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The ABCs of going back to school safely

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Back to school: Of masks and kids



DIMITRIS ILIAS
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For The North-Shore News
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School is restarting and the Sir Wilfrid Laurier School Board is gearing for its most unique and stressful back to school season ever. Covid-19 and the government's willingness to send all kids back to school has created an atmosphere of worry and incertitude for a lot of parents. Already there has been a lawsuit to force Quebec to not make school attendance mandatory and invest on online tools for the parents that are sceptical about sending their kids to school. The government has been adding safety precautions one of which is the compulsory use of masks for students from the 5th year of elementary school.

Here are the recommendations of the Public Health Agency of Canada, the Robert-Sauvé Research Institute in Health and Safety of work, the Institut national de santé publique du Québec (INSPQ) and the World Health Organization (WHO). As well we have compiled some info from healthychildren.org concerning faqs about mask wearing.

How many masks to plan?

Your child should go to school every morning with at least two clean masks so that they can change them as soon as the one they wear gets wet or dirty, whether it's because they sneeze or cough or because it falls to the ground. A very present risk in schools, particularly in elementary school.

Some suggest three masks per day: one for school transport in the morning and lunch, another for the afternoon and out of class, and a third in the event of an incident. (loss, sneezing, etc.)

Washable masks should only be worn for one day. If you don't do laundry every day, you will need to buy or make more than two masks per child.

Choosing the right masks

The mask should be the correct size and adjusted to completely cover the nose and mouth. If the mask is ill-fitting on the cheeks because the elastics are too long, tie a knot to make them shorter. If the face cover does not conform to the shape of your child's face, it would be better to look for another model.

The mask chosen should also have several layers (the Robert-Sauvé Research Institute in Occupational Health and Safety recommends three or four layers) and be designed so that the mouth is as little as possible stuck to the mask to avoid getting it wet. and make it dirty.

How should your child transport them?

When the time comes to remove a mask, it is recommended to store it in a plastic or paper bag, taking care to fold it so that the outside of the mask is folded back on itself.

Explain to your child that it should not slip its mask unprotected into his pocket or backpack so that it can reuse it throughout the day, for example if it has to use common places, such as hallways. If your child needs to put their mask back on, they should remove it from the bag by grabbing it by the rubber bands and avoiding touching the fabric surface. If the mask is wet or dirty when you put it away, you should avoid wearing it again.

Washing

Remove the masks from the bag without touching the fabric, then place them directly in the washing machine. You can wash the masks with other items in hot water and then put them in the dryer.

Show your child how to handle a mask

Your child should wash their hands with soap

and water for 30 seconds or with a hydroalcoholic solution before putting on their mask and after removing it.

Your child must avoid touching the fabric of the mask and use the rubber bands to manipulate it, put it on and take it off. Teach your kid how to put the straps behind its ears, then extend the mask to cover the nose, mouth and chin, touching only the seams.

An ill-fitting or improperly handled mask loses its usefulness.



Along with physically distancing and good hand washing, masks or cloth face coverings are an effective way to help prevent the spread of COVID-19. Some parents may have questions and concerns about cloth face coverings, so here are 4 common questions about kids and masks, along with evidence-based information that will put your mind at ease:

1. Can wearing a mask make it harder for my child to breathe?

There have been concerns that cloth face coverings can reduce oxygen intake, and can lead to low blood oxygen levels, known as hypoxemia. However, cloth masks are made from breathable materials that will not block the oxygen your child needs. Masks will not affect your child's ability to focus or learn in school. The vast majority of children age 2 or older can safely wear a cloth face covering for extended periods of time, such as the school day or at child care. This includes children with many medical conditions.

2. Can masks interfere with a child's lung development?

No, wearing a cloth face covering will not affect your child's lungs from developing normally. This is because oxygen flows through and around the mask, while blocking the spray of spit and respiratory droplets that may contain the virus. Keeping your child's lungs healthy is important, which includes preventing infections like COVID-19.

3. Do masks trap the carbon dioxide that we normally breathe out?

No. There have been false reports that cloth face coverings can lead to carbon dioxide poisoning (known as hypercapnia) from re-breathing the air we normally breathe out. But this is not true. Carbon dioxide molecules are very tiny, even smaller than respiratory droplets. They cannot be trapped by breathable materials like cloth masks. In fact, surgeons wear tight fitting masks all day as part of their jobs, without any harm.

However, children under 2 years of age should not wear masks since they may not be able to remove them without help. Children with severe breathing problems or cognitive impairments may also have a hard time tolerating a face mask and extra precautions may be needed.

4. Can masks lead to a weaker immune system by putting the body under stress?

No. Wearing a cloth face covering does not weaken your immune system or increase your chances of getting sick if exposed to the COVID-19 virus. Wearing a cloth face covering, even if you do not have symptoms of COVID-19, helps prevent the virus from spreading.

Situation in Saint Eustache hospital is improving rapidly



NSN-DIMITRIS ILIAS There were only three new cases, namely one patient and two employees, who had tested positive for COVID-19 in the E1A wing alone during the last week, according to the most recent figures provided by the CISSS des Laurentides as of Monday August 17th.

