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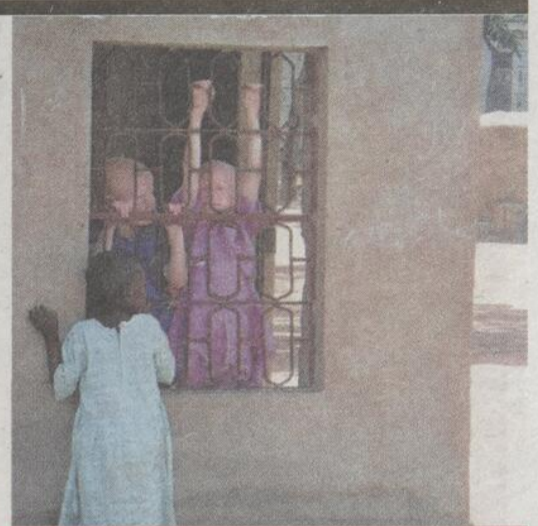
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Jacques Cartier MNA Geoff Kelley, campaigns on behalf of sitting Westmount-Saint-Louis MNA Jacques Chagnon, who must remain neutral – even during the election campaign – in his role as speaker of the house in the National Assembly – in a recent election debate held last Wednesday at Victoria Hall in Westmount. The provincial Liberals are vowing to increase spending in two major areas and freeze spending in others in an effort to curb the rising provincial debt, while Anthony Abbondanza examines two candidates looking to unseat Chagnon after three decades in Quebec City. See more inside as we lead up to the April 7 provincial election.

Examiner photo Peter Ford



Making their case



'Blind' attempts to open some eyes to horrors of Africa

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Keep your smile intact

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Injustice magnified

Scapegoat Carnivale Theatre presents daring new play at the MAI April 4-13

● Daniel Sucar examiner@tc.tc

Theatre has a habit of exposing the unexposed, of raising awareness to the unaware. The truth can't hide from the spotlight. Once onstage, the truth is stripped bare, and left under the intense scrutiny of the audience.

In 2011, after being affected about the condition of individuals with albinism in East Africa, Montreal playwright Lindsay Wilson traveled to Tanzania to volunteer and observe. The product of her experience in Tanzania is 'Blind', a play that focuses on the persecution of those with albinism in East Africa.

In Tanzania, the dismembered limbs of people with albinism are rumored to possess supernatural powers. As a result of this, people with albinism are violently hunted down and barbarically killed, all in the name of ritual. The body parts of these butchered albinos are used by corrupt traditional healers in order to create potions promising health and prosperity. Since 2006, over 70 people with no pigment in their skin, hair, or eyes have been killed and many others have been attacked and mutilated. Alarmingly, a complete albino set of body parts — ears, tongue, nose, genitals, and all four limbs — can sell for \$75,000.

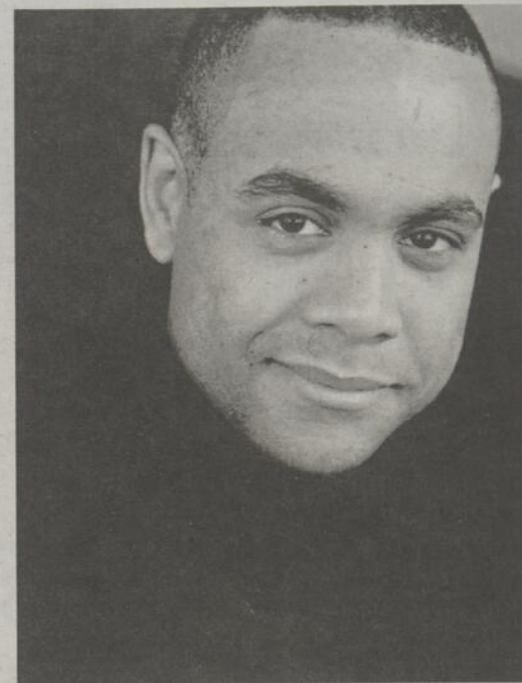
In order to efficiently tell her story, Wilson has formulated the play as a hybrid between documentary theatre and mythical storytelling.

