. to the Commemorative Park. -Nov. 11 at 10:55 a.m.: Remembrance Day ceremony at the Commemorative Park, followed by a reception at the Branch. -Nov. 14 at 1 p.m.: Euchre tournament. -Nov. 14 at 7 p.m.: Dance night with "Lower Road" band. The Aylmer Legion is located at 59 Bancroft Street. For more information, please contact us via email: Aylmerlegion33@gmail.com.

WILD N'OUEST DANSE EN LIGNE POUR DÉBUTANTS TOUS LES DIMANCHES CHEZ PUTTERS de 19 h à 20 h. 10 $ par personne. Aucune inscription requise. 18 h : arrivez tôt, prenez un verre et venez socialiser; 19 h : début du cours de danse en ligne; 20 h : danse en ligne libre. Venez en grand nombre! 181, rue Principale, Gatineau, QC.

WILD N'OUEST LINE DANCING FOR BEGINNERS EVERY SUNDAY AT PUTTERS from 7 p.m. to 8 p.m. $10 per person. No registration required. 6 p.m.: Arrive early, grab a drink, and come socialize; 7 p.m.: Line dance class begins; 8 p.m.: Open line dancing. Come one, come all! 181 Principale Street, Gatineau, QC.



MARCHÉS DES FÊTES HOLIDAY MARKETS

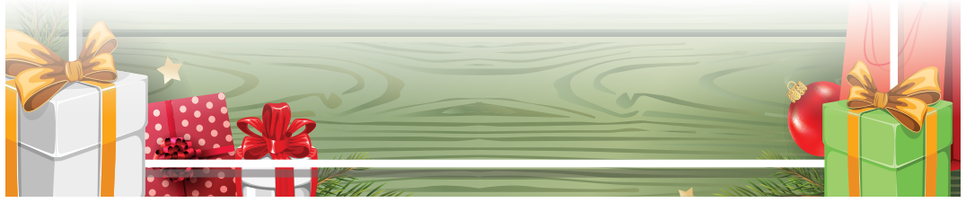
ANNUAL FALL BAZAAR, ST. MARK'S CHURCH, November 7, from 8 am to 2 pm. -160 Rue Principale.

BAZAR D'AUTOMNE, ÉGLISE ST. MARK le 7 novembre, de 8 h à 14 h. -160, rue Principale.

MARCHÉ DE NOËL 2026 DU CENTRE ALIMENTAIRE AYLMER les 21 et 22 novembre, de 10 h à 15 h, au Centre Aydelu (94, rue du Patrimoine).

FOIRE DE NOËL TOURNÉE DES FERMES. Venez nous rejoindre pour la prochaine Tournée des fermes, qui aura lieu les 7 et 8 novembre, de 10 h à 15 h, dans le secteur du chemin Cregheur à Luskville, au Québec. Cet événement est GRATUIT. Quatre fermes et un vignoble y participeront. Chaque ferme proposera des animaux à découvrir et mettra en vente ses produits, tout en accueillant d'autres artisans (la liste des artisans sera affichée auprès de chaque hôte). Vous pourrez également profiter des sentiers du parc de la Gatineau qui longent le chemin Cregheur pour de belles randonnées. Pour plus d'information, veuillez consulter le site www.luskville.farm-hop.

HOLIDAY FARM HOP Come join us for the next Farm Hop, which will be on November 7 and 8, from 10 am to 3 pm, in the Chemin Cregheur area of Luskville, Quebec. This is a FREE event. Four farms and a vineyard will be participating, and each farm has animals to see and will have their wares on offer as well as hosting other artisans (tNovember-he artisans will be posted under each host). There are also Gatineau Park trails along Cregheur for some great hiking. More info can be found at www.luskville.farm-hop.com.



Aylmer's nightlife entertainment guide
Guide de la vie nocturne à Aylmer

5
5E BARON
MICROBRASSERIE

CANTINE SOLAIL
is now open
12-8pm Wed-Sat &
12-7pm Sun

OUVERT
Mercredi - Samedi
12 h - 23 h
Dimanche
12 h - 20 h

OPEN
Wednesday - Saturday
12 pm - 11 pm
Sunday
12 pm - 8 pm

55, rue Principale
Gatineau
5ebaron.com

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65e ANNIVERSAIRE

LOCATION DE SALLE
Fête de famille
Cérémonie funéraire
Réunion de travail
Expositions diverses
Réception avec repas
Stationnement inclus
Service de bar inclus

30 octobre
(Party d'Halloween)

27 novembre
(Party de Noël)

RÉSERVEZ EN LIGNE
www.cdecaylmer.ca

PAR TÉLÉPHONE
819-684-5552

78, rue Principale
Vieux-Aylmer

Légion
Filiale n° 33
Aylmer

LE 4 NOV À 18H30
SOIRÉE PEINTURE «CHAMPS DE COQUELICOTS». INFO ET INSCRIPTIONS (819) 743-7491

LE 7 NOV À 19H
CHANSONNIER JASON COYLE

LE 11 NOV À 10H30
DÉFILÉ DU JOUR DU SOUVENIR À PARTIR DE LA LÉGION VERS LA RUE PRINCIPALE JUSQU'AU PARC COMMÉMORATIF

LE 11 NOV À 10H55
DÉBUT DE LA CÉRÉMONIE DU JOUR DU SOUVENIR AU PARC COMMÉMORATIF SUIVI D'UNE RÉCEPTION À LA FILIALE.