Including the 12 cases (two patients and ten employees) already identified in the C2A wing, therefore a cumulative of 114 people, since the outbreak saw the day, July 27.

A plan to manage the outbreak

During the massive screening that followed, 94% of employees were tested at Saint-Eustache Hospital. "Currently, screening is carried out primarily as an additional preventive measure. Screening tests are continuing, particularly for our staff returning from vacation. As for hospitalized patients, they are screened every week for the duration of the outbreak. All patients newly admitted to the hospital are also tested for COVID-19," said Anick Drouin, information officer for the CISSS des Laurentides.

She would also like to add, in the same email,

that "the situation was taken very seriously and that no effort was spared to stop the outbreak in order to limit the possibilities of a new penetration of COVID-19 inside the Hospital [Saint-Eustache]."

She also reports that an action plan has been put in place to "guide us quickly in managing the outbreak". Among the health measures deployed, Ms. Drouin mentions the upgrading of personal protective equipment for staff; using designated areas to prevent the spread of the virus; the addition of security guards to ensure compliance with preventive measures; increased cleaning and disinfection; and increased monitoring of symptoms of users and staff.

"It is the mission of the CISSS des Laurentides to ensure quality care and services accessible to the population. That is why we have taken all the necessary measures to ensure the safety of the people who must come to this hospital. We encourage the population not to hesitate to come there for any urgent problem of theirs," concluded the information officer.

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OPINION & Editorial



Did the government hit 'reset' because of the WE Charity?

As most of us know by now, the famous "WE Charity" organization that set out to manage the \$912 million student financial aid program while being paid for the services it would offer, has become the Trudeau government's worst nightmare.

The misadventure, the identity and the effects of this multi-headed and bizarre non-profit organization are well known.

But what emerges from testimonies given to the special parliamentary committee investigating the issue is that civil servants encouraged the political leadership to give the contract entirely to "WE Charity."

By Monday August 17, Finance Minister Bill Morneau resigned and was replaced by Deputy Prime Minister Chrystia Freeland. Other resignations may follow in the near future. One thing is certain, however: the situation that arose was very serious and very difficult for the government, which decided, as previous governments have done in the past in similar difficult situations, to use the right to suspend the work of Parliament.

The position of the government

In a press conference on Tuesday August 18, Prime Minister Trudeau clarified that the government needs time to review the new economic situation in the country due to the pandemic and how to deal with it. "We recognize that the proclamation of the throne (i.e.: the government program presented by the Governor General of Canada who represents the CroAwn) did not include the pandemic as we did not know it then," said the Prime Minister.

Asked by reporters if he was doing what his predecessor, Prime Minister Stephen Harper, did in 2008, the Prime Minister said it was not the same. The government needs some time to "rewrite" a new program that will be presented on September 23 by Canada's Governor General, former astronaut Julie Payette.

'Let him without sin throw the first stone'

Under Canadian law, any government can suspend Parliament at any time, including, of course, the Senate and all parliamentary committees. Naturally, though, and much to their credit, the opposition parties complain that it is scandalous to close Parliament.

But in Canadian history, many prime ministers have often chosen this path. Prime ministers Stephen Harper and Jean Chrétien "closed" Parliament four times in 10 years.

Prime Minister Brian Mulroney three times during his nine years in office.

The record for this belongs to Harper, at 181 days, followed by Chrétien with 145 days, and Mulroney with 68 days.

Let us now look at the causes

Prime Minister Stephen Harper, September 13, 2013: a 33-day adjournment of Parliament to avoid questions about Senate spending and coverage by the prime minister's office.

Prime Minister Stephen Harper, December 30, 2009: Parliament adjourned for 63 days to avoid questions about the Afghan prisoner.

Prime Minister Stephen Harper, December 4, 2008: Suspension of Parliament for 53 days to avoid a vote of confidence that would have thrown the government out of a coalition of all opposition parties.

Prime Minister Stephen Harper, September 14, 2007: Parliament adjourned for 32 days to announce that the government had completed its priorities in five areas.

They all did it

Prime Minister Jean Chrétien, November 12, 2003: Suspension of Parliament for 82 days to avoid the Gomery government scandal and transfer of power to Paul Martin, who ended up losing the election to Stephen Harper.

Prime Minister Jean Chrétien, 16 September 2002: Parliament adjourned for 14 days to avoid the submission of the Public Expenditure Committee on Government Grants.

Prime Minister Jean Chrétien, September 18, 1999: Parliament adjourned for 24 days to avoid multiple government scandals.

Prime Minister Jean Chrétien, 2 February 1996: Parliament adjourned for 25 days to avoid and close the investigation and its conclusion on the Somalia Canadian Forces Commission of Inquiry.

Prime Minister Brian Mulroney, 12 May 1991: Parliament adjourned for one day.

Prime Minister Brian Mulroney, February 28, 1989: Parliament adjourned for 34 days to pass the Free Trade Agreement with the United States and Mexico.

Prime Minister Brian Mulroney, August 8, 1986: Suspension of Parliament for 33 days for reorganization of the government, which had lost the support of voters in the polls.

Are we leading to elections?


If we examine the motives of the NDP, probably not. In order for an election to be called, all parties must agree to defeat the government. The main role will be played by the NDP, whose demands – with no other choice – will be accepted by the Liberal government.