"The play cannot be solely documentary theatre as the level of unknown is so layered that we need to provide space for what we cannot possibly understand," said assistant director and Westmount resident Gitanjali Jain.

'Blind' follows Hannah, an international observer of human rights violations, during her stay in Tanzania, where she does social aid work with children. In Tanzania, children with albinism are housed in schools for the blind in order to keep them safe. Featuring testimonies from these children, 'Blind' is also an unflinching account of the crisis of humanitarian aid in Africa.

"Through testimony and speaking truth, things start to move," said Jain. "It's a story that needs to be told."

"Figuring out how to break free from the limitation of healing and humanitarian work is the million dollar question," said Westmount resident Matthew Kabwe, who portrays a traditional healer and a teacher at the school for the blind. "At the end of the day, it boils down to the things that everybody knows about, but nobody does anything about."



Westmount resident Matthew Kabwe portrays a traditional healer and a teacher at the school for the blind in the upcoming theatre event.

Examiner photo courtesy Matthew Kabwe

But where 'Blind' succeeds the most is in its brutally honest account of those who are persecuted over pigmentation. Rather than fall into the trap of entrenched and clichéd stereotypes, 'Blind' lays out a kaleidoscope of stories by presenting every side of the equation. The play features the perspective of albino children, blind children, humanitarians, and those committing the atrocities, among others.

"There are a lot of crazy things happen in the world, and it's hard to understand them sometimes," said Kabwe. "This play is meant to contextualize the complexities of the situation, and hopefully begin the conversation."

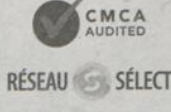
The award-winning Scapegoat Carnivale Theatre presents the world premiere of 'Blind' from April 4 to 13 at the MAI, located at 3680 Jeanne-Mance St. Following the performance on Friday April 11, keynote speaker and native Montrealer Peter Ash from Under the Same Sun, the only international charity in the world working in Tanzania to prevent violence against people with albinism, will talk about the work being done in East Africa. Throughout the show's run, donations will be raised for the charity. A regular ticket costs \$22, but the price varies for seniors, students, school groups, and groups of 10 or more. For tickets and showtimes, visit m-a-i.qc.ca or call (514) 982-3386. For more information on Under the Same Sun, visit underthesamesun.com.

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Election impossible: unseating a Liberal

Quebec Solidaire, Green Party try to end Jacques Chagnon's run in Westmount-St. Louis

● anthony.abbondanza@tc.tc

Jacques Chagnon has represented the provincial riding of Westmount-St. Louis since its inception in 1992.

The Liberal MNA is seeking his ninth consecutive term in Quebec City—but not without challenge.

As Chagnon sits idly by, letting fellow Liberal MNA Geoff Kelley campaign on his behalf as he did in 2012, due to his role as president of the National Assembly, two of the lesser known candidates in the provincial electoral race running in the riding are trying to make some noise of their own.

Lisa Julie Cahn (Green Party) and Melissa Desjardins (Quebec Solidaire) are not only trying to become the first woman to represent Westmount-St. Louis, but also the first non-Liberal.

"They take it for granted," said Cahn when asked about the Liberal's long-time standing in the riding. "Especially, for an MNA who doesn't campaign."

Chagnon, in turn, cited a National Assembly convention of neutrality as to the reason he hasn't campaigned.

Meanwhile, Desjardins, too, said the riding's constituents want change.

"They haven't been delivering concrete results," said the political newcomer and former Dawson College student. "What we here is that, yes Anglos here and in the West Island want change, but they feel they don't have



Lisa Julie Cahn (Green Party) and Melissa Desjardins (Quebec Solidaire) try to change Westmount-St. Louis political landscape. Photo Peter Ford



other voices to represent them."