LE 14 NOV À 13H
TOURNOI DE EUCHRE

LE 14 NOV À 19H
DANSE AVEC L'ORCHESTRE LOWER ROAD

LÉGION D'AYLMER
59 BANCROFT,
AYLMER QC.

INFO.
AYLMERLEGION33@GMAIL.COM

Live Music & Events

NOVEMBRE/ NOVEMBER

2 NOVEMBRE
LINEDANCING CLASS
GOODWILL DANCERS
7PM - 9PM

6 NOVEMBRE
KARAOKE
9PM - 12AM

13 NOVEMBRE
APOLLO ENVY
ACOUSTIC DUO
6PM - 8PM

20 NOVEMBRE
UNO
LATIN PARTY
9PM - LATE

21 NOVEMBRE
11 YEAR ANNIVERSARY PARTY
ALL DAY - $11 BRITISH BURGER 2/$11 PINTS & BAR RAIL DRINKS
8PM - DJ BOUKINE

27 NOVEMBRE
HOLIDAY PERFORMANCE WITH CLÉ DE SOL
POLYPHONIC ENSEMBLE
7PM - 8:30PM

@BRITISH
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OPEN EVERYDAY
NOON TO MIDNIGHT
OUVERT TOUS LES JOURS
DE MIDI À TARD

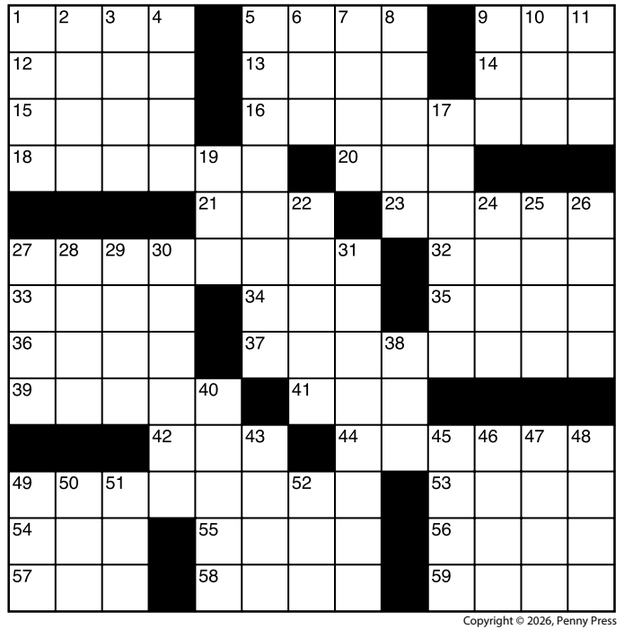
RÉSERVATIONS
(819) 682-3000
EXT. 1
WWW.THEBRITISH.CA
71 Rue Principale, Gatineau
(Secteur Aylmer)

CROSSWORD

N° 343

ACROSS
1. Tiff
5. Green fruit
9. Soft drink
12. Time period
13. Historic age
14. Make public
15. Bit
16. Affectionately
18. Punctual
20. West or Largo
21. European mountain
23. Train station
27. Afternoon movies
32. Corporate symbol
33. Rotation center
34. Wood tool
35. Building add-ons
36. Woes
37. Bridge supports
39. Ease off: 2 wds.
41. Aloha gift
42. BPOE member
44. High voice
49. Astaire
53. Follow
54. Valuable dirt
55. Las Vegas sign
56. Study hard
57. Came across
58. Pairs
59. His-and-____

DOWN
1. Freighter, e.g.
2. Moneyless
3. Car
4. Streetcar
5. Puniest
6. Intense anger
7. Friar
8. Completed
9. Standard
10. Frying liquid
11. Jimmy
17. Sneaker feature
19. Cooking vessel
22. Oyster's gem
24. Survey
25. Gawk
26. Throw lightly
27. Parcel
28. Spindle
29. Incline
30. Put out
31. Adds sugar
38. Galahad's title
40. Plots
43. Reflex-test joint
45. Engrave
46. Reveal
47. Fibber
48. Shade trees
49. Cruise of films
50. Have being
51. Dino, to Fred
52. Bunk



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ANSWER TO PUZZLE NO. 343

Sudoku

JEU | PUZZLE Nº 1090

NIVEAU | LEVEL:
INTERMÉDIAIRE / INTERMEDIATE

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

Règles du jeu :

Vous devez remplir toutes les cases vides en plaçant les chiffres 1 à 9 une seule fois par ligne, une seule fois par colonne et une seule fois par boîte de 9 cases.