NDP leader Jagmeet Singh already wants a \$12 billion investment in new daycare facilities.

This is reminiscent of the time in 2005 when the NDP, led by Jack Layton, supported the Paul Martin government, in exchange for including in the budget \$4.6 billion for housing for low-income people.

Some parties may want elections here and now, even the ruling one, which definitely wants a majority government. But did you ask the citizens if they feel so disposed after what they've been through in the pandemic? I do not think so.

George Styl. Guzman



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Ongoing COVID-19 raises spectre of homelessness worsening

More help will depend on second wave's severity, says Trudeau cabinet's Ahmed Hussen



MARTIN C. BARRY
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While maintaining that the severity of a second wave of COVID-19 remains to be seen, Families, Children and Social Development Minister Ahmed Hussen says Ottawa is prepared to provide additional help for the homeless should the pandemic worsen.

Still, he insists the federal government has already been doing everything possible to help Canadians who have no permanent place of residence.

In Montreal last week, news reports drew attention to the fact that in certain areas of the city, such as Hochelaga-Maisonneuve, large encampments of homeless are springing up, as fallout from the pandemic takes a toll on the country's economy.

A worsening crisis

Meanwhile in the U.S., homelessness – driven by unemployment generated by a near shut-down of the American economy which is struggling to an even greater extent with COVID-19 – is reaching unprecedented levels.

As part of his mandate as Minister for Families, Children and Social Development in the Trudeau Liberal cabinet, Ahmed Hussen is also responsible for the federal government's strategy to help Canadians affected by homelessness.

"We are doing everything that we can to increase the capacity to build more housing" for homeless and needy people, Hussen said in an interview with *Newsfirst Multimedia*.

He noted that the National Housing Strategy,

introduced by the Trudeau Liberals after they first came into power in 2015, has seen \$55 billion allocated for affordable housing by Ottawa after years of neglect by previous administrations.

Action if necessary, he says

We asked Hussen whether there is a possibility that in the next year-and-a-half, depending on the course of the pandemic, Ottawa might ramp up help even further for Canada's homeless given the worsening conditions.

"I would say, look, I don't know what's going to happen in the future," he replied. "But what you can count on is that as a government we have demonstrated that we are there for the most vulnerable at the most difficult time."

"And in the future, if that is necessary again, we will certainly do that," added Hussen. "Because at the end of the day we want to be there for Canadians at their moment of need, both directly but also helping the organizations that do the heavy lifting."

More funding allocated

While the Ministry for Families, Children and Social Development launched its wide-ranging 'Reaching Home' homelessness strategy long before the COVID-19 pandemic hit earlier this year, Hussen's ministry has been able to provide \$157.5 million in extra support for the homeless during the current pandemic.

Of this, \$21.4 million went to Quebec, with more than \$2 million specifically allocated for Montreal where homelessness is reaching crisis levels.

"I've been speaking to many, many different groups dealing with the homeless, and they have told me that federal dollars have made a

big difference," Hussen said, adding that \$50 million was also set aside this year by Ottawa specifically for shelters dealing with homeless women.

Impact on the Ministry

Hussen was asked how the COVID-19 pandemic has impacted or changed his ministry's way of doing things. "The only difference is that the methods of engagement have changed for my colleagues and myself," he answered.

"We still go to some events. We do Zoom meetings with community organizations in my constituency, as well as community organizations that are on the front lines of helping the most affected people in my riding."

"That work hasn't stopped – in fact, it has increased," Hussen added. "I have three food banks in my constituency and they're seeing much, much higher volume. We go there and we try to do what we can. As a minister I would say the same thing, but way more Zoom meetings."

'Helping the helpers'

In addition to helping administer the federal government's Canada Emergency Response Benefit (CERB), Ahmed Hussen is the minister responsible for the Emergency Community Support Fund (ECSF), which contains \$350 million to assist organizations that are providing help to the country's most vulnerable people during the pandemic.

"We're helping the helpers," he said of the assistance this particular fund is providing.

"I've visited one organization recently in Milton, Ontario where they had an infant food program providing formula and other essential supplies like diapers to families in need who



have infants, and their needs have gone way up. They were able to apply to the Emergency Community Support Fund and they got some money through that and it will help them to serve more people."



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Government of Quebec suffers another legal defeat on Bill 40

Attempt to immediately overturn the stay of Bill 40 rejected



MARTIN C. BARRY
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Bill 40, the CAQ government's legislation to replace school boards with service centres, will remain in limbo for the time being where the province's English school boards are concerned. Last week, an appeals court judge postponed a decision until mid-September.

Quebec Superior Court granted a stay last week to the English school boards before Bill 40 can be implemented.

Quebec Education Minister Jean-François Roberge had previously said the government would appeal the decision, saying he is "convinced that we are respecting the rights

of Anglophone communities to manage and control" their school boards.

However, last week judge Benoit Moore refused to reverse the Superior Court's decision by Justice Sylvain Lussier. All of which is to say that the suspension of the law for now stays in effect for the English school boards.