Indeed, the 'Charter of Values' controversy did not help either, scaring Anglos to vote Liberal, she added.

"The way they [PQ] proposed the charter was not the way to go about it for a secular state," said Desjardins, a Quebec Solidaire member for the last four years.

The Liberal Party and the Green Party outright oppose the Parti Quebecois' proposed 'Charter of Values,' which would place restrictions on religions clothing and symbols on public service workers.

The economy has thus far played a key role in the 2014 election campaign.

The Liberal's hope their proposed Plan

Nord and Maritime Strategy plan, as well as their planned \$11 billion investment will help create 250,000 jobs over the next five years.

Quebec Solidaire, however, is worried about the environmental impact of mining Quebec's north. According to Desjardins, the Plan Nord project could endanger the First Nations population.

Instead, the party is offering "a most audacious plan to make the economy greener by taking Quebec out of fossil fuels" and into the electrification of public transportation — that

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is, to promote the use of electric cars, buses, and 'green' taxis.

The plan can create over 162,000 jobs, said Desjardins.

Cahn, who received four per cent of the vote in the riding in the 2012 election, said the key for the improvement of public transit is to offer it free of charge.

"It could be done. It can stimulate the economy and reduce fossil fuels," said the St. Laurent native. "... Anything can be done if people understand the concept."

The Green Party also promised free education, from kindergarten to university.

Cahn attributed current problems in the education sector to the PQ's and past Liberal government's lack of transparency.

"The PQ government froze school tuition but took away tax credits and didn't tell the public about this," she said.

Closer to home and in need of immediate action, Cahn said Vendome Metro must become more accessible.

With the arrival of the nearby MUHC Centre in 2015, a lot more people will be walking in and out of Vendome Metro, including the disabled.

Yet, according to Cahn, the metro fails to accommodate people with physical disability.

Continued on page 7 ▶▶▶

Grits bring economy back into play

Infrastructure, health care spending the key to renewed Quebec: Liberals

● anthony.abbondanza@tc.tc

The Quebec Liberal Party's highly-touted economic trio of Jacques Daoust, Martin Coiteux, and Carlos Leitao continued to push the Liberals' economic plan last week at the former's electoral office in Verdun.

"We raise revenues by accelerating economic growth... We intend, in the short term, to spend on infrastructure. We're going to add what the [PQ government] has cut," said Leitao, a Robert-Baldwin candidate, when asked how the party intends to raise provincial revenue without raising taxes.

The Liberals promised to increase spending on infrastructure by \$1.5 billion a year to \$11 billion early in the electoral campaign.

Aside from promising the review of government spending programs, which the could save Quebec at least \$1.3 billion in the first two years of a Liberal mandate, the re-initialization of the Plan Nord project, as well as the recently-announced Maritime Strategy will provide a large boost to the province's economy.

The Maritime Strategy will revitalize tourism in Quebec, creating 30,000 new jobs and generating approximately \$3.5 billion



From left to right: Martin Coiteux (Nelligan), Jacques Daoust (Verdun), and Carlos Leitao (Robert-Baldwin). Photo Hugo Lorini

for the economy.

The PQ Finance Minister Nicolas Marceau called it a "recycled" plan, that is to "borrow more and to spend more."

The PQ has promised to limit spending to two per cent over the next three years.

The QLP promised to increase spending four and 3.5 per cent, annually, in the health

Continued on page 6 ▶▶▶

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CREATING YOUR OUTDOOR KITCHEN

What should you plan to enjoy a functional, worry-free outdoor kitchen? This type of kitchen must at least be fitted with three areas to bear the title of outdoor kitchen: a cooking area, a cleaning area and a preparation area.

Cleaning areas require a dedicated outdoor sink, an indisputably essential element of outdoor kitchens. However, lower budgets might go with a portable sink, which answers every need of a cleaning area. You can also install a second hand sink discharging into a bucket to be emptied. If you wish to do so, you could set your hose over the sink to act as a faucet. If you do pick this low-cost option, it would be wise to at least invest in a hose designed for drinking water. Otherwise, this choice may prove more complex than useful!