Chaque boîte de 9 cases est marquée d'un trait plus foncé. Vous avez déjà quelques chiffres par boîte pour vous aider. Ne pas oublier : vous ne devez jamais répéter les chiffres 1 à 9 dans la même ligne, la même colonne et la même boîte de 9 cases.

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.

RÉPONSE DU JEU
ANSWER TO PUZZLE
Nº 1090

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

HOROSCOPE

Week of November 1 to 7, 2026

The luckiest signs this week:
SCORPIO, SAGITTARIUS AND CAPRICORN

ARIES Your partner will shower you with spontaneous affection this week. You may feel a touch of worry related to upcoming medical tests. Patience is called for, as the results will arrive later than expected; fortunately, they'll bring reassurance.

TAURUS Your leadership shines. You may be asked to fill in for your boss during their vacation or replace a colleague when they go on sick leave. Your presence ensures continuity and demonstrates your reliability and natural authority in these key roles.

GEMINI Your communication, organization and negotiation skills will be in the spotlight during an event. People will count on your social adaptability to mobilize the crowd and help bring group projects to completion.

CANCER A family getaway is taking shape, though a few details are dragging on. Numerous trips strengthen your love for your family, and you'll often feel the desire to return home so you can enjoy that comforting cocoon.

LEO Generously paid overtime is coming, so adjust your schedule accordingly. Then, to balance that extra effort with a suitable reward, be sure to treat yourself to a well deserved indulgence and relaxation once the money comes in.

VIRGO Momentum will pick up again after a slower period. Friends and family will challenge you, and you'll come up with the funds to pay for a personal project or some small luxuries. Your renewed dynamism is finally producing tangible results.

LIBRA You may feel as if you're stuck in a rut; get ready for a series of events to accelerate suddenly. Be vigilant with bills and accounts, as a mistake or oversight could complicate things unnecessarily.

SCORPIO Your team will achieve a considerable accomplishment, and you'll have every right to celebrate with a reward that will be displayed publicly. This recognition will strengthen your confidence and self esteem for the long term.

SAGITTARIUS A surge in clients will boost your professional income. You'll also explore spirituality or another form of personal alignment; these inner pursuits will complement your ambitious material success.

CAPRICORN Meet your deadlines to complete your tasks without stress. A spontaneous trip is in the works and promises to become a source of exceptional joy. Remember that starting out early is better than rushing and risking exhaustion.

AQUARIUS Take time to evaluate everything before deciding; new information could shift your perspective at the last minute. Your initial confidence will be enriched by a broader view with more nuance.

PISCES Heartburn or other discomforts may arise. A simple change in diet and the addition of daily relaxation could be enough to restore balance. This harmony supports both physical and mental well being for greater vitality.

Marché LAFLAMME

Entreprise familiale au service des familles d'Aylmer, depuis 1942



126, rue Principale | 819.684.4156 | marchelaflamme.com
Ouvert tous les jours de 8 h à 22 h

SPÉCIAUX DU 5 AU 11 NOVEMBRE — NOVEMBER 5 TO 11 SPECIALS

Pilons de poulet
Chicken drumsticks
1,99 $ /LB 4,39/kg

Chou-fleur
Cauliflower
2,49 $ CH.

Raisins rouges
Red grapes
2,49 $ /LB 5,49/kg

1,99 $ /100 g
Jambon Forêt noire Brandt
Black Forest ham

Courgette verte
Green Zucchini
1,49 $ /LB 3,28/kg

Brie Français
2,49 $ /100 g

Avocats en filet
Bag of Avocados
2,99 $ CH. 113 g

Salami boeuf Lester
Beef Salami
2,29 $ /100 g

Cheddar Fort Monsieur Gustav
Old Cheddar
5,99 $ 250 g

Suisse autrichien
2,49 $ /100 g

Papier hygiénique Cashmere
Toilet paper
6,97 $ CH. 12 unités

Tomates Aylmer
Tomatoes
1,97 $ CH. 796 ml

Mayonnaise Hellmann's
6,47 $ CH. 870 ml

Rôti de boeuf Deli Classic
Roast beef
2,99 $ /100 g

LA MEILLEURE SÉLECTION DE CHARCUTERIES EN OUTAOUAIS !

SERVICE DE LIVRAISON GRATUIT du lundi au vendredi avec un achat minimum de 50 $ (en magasin). Nous nous réservons le droit de limiter les quantités.