QESBA reaction

The Quebec English School Boards Association (QESBA) issued a statement reacting to the new developments. "The Quebec English School Boards Association (QESBA) takes note of the decision of Justice Moore of the Québec Court of Appeal to not grant the Government of Québec's leave to appeal the August 10th decision by Justice Lussier at this time," the QESBA said.

"Justice Moore deferred a ruling on the permission to appeal to a hearing of the Court of Appeal before a minimum of three Justices, which he scheduled for September 14. In the same decision, Justice Moore also refused to lift the stay granted by Justice Lussier, deferring this issue as well to the September 14 hearing date.

"The Québec Government had filed a leave to appeal the stay of Bill 40 and furthermore, requested that the Judge immediately reverse the original judgement on the stay. This is the second reversal for the Attorney General of Québec in this case in the last two weeks.

Minority language issue

"Our community has been steadfast in the defence of our rights to manage and control our minority language educational institutions

under Section 23 of the Canadian Charter of Rights and Freedoms," said the QESBA. "This is bigger than those of us who are here now. Our Community is fighting for the vitality and future of our minority community to benefit this generation and those to come.

"Given that the implementation of Bill 40 continues to be suspended for English school boards until at least September 14, the holding of school elections on November 1 becomes totally impractical. We once again call upon the Government of Québec to postpone the November 1 school elections until 2021 and to extend the mandates of current commissioners until those elections are held. This is the only respectful and reasonable response to the current situation."

SWLSB's reaction

Sir Wilfrid Laurier School Board chairman Paolo Galati also issued a statement regarding the new developments in the ongoing contestation of Bill 40.

"In early July there was a three-day hearing on the court challenge of Bill 40 with Judge Lussier," Galati said. "The Sir Wilfrid Laurier School Board and the other eight English school boards believe that Bill 40 denies our constitutional right granted in Section 23 of the Canadian Charter of Rights and Freedoms granting an exclusive power of management and control over minority language instruction and facilities to rightsholders or their representatives.

Stay granted



"August 10, Judge Lussier granted the stay and will be hearing the court challenge in its entirety two or three months from now," he continued. "The CAQ Government, which is relentless, challenged Judge Lussier's decision to grant the stay and on August 20. Justice Moore decided not to rule on the government's request to quash the stay and furthermore has decided to refer both requests including the appeal of the stay to a panel of at least three judges during the week of September 14.

"The CAQ Government is relentless," Galati added. "They need to stop fighting everything, and focus on real solutions. Elections are supposed to be the public's way to exercise their democratic rights. An improperly planned election serves nobody. They should simply extend council terms like they did two years ago, even if only until the spring, and drop the appeal. Let the courts hear the constitutional challenge ... They need to stop fighting everything, and focus on real solutions for our back to school."

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Canadians worried about closure of local businesses, CFIB says

Small business lobby group wants Ottawa to modify COVID-19 aid programs

(TLN) Four in five Canadians are worried their favourite local businesses may close down as a result of the pandemic, according to new public opinion research conducted by Maru/Matchbox for the Canadian Federation of Independent Business (CFIB)'s Small Business Recovery Dashboard.

The poll found:

- 82 per cent of Canadians are worried that their favourite local businesses will close down;
- 69 per cent are concerned the economy is not recovering fast enough;
- 76 per cent believe we need to start focusing more on economic recovery;
- 95 per cent believe supporting small business is key to keeping the economy healthy.

'A pivotal moment'

"We are in a pivotal moment for small business recovery," said CFIB president Dan Kelly and CFIB vice-president for Quebec François Vincent.

"Canadians' concern that some of their favourite businesses may close is not misplaced. CFIB's research shows that Canada may lose 158,000 small businesses before the end of the pandemic, particularly as many continue to face dramatically lower sales."

The latest bi-weekly data from CFIB's Small Business Recovery Dashboard also shows:

- 63 per cent of small businesses are fully open;
- 39 per cent are fully staffed;
- 26 per cent are making normal sales.

Impact on local emerging

"Back in June, we saw that Canadians were starting to be more comfortable with eating at

dine-in restaurants and going to their barbers or stylists for a haircut. Now, Canadians are realizing that a slow economic recovery will hurt their favourite local businesses and community as a whole," said Kyle Davies, Senior Vice President at Maru/Matchbox.

CFIB is encouraging Canadians to get involved in helping small businesses survive by shopping at their local, independent businesses. At small-businesseveryday.ca, consumers can participate in interesting challenges to support local businesses, and find information about other initiatives aimed at small business recovery.

Shop at small businesses

One of those initiatives is American Express's Shop Small campaign, which is encouraging cardholders to shop at small businesses by offering a \$5 credit when they spend at least \$10 with their registered card, at up to 10 different participating businesses until September 13.

"There's a reason we all have a favourite independent coffee shop, gym, or flower shop — they give us terrific service, grow local economies and make our communities more vibrant and unique," added Vincent and Kelly. "Buying local is one of the most important things Canadians can do to help our economy recover quickly."

Changes sought to COVID aid

According to the CFIB, small business owners are also joining forces to demand important changes to the federal government's COVID-19 aid programs through an online petition.

"Small businesses have been battered by months of closures, reduced sales and new costs, and three quarters of entrepreneurs still not making their normal levels of sales. As a

result, CFIB estimates 158,000 small firms (one in seven) may close," said Vincent and Kelly.