A preparation area also needs to be thought of to make your outdoor kitchen both fun and practical. There's no need to have tons of counter surface: just make sure you have enough space to prepare the dishes that you desire. Don't forget to reserve some space nearby to store your utensils and cooking accessories. Ideally, set it up near your

cooking and cleaning areas to avoid going back and forth and to maximize space.

A well-organized outdoor kitchen will also be provided with storage zones such as shelves and cupboards, just like indoor kitchens. You will love keeping utensils, dishes, glasses and napkins close by. This luxury area will allow you to stay with your guests and enjoy their pleasant company!

State-of-the-art outdoor kitchens also include refrigerators, ice makers, refrigerator drawers and dishwashers. For those privileged ones that will have this opportunity, consider asking a professional for help.

Finally, to enjoy your kitchen over a longer period, think about purchasing an extra heating unit such as an overhead electrical patio heater, a wall-mounted propane heater (or a floor model). You could also go with an outdoor fireplace to warm you up and create a unique atmosphere!

This summer, combine business with pleasure: cook outside and enjoy your meals among friends!

Veronique Pilotte, Designer for BIG

YOUR DREAM GARDEN IN EIGHT STEPS

Creating the garden of your dreams means either calling on the services of a landscape professional or diving headfirst into the project yourself. Before you get down to work, here is a list of all the necessary steps to follow to turn your dream into reality.

1. PLANNING IS VITAL

Use your survey or certificate of location to check the site for any easements. Take note of hours of full and partial sunshine, undesirable views, which corners to highlight and which to hide. Find out about current municipal regulations concerning landscaping.

2. IDENTIFY YOUR NEEDS

How will you use the space? Do you want to install a pool or a spa? Do you need space for a children's playground?

3. MAKE A PLAN

Using a pencil, eraser, and graph paper, draw a scaled plan of your property. Include the house, shed, pathways, driveway, and any trees and shrubs you want to keep. Then add all the elements of your new layout, taking into account the vegetation and structures you wish to include.

4. CHOOSE YOUR PLANTS WITH CARE

Before buying anything, take the time to make a list of all the plants you have

chosen, including the hours of sunshine they need and the care they require. Be sure to consider the size of the vegetation once it has reached maturity.

5. SPREAD OUT THE WORK

Spread the work out over more than a year so that your project doesn't develop into a source of stress. Give priority to the jobs that require qualified workers and any machinery (pool, water garden, parking area). Establish a realistic timetable that takes your budget and your time availability into consideration.

6. CONSULT THE EXPERTS

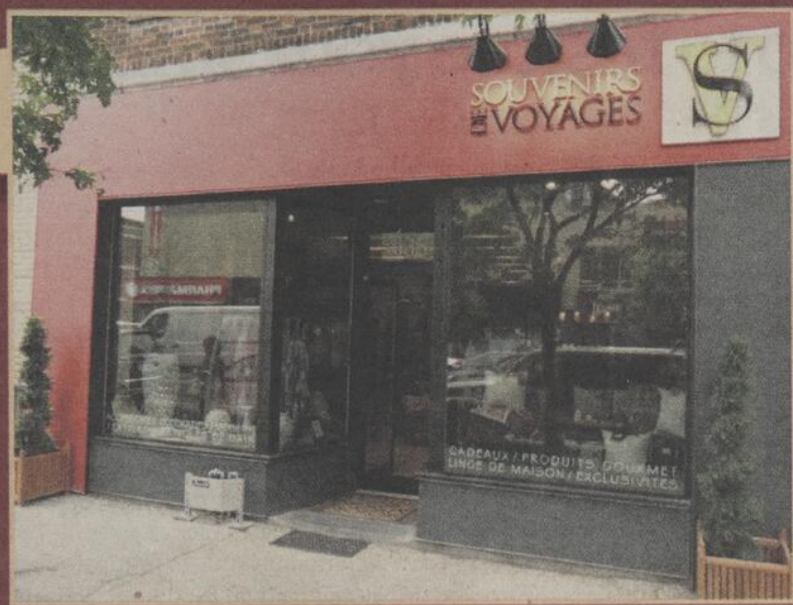
Landscaping is an investment that could increase the value of your property. Don't hesitate to consult an expert if you have any questions.

7. STAY IN CONTROL

From the moment your garden starts to take shape, you will have to start maintaining it. No-maintenance gardens are a bit of a myth. Weeding, watering, and pruning can take either a few minutes every day or a few hours once a week —so, don't wait for the work to pile up.

8. ENJOY IT

The last rule is definitely the best: have fun! Make the most of your dream yard.



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THE OUTDOOR WAY OF LIFE

Remodelling your patio or terrace: hints and tips

After a few months of wintering, some may wish to fully enjoy the outdoors, while others want to live there, quite simply. Whether you call it "outdoor way of life," "outdooring" or "jardinisme," this trend aims to embrace life outdoors as long and as comfortably as possible. This extension of your indoor living space should mainly evoke comfort and relaxation. The craft of designing outdoor living spaces rests upon five criterias: comfort, intimacy, relaxation, pleasure and practicality.

But when designing a terrace or patio, where should you start? First of all, identify your needs and allocate areas to each of them. Then, prepare a budget, since it will prove difficult to make choices without this barrier, unfortunately necessary for most people.

If, for instance, you want to create an outdoor zone for eating, ask yourself how many guests you would like to host. Do you want to be able to host them regardless of the weather? Those questions will help you find out how many seats will be needed for a cozy party, and they might make you think about the purchase of supplemental heating units for cooler garden parties late in the



evening. In addition, you need to give some thought to Mother Nature's whims. Would you like to cover this area partially or completely, with a permanent or removable fixture?

You will then need to pick furniture that fit your needs, taste and style, but it should also be comfortable, low-maintenance and durable, since heavy weather directly affects the lifespan of furniture. Get enough information before choosing to avoid disappointment in the future.


What are the best materials? Consider their durability and the required maintenance. You had better invest in quality and durability, because your decisions will let you better enjoy this space over more time. Ponder whether or not, for instance, you are willing to dye your wooden patio, year after year.

In addition, some suggest designing the area so as to enjoy it at least during three of the four beautiful seasons Quebec offers us. It is even possible to make an effort to set up at least one winter area. Become a snow

sculptor and craft seats covered with lush, warm tanned sheepskin to lay back after a good shovelling session! You could even plan for an outdoor bar to serve drinks on ice! Find inspiration in outdoor festivals that showcase many comforting and relaxing outdoor activities.

How can we remodel this patio or terrace? How far can dreams go? Today, people do not stop after installing a patio set with a barbecue. Outdoor space is designed just as our home is. You could even say that our patios and terraces rival their inside counterparts. The most common outdoor areas are meal areas, functional outdoor kitchens, lounge-like living rooms (havens away from weather and prying eyes), private spa zones to wash away everyday stress, leisure areas optimized for children or bar counters to serve cocktails and liquor among friends.

Do not forget landscaping for your patio or terrace. Nature is soothing like nothing else. The outdoor way of life is also the art of spending time on yourself. Here's one last tip: put yourself first and live inside as much as outside!

 Véronique Pilotte, Designer for BIG

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▶▶▶ Continued from page 3

and education sectors, respectively, while freeze spending in other ministries for a period of five years.

A review of both sectors bureaucracy will also be needed, said Leitao.

"We don't need many bureaucrats. We'll cut some administration if we have to," said the former Laurentian Bank chief economist.

Meanwhile, Liberal MNA Jacques Chagnon, who hasn't been campaigning due to his role as president of the National Assembly, said a discussion on the state of the future use of empty Montreal hospitals is needed.