Some businesses ineligible

While many small firms have been helped by the three major government support programs, according to the CFIB tens of thousands remain ineligible — particularly for the CEBA loan program and the commercial rent subsidy (CECRA).

CFIB has asked government to make the following changes to current aid programs: Canada Emergency Business Account (CEBA): (a) extend the deadline for the program (b) immediately expand access to more firms (those using personal bank accounts, new firms and those with less than \$40,000 in non-deferrable expenses), (c) provide clear reasons for rejection, and (d) increase the loan amount to \$60,000 and the forgivable portion to 50 per cent

Other CFIB recommendations

Canada Emergency Commercial Rent Assistance (CECRA): (a) allow tenants to access rent support directly, regardless of their landlord's participation, (b) expand coverage to more firms with lower levels of business losses and (c) extend over the summer and fall

Canada Emergency Response Benefit (CERB): (a) extend CERB for those without work, but ensure benefits stop if an employee is offered their old job back (other than for sickness/family issues), and (b) allow recipients to earn more than \$1,000/month without losing benefits

Canada Emergency Wage Subsidy (CEWS): (a) simplify the application process and (b) ensure business owners and their family members

working in the business can have some of their dividend income covered

More than 7,000 business owners have already signed CFIB's petition calling for changes.

Road closure in Blainville



From August 24 to 28, the connection work for future municipal works will result in the closure of Omer-DeSerres Street, opposite civic address # 301.

An alternate route will temporarily direct traffic via rue Gaston-Dumoulin. Local traffic will however be maintained for businesses located on rue Omer-DeSerres, between the two intersections on rue Gaston-Dumoulin. Blainville thanks residents for their patience and hopes for their collaboration around the sites.

New fire department chief in Sainte-Thérèse



The City of Sainte-Thérèse announced the appointment of Christian Legault, as Director of the Fire Department. In his new role since August 3, he succeeds Richard Grenier, who has been in Sainte-Thérèse for 43 years.

A homecoming

Christian Legault began his career as a firefighter in 1992 with the Montreal Fire Department (SIM). From 1999 to 2005, he worked as a part-time firefighter for the City of Sainte-Thérèse. Passionate about his profession, he chose to undertake a second parallel career in 2001, that of a teacher at the Institut de Protection contre les Incendies du Québec (IPIQ) in Laval, until last year, at the time of his appointment as head of the SIM operations division. His return to the City of Sainte-Thérèse as Director of the Fire Safety Service is the logical continuation of his career path, a new step that he undertakes with great determination.

"We are delighted to be able to welcome Mr. Legault back to the City of Sainte-Thérèse, this time in the position of director. His vast experience will be put to good use quickly, since he will notably be entrusted with the implementation of the new structure of the full-time barracks service. We are confident that he will be able to meet this challenge while maintaining the excellent level of services offered to Theresians," said the mayoress of Sainte-Thérèse, Ms. Sylvie Surprenant.

A well-deserved retirement

NSN covered last week the emotional ceremony of retirement of Richard Grenier, who led a brilliant career within the City of Sainte-Thérèse. He started in 1976, as an auxiliary firefighter alongside his father, himself a part-time firefighter at the time. With a heart for work and showing exemplary dedication, Mr. Grenier rose through the ranks over time to be appointed Director of the Service in 2007. In 2013, he received the Queen's Diamond Jubilee Medal Elizabeth II for services rendered to the population.

To mark his retirement, the directors of the Entraide de la sécurité incendie des Basses-Laurentides gathered on August 14 at the Sainte-Thérèse barracks to make him a guard of honor. A gesture of solidarity which testifies to the great appreciation of his peers and which will undoubtedly remain engraved in his memory!

"The profession of firefighter is a vocation! The members of the municipal council of the City of Sainte-Thérèse would like to thank Mr. Grenier for his dedication to the community during all these years. We wish him a pleasant and well-deserved retirement! », said Ms. Surprenant.

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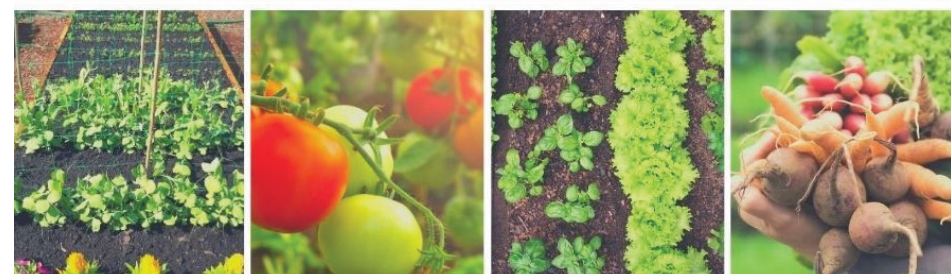
From assigning **one classroom per group** and **handwashing** to solutions to ensure **all subjects are taught** and **increased support** for students, we've adopted measures for a safe and successful school year.

See the FAQs

[Québec.ca/back-to-school](https://quebec.ca/back-to-school)



Rosemère welcomes Fall with Harvest Day



NSN-DIMITRIS ILLAS The Town of Rosemère is inviting residents to the second edition of Harvest Day, which will take place on Saturday, September 12, 10 a.m. – 3 p.m., in front of the municipal library.