The new MUHC facility will house the Montreal Children's, Royal Victoria and Montreal Chest hospitals, yet questions remain as to their use upon their vacancy.

Chagnon said he has been looking for answers to that question since the early '90s.

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Tooth Loss: What can you do to restore your smile? Prosthodontics Awareness Week is April 6 to 12

● Dr. Berge Wazirian

With some 69 per cent of adults between the ages of 35 to 44 missing at least one permanent tooth and by the age of 74, 26 per cent having lost all of their permanent teeth (AAOMS), increased awareness about proper oral health becomes indispensable.

Tooth loss can be related to many factors: some people are born with missing teeth, others lose their teeth throughout their life due to gum disease, decay, accident and wear as a result of clenching or grinding. Tooth loss is followed by aesthetic and functional problems, causing unwanted changes to your facial appearance, as well as a detrimental effect on your chewing ability, confidence and self-esteem. A prosthodontist is the dental specialist qualified to restore the appearance of your smile and help you regain optimum function of your teeth.

But what is a prosthodontist, you may ask?

Prosthodontics is one of the nine dental specialties recognised by the Canadian Dental Association. A prosthodontist must complete additional three years training after dental school in a hospital or university-based program accredited by the Canadian or American Dental Association. These specialists have a highly skilled comprehension of the dynamics of a smile, the preservation of a healthy mouth and the creation of tooth replacements. Prosthodontists also maintain a strong commitment to the dental health care needs of older patients, individuals with congenital anomalies, and those who have been affected by oral cancer.

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A prosthodontist often works with a team of dental professionals to create a comprehensive treatment plan for patients. Prosthodontists are dedicated to the highest standards of care in the restoration and replacement of teeth.

Please visit www.theprosthodontists.com for more information on how prosthodontic treatment can keep your smile healthy for a lifetime.

Dr. Berge Wazirian, DMD, FRCD(C) is a local prosthodontist, who practices at the Montreal Children's Hospital and at 3550 Cotes des Neiges (corner of Dr. Penfield) in Montreal.



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▶▶ Continued from page 3

Cahn is a highly-knowledgeable candidate, with extensive political experience garnered at the municipal, provincial, and federal levels. Holding a bachelor's degree in business administration, diplomas in math

and communication, Cahn immersed herself into the federal campaigns of both Anne Lagace Dowson and the late Jack Layton of the NDP in 2008.

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345 Antiques

ABRACADABRA turn your hidden treasures into ready cash. International buyer wants to purchase your antiques, paintings, china, crystal, gold, silverware, jewelry, rare books, sports, movies, postcards, coins, stamps, records. 514-501-9072

397 Wanted

FIREARMS. All types wanted, estates, collections, single items, military. We handle all paperwork and transportation. Licensed Dealer. 1-866-960-0045 www.dollars4guns.com.

WANTED anything Hermes, Chanel, Louis Vuitton, Gucci, Prada, etc. clothing and accessories. We pay cash or consign. Call 514-931-9161, 438-825-5555 harmonie17@hotmail.com

404 Domestic services offered

EXPERIENCED cleaning lady with references. Honest and reliable. Johanne. 438-875-4197

442 Construction/ renovation

HANDYMAN painting, plastering, household jobs, etc... call Russ: 514-377-5795

LES ENTREPRISES RAM

Bricks, Stone, Retaining walls, Parging, Chimneys, Demolition, Uni-Stone, Roofing repairs, Window sills. 514-620-1281 514-502-4832

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RÉNOVATION générale: peinture, gypse, joints, s.d.b., sous-sol, professionnel, propre. RBQ: 8350-9943-55, 514-776-6957

SPÉCIALISTE pose céramique murale et plancher. 20 ans d'expérience. François: 438-822-1916

446 Painting/ decorating

A-1! Peinture, meilleur prix, estimation gratuite. Painting, best prices. RBQ: 8256-9542, 514-362-0076

446 Painting/ decorating

URGENT? painting, wall, joints, plaster, moving. Best price! 514-290-3783

452 Floor/ sanding

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Cell. 514 894-8046
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- SANDING
- INSTALLATION
- HARDWOOD FLOOR SALE

RBQ 5622-5774-01 4735480

458 Electricity

SILVA ELECTRIC, Industrial, Commercial, Residential, RBQ# 8335-3086-27. Reasonable. 514-595-7600, 514-248-9685

480 Roofing

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585 Miscellaneous financial services

\$\$\$ Looking for cash?? \$\$\$ Call now !!! 1-866-751-3405

FINANCIAL problems? Drowning in debt! Stop the harassment. Bankruptcy might not be the answer. Together let's find a solution - Free Consultation. Bill Hafner - Trustee in Bankruptcy. 514-983-8700

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605 Help wanted

Up to \$400 cash daily FT & PT Outdoors, spring/ summer work. Seeking honest, hard working staff. Stars-Jobs.com.

605 Help wanted

WORK from Home Needed We are seeking the service of an account representative in your area. Applicant must speak English, average in mathematics with good computer typing skills. Any job experience can apply. This job will not affect or disturb your present job. \$400 per assignment, 2X Weekly. Must be 18 years or older. Only interested and competent applicants should reply to: stephen.andrew@actionsupplyinc.ca

Full Legal Name: Address: City: State: Zipcode: Cell #: Current Occupation:

Contact Person: Stephen Andrew
Action Supply Inc.
855-249-5931

615 Office/ computer

LOOKING for a part time receptionist/ clerk, 1:00 to 4:00 p.m., fluently bilingual, good with people person, for reception and general office administration at our Westmount office. Send your C.V. to Tina Patel at: tpatel@rothenberg.ca

945 Car purchase

!!! Achat véhicules/ recyclage/ ferraille. Reçus S.A.A.Q. 514-247-9715

Breathe through a straw for 60 seconds. That's what breathing is like with cystic fibrosis.

No wonder so many people with CF stop breathing in their early 30s.

Please help us.

Canadian Cystic Fibrosis Foundation
1-800-378-CCFF - www.cysticfibrosis.ca

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RICE WITH CHICKEN OR SPINACH PLATE



3⁹⁹ ea.

SMALL SIZE

EXTRA LARGES PIZZAS (17")

6 CHOICES
AT LAVAL, BROSSARD AND DOWNTOWN ONLY

2 FOR 23⁹⁹ ea.



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31 Mars / March 1 2 3 4 5 6 2014 Avril / April

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<p>Artichoke 30 size USA</p>  <p>2/1⁰⁰</p>	<p>Fine green beans USA</p>  <p>99¢ lb 2.18 kg</p>	<p>Vine tomatoes Mexico</p>  <p>99¢ ea.</p>	<p>Mushrooms box of 227 g Canada</p>  <p>99¢ ea.</p>	<p>Clémentines jumbo 1 size Spain</p>  <p>1²⁹ lb 2.84 kg</p>	<p>Strawberries USA</p>  <p>3/5⁰⁰</p>	<p>Ataulfo Mangos 16 size Mexico</p>  <p>89¢ ea.</p>	<p>Cantaloup jumbo 6 size Costa Rica</p>  <p>2⁴⁹ ea.</p>
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FISH SHOP

Cleaned skate wings

If the weather permits it

Black tiger raw shrimps
31/40

Wow! 3⁹⁹ lb 8.79 kg **10/2⁹⁹** **Wow!**

FROZEN FOOD

Squid tubes & tentacles
Royal Harbour
2.5 lb

Edamame Soy bean in pod or shelled
Cedar
500 g

7⁹⁹ ea. **1⁴⁹** ea.

UNIVERSAL GROCERY

Green or black olives
Assorted Cedar
250 ml

Parboiled rice
Cedar
4 kg

Wow! 99¢ ea. **Wow! 4⁴⁹** ea.