In order to ensure that government orders are followed to minimize the risks of spreading COVID-19,

this second edition will offer a more simplified program than last year, but just as colourful!

To minimize gatherings, Harvest Day 2020 will be based on a "public market" format, where a number of Rosemère merchants working in the food industry will be on hand. This event will, of course, comply with the health measures put in place by public health.

It is a great occasion to celebrate one of the most beautiful Canadian seasons while helping out a local charity.

"The main objective of Harvest Day is to

collect fruits, vegetables and non-perishable foods for

Moisson Laurentides. This is why it is essential for us to maintain this charitable event. Also, it is a great opportunity to encourage our local merchants. Come and encourage them and, at the same time, contribute to a good cause for people in need!" stated Mayor Eric Westram.

In order to minimize the handling of objects and the distance between the participants, the honey

extraction workshops will exceptionally be held in a virtual way. Residents will therefore be able to view the extraction of honey from our Rosemère hives in the comfort of their own homes. Details will be announced at a later date.

Please note that for this occasion, Grande-Côte Road will be closed from 8 a.m. to 5 p.m. between

Adélar and Hector streets. A detour will be set up on Labelle Street for local traffic.

A Quebec leader in the lumber industry settles in Saint-Eustache



The City of Saint-Eustache and Barrette Structural Inc., a Quebec leader in the wood industry, have signed an agreement for the company to acquire more than 2 million square feet on the site of the former Saint-Eustache autodrome.

The acquisition will allow Barrette Structural Inc. to set up a brand-new factory to manufacture wood structures, intended for construction projects, residential, multi-residential, insti-

tutional, commercial and agricultural, across Quebec and Ontario.

"We are extremely proud to welcome this Quebec flagship to us. Its arrival, in addition to creating a hundred new jobs in Saint-Eustache, allows a harmonious requalification of the site, while respecting the surrounding agricultural and residential sectors," said the mayor of Saint-Eustache, Mr. Pierre Charron.

Merry-go-round

My girlfriend and I just went through a tough time. Her ex played with her mind, saying he wanted his family back. They have a son together, and he totally convinced her.

Two days later, she told him there is no way he could move in with her by forcing the issue. He reacted, saying he didn't love her and things were better with his girlfriend anyway.

That was a week ago. I asked her if this was the closure she wanted. She responded with a simple YES. But she said she wants to take things slow and not be in a relationship right now.

She needs time for herself, time to heal, time to get strong, and time to be a little selfish, too. She said she still loves me but needs to concentrate on herself, her son, and her work. I told her I will wait for her and give her the time she needs. She smiled, then said she couldn't believe how much I loved her or that I would wait for her.

She's willing to talk on the phone, get coffee sometimes, and go to lunch or dinner every so often. We hold good, honest conversations. I knew she still loved him. We got together only two months after their separation, and that was 10 months ago.

I have two kids, and she has one. Her other concerns are, will I love her son like my own and will she love my kids like her own. I've tried to explain that she need not love them like she gave birth to them, just love them.

She is also concerned how our family will fit together living in one house. I told her, when we love each other 100%, the rest will follow. But she thinks everything has to be textbook perfect first.

I never felt such an amazing connection to anyone in my life or ever been so happy. She is my one true love. I believe waiting for her is the right choice. What do you think?

Miles

Miles, we can be a fan in love with a

star, but that doesn't mean the star is in love with us. As Cher once said, "I have a deep, superficial relationship with my fans."

Studies show that fans share three characteristics. They are persistent, they are not honest with themselves, and they make themselves underlings to the star. We are not calling you any of those things, but we will examine your relationship through that lens.

First, there's persistence. You say you will wait for her forever. That is the same as telling her, "Do whatever you want to me." In exchange for your persistence, she merely offers to share an occasional cup of coffee.

What you feel for her she seems to still feel for her ex. She has a child with him, which gives him persistent access to her life for the foreseeable future.

Second, fans are not honest with themselves. In your eyes, she is your one true love, but in her eyes she sees nothing but roadblocks. "I don't know if I can love your kids, I don't know if you can love my child, I don't know if we can share a household." Be honest with yourself about what she is offering.

Third, fans make themselves underlings. You are letting her set the terms, and her terms are "I get to concentrate on myself, my son, and my work." You want to call it "perfection seeking," but we think you are making excuses for her.

Being a fan comes at a cost, both to you and to your children. What she is putting you through, she is also putting your kids through.

The word fan comes from a Latin word which means to be "insanely but divinely inspired." Don't be a fan in love with a star. There is a madness in that, there is a pleasure in that, but there is no future in that.

Wayne & Tamara

Wayne & Tamara Mitchell are the authors of **YOUR OTHER HALF** (www.yourotherhalf.com) • Send letters to: Direct Answers, PO 964 Springfield, MO 65801-0964 or email: DirectAnswers@echowork.com



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Information Update

Certain hand sanitizers containing technical-grade ethanol may pose health risks


Health Canada is advising Canadians that the following hand sanitizers, which contain technical-grade ethanol, may pose health risks. For more information, including what Canadians should do, visit the online safety alert.