Spring water
Nestle
12 X 1.5 L

Cereals
Assorted
See variety in store
General Mills
580 g - 665 g

Wow! 3⁹⁹ ea. **Wow!**

FRESH MEAT

Milk fed veal palett

3³⁹ lb 7.47 kg **2⁹⁹** lb 6.53 kg

Italian, german or Toulouse sausage

2⁶⁹ lb 5.93 kg **8²⁹** lb 18.27 kg

FROM OUR FRIDGES

Feta cheese filo kihi roll
Alfa
800 g

Super sandwich ou cones
12 X 120 ml or 8 X 120 ml
Assorted
Chapman's

3⁹⁹ ea.

Potato chips
Assorted
Pringles
160 g - 187 g

Dad's Oatmeal cookies
Assorted
Christie
300 g - 350 g

Wow! 2/3⁰⁰ **Wow! 2⁷⁹** ea.

Jam or marmelade
Product of France
Bonne Maman
250 ml

Fruit cups
Assorted
Del Monte
4 X 107 g or 12 ml

Wow! 3²⁹ ea. **Wow! 1⁸⁹** ea.

QUALITY DELICATESSEN

Greek feta cheese

7⁹⁹ lb 17.61 kg **4⁹⁹** lb 10.93 kg

Assorted mortadella
San Daniele

Smoked ham Olymel

3¹⁵ lb 6.95 kg **9⁴⁹** lb 20.92 kg

Italian Prosciutto Di Parma

Brie Vaudreuil cheese

6⁷⁹ lb 14.97 kg **11⁹⁹** lb 26.43 kg

Appenzeller cheese

Strong white cheddar cheese

5⁸⁹ lb 12.99 kg

Original **2⁹⁹** ea.

Reg. labneh or halal
Cedar
Phoenicia
500 g

Natural Selections
Chicken weiner
Maple Leaf
375 g

3⁹⁹ ea. **1⁴⁹** ea.

Brick cheese
Black Diamond
300 g

France Raclette cheese plate
Agropur
600 g

3/9⁹⁹ **5⁹⁹** ea.

Tropics juice
Only
Tropicana
1.75 L

Yop Drinkable yogurt
Assorted
Yoplait
200 ml

2⁴⁹ ea. **3/2⁰⁰**

Vine leaves
Cedar
1 L

Toasts Melba
Assorted
Grissol
400 g

2⁹⁹ ea. **Wow!**

Dry apricots
Cedar
700 g

Mixed nuts
Cedar
454 g

Wow! 3⁹⁹ ea. **Wow! 4⁴⁹** ea.

Dates Deglet Nour Daia
200 g

Layer dry figs
Cedar
250 g

Stuffed eggplants
Cedar
390 g

1⁴⁹ ea.

Mazola corn, canola or vegetable oil
Mazola
2.84 L

Tomato sauce
Assorted
Hunt's
680 ml

Wow! 5⁹⁹ ea. **Wow! 99¢** ea.

Carbonated water
Assorted
Perrier or San Pellegrino
750 ml - 1 L

Jammers beverages
Assorted
Kool-Aid
10 X 180 ml

Wow! 4/5⁰⁰ **Wow! 2⁵⁹** ea.

White kidney beans
Cedar
2.84 L
LIBERTÉ BLANCS

Dried tomatoes in oil
Cedar
500 ml

Bathroom tissue
Cashmere
8 double rolls

Wow! 3⁵⁹ ea.

FRESH DAILY

Bread
Assorted
Country Harvest
675 g

Wow! 1¹⁰ Rebate

Rillette or terrine
Assorted
Chef Georges
100 g

Mozzarellissima cheese
Reg. 20% or light 15%
Saputo
500 g

1⁹⁹ ea. **4⁹⁹** ea.

We reserve the right to limit quantities. While quantities last. Images are for illustration purposes only. The text prevails over images.

Organic products and gluten-free available in store