Canadians are also advised to refer to the list of hand sanitizers that contain ethanol or denaturants that are not acceptable in hand sanitizers


and are being recalled from the market because they may pose a risk to health.

Health Canada maintains these lists of hand sanitizers that may pose health risks, so that Canadians can easily identify products they may have purchased and take appropriate action. Canadians are encouraged to check both lists regularly for updates.

some hand sanitizers
DON'T MAKE THE GRADE



Product	Company	NPN or DIN	Lot Number(s)	Expiry Date	Date Added
Gal Hand Sanitizer	GAL Aviation	80098899	HS2804	April 2022	Aug 21, 2020
			HS2904		
			HS3004		
			HS0105	May 2022	
			HS0405		
			HS0505		
			HS0605		
			HS0705		
			HS0805		
			HS1105		
			HS1205	June 2022	
			HS0206		
			HS0306		
Solution Hydro-Alcoolique Pour Les Mains	9376-5576 Québec Inc., DBA Les Produits PGM	80101326	03-06-22	June 2022	Aug 21, 2020

Infograph by 

The new water games at Parc De Sève are open!



NSN-DIMITRIS ILIAS Young Theresians will be delighted to learn that they can extend their summer fun with brand new water games now installed at De Sève park! Located near the play modules already in place in the park. They are easily accessible from the entrance on rue Léonard.

Last February, a group of ten students from Terre-Soleil elementary school were asked to participate in the choice of the layout of the water games, giving their opinion on three proposals. This process created a lot of pride among the young participants. Some of them were also present during the official opening. “We are delighted to have included the chil-

dren in this selection process. After all, they are the primary users of these facilities! This exercise was a positive and enriching experience, both for the students and for the adults involved in the project. It is with great pleasure that we meet them again today to share this happy unveiling with them,” said Sylvie Surprenant, mayor of Sainte-Thérèse.

The water games are open from 9 a.m. to 9 p.m. and access is free. On site, residents are asked to respect the distancing measures in force. Additionally, if someone has symptoms associated with COVID-19 (fever, cough, difficulty breathing, etc.) is asked to stay home.



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The Curse of Aurore Gagnon (Parish)

PRÉSENTEMENT À L’AFFICHE AU CINÉMA - NOW PLAYING IN THEATRES



FABULEUSES AVENTURES À OZ

PRÉSENTEMENT À L’AFFICHE AU CINÉMA - NOW PLAYING IN THEATRES



AVENTURES DE BILLY STONE

PRÉSENTEMENT À L’AFFICHE AU CINÉMA - NOW PLAYING IN THEATRES

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TENET

PG-13 | Action | 2h31



NOW PLAYING

Armed with only one word -- Tenet -- and fighting for the survival of the entire world, the Protagonist journeys through a twilight world of international espionage on a mission that will unfold in something beyond real time.

THE SPONGEBOB MOVIE: SPONGE ON THE RUN

PG | Animation | 1h31



NOW PLAYING

After SpongeBob's beloved pet snail Gary is snail-napped, he and Patrick embark on an epic adventure to The Lost City of Atlantic City to bring Gary home.

PANDAS - THE IMAX EXPERIENCE

G | Documentary



NOW PLAYING

An American biologist embarks on a life-changing journey to China to help scientists breed giant pandas and introduce the cubs into the wild.

FINDING LOVE IN MOUNTAIN VIEW

G | Romance | 1h40



NOW PLAYING

After learning she's been entrusted to take care of her deceased cousin's children, an architect is torn between focusing on her career and honoring her cousin's wish.

RUSTIC ORACLE

PG | Drama | 1h41



NOW PLAYING

RUSTIC ORACLE is much more than a story about loss. It is the story of a mother and daughter coming together and learning how to love and care for each other under painful circumstances.

A QUIET PLACE PART II

PG-13 | Horror | 1h37



COMING SOON

Following the events at home, the Abbott family now face the terrors of the outside world. Forced to venture into the unknown, they realize the creatures that hunt by sound are not the only threats lurking beyond the sand path.

STARDOG AND TURBOCAT

PG | Animation, Comedy | 1h30



COMING SOON

A loyal dog and a vigilante cat embark on a space age voyage to find their way home.

WONDER WOMAN 1984

PG-13 | Action, Adventure, Fantasy



COMING SOON

Fast forward to the 1980s as Wonder Woman's next big screen adventure finds her facing two all-new foes: Max Lord and The Cheetah.



Spinach rice (or spanakorizo in the language of Zeus)

Spanakorizo (a compound word Spanako, derived from Spanaki which means Spinach / Rizo means rice) is a Greek vegetarian dish of spinach and rice. It is described as a typical Greek peasant, dish that may be eaten hot or cold.

A typical recipe includes long-grain rice (in my recipe, I prefer Arborio, because of its richness) and fresh spinach along with dill, salt, black pepper, onion, and olive oil, often topped served with feta cheese and lemon. If you want to get fancy-schmancy you can pair it with a nice white wine such as Papagiannakos Savatiano 2019, SAQ 11097451, \$16,80 or Tetramythos Roditis 2019, SAQ 12484575, \$16,20

This dish which drives young and old crazy is so easy and delicious! Especially young children, they won't make a fuss to eat their spinach!

Spanakorizo was a major staple in our home. Chock full of nutrients, but at the same time it would taste so junky! That's my perfect food! I want to eat healthy, but not taste it... you know what I mean?

Let's do this!

You will need:

- 1 onion
- 1 clove(s) of garlic
- 1/4 cup of olive oil
- pepper
- 2 spring onions
- 1/2 bunch dill
- 250 g Arborio rice
- 4 cups of Chicken (added salt since there is no salt in the recipe or sodium free if you don't want the salt)
- 1 kg of fresh spinach
- You can also use fresh grated tomatoes. Just add a spoonful of tomato paste to achieve a nice color in your food
- Place a pot over medium high heat and add 2 tablespoons olive oil.
- Finally dice the onion and garlic, and add them to the pot. Season with salt and pepper, and sauté.
- Finely chop the white part of the spring onions, the stems of the dill, and add them to the pot.
- Add the rice and sauté for 1-2 minutes.
- Add the stock in batches and mix constantly, at medium heat, as you were making a risotto, allow the liquid to be absorbed before adding the next batch of stock. Do this for 13-15 minutes until the rice is fully cooked. You may add more warm water or any other liquid if needed
- Put the spinach into the pot and simmer for 3-4 minutes.
- Finely chop the rest of the dill, the green part of the spring onions, and add them to the pot. Finally Add the rest of the olive oil, and mix.
- Enjoy and Serve it with lemon slices, olive oil, pepper and feta cheese.

Deadline:
WEDNESDAY before publication at 1 p.m.

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In Memoriam & Obituaries



FOURNIER, Claudette **1956 - 2020**

From Sainte-Anne-des-Plaines, on August 12, 2020, at the age of 64, passed away Mrs. Claudette Nadeau, wife of Mr. Michel Fournier. Besides her husband, she will be sadly missed by her daughters Chantal (Yvon) and Emilie (John), her grandchildren, Liam and Edouard, as well as other relatives and friends.



GIROUX, Jacques **1958 - 2020**

At the CISSS des Laurentides Lachute, on August 17, 2020 at the age of 61, passed away Mr. Jacques Giroux, son of the late Jean Giroux and Mrs. Thérèse Taillon. Besides his mother, he will be sadly missed by his two sons, Samuel (Aurélien Brisebois) and Jean-Philippe (Audrey-Maude Lévesque). He also leaves his sister, Louise (Paul Laurin), the mother of his children, Lise Brisson, as well as many friends.

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BESNER, Yolande **1927 - 2020**

In Blainville, on August 22, 2020 at the age of 93, passed away Mrs. Yolande Besner. Wife of the late Mr. Maurice Sylvain. She leaves her children, Diane (André), Johanne (Alain), Christine (Steven), her grandchildren, Catherine, Anik, Stéphanie, Frédérique, William, Ryan, her nephews, nieces as well as many other relatives and friends.



LAPORTE, Richard **1946 - 2020**

From Sainte-Anne-des-Plaines, on August 14, 2020, at the age of 73, passed away Mr. Richard Laporte, husband of Mrs. Micheline Lafontaine. Besides his wife, he will be sadly missed by his daughters Chantal (Sylvain Quesnel), Sophie and Anouk (Michel Perron), his grandchildren, Nicolas, Alexandre, Jeanne, Raphaël and Guillaume, his sister Jocelyne, his brothers-in-law, his sisters-in-law, nephews, nieces, as well as other relatives and friends.



DAGENAIS, Thérèse **1928 - 2020**

In Sainte-Thérèse, on August 20, 2020 at the age of 92, passed away Mrs. Thérèse Dagenais, wife of the late Mr. Lucien Guénette. She is survived by her children, Francine (Louis), Louise (Sylvain) and Luc (Marylène), her grandchildren, Philippe and Sophie, her brother Pierre (France), her nephews, nieces as well as many other relatives and friends.

Contact us today to place an obituary or in memoriam in our next issue
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HOROSCOPE

Week of **AUGUST 30 to SEPTEMBER 5, 2020**

The luckiest signs this week:
ARIES, TAURUS AND GEMINI



ARIES

Your friends may invite you to join them on a weekend getaway, or your significant other will take you on a romantic adventure. A bit of solitude would do you a world of good.



TAURUS

You'll be given new responsibilities at work that will lead to an exciting career opportunity in your field. You should anticipate needing a bit of extra time to complete all your projects.



GEMINI

Your boss will likely encourage you to sign up for a training pro-gram that will open doors to a more promising future, or at least a promotion. A vacation to cele-brate is also on the horizon.



CANCER

September offers you a fresh start. You'll take the opportunity to thoroughly assess your daily routine and make sure your lifestyle is in line with your values.



LEO

You're not always comfortable in a crowd, but it'll be up to you to plan a large-scale event. Some-times you need to step out of your comfort zone to be successful.



VIRGO

You'll have a lot on your plate at work, with a number of urgent matters to settle at home as well. Don't hesitate to ask a family member to lend a hand — they'll be happy to help.



LIBRA

Loved ones will encourage you to sign up for a weekly activity to help you stay in shape this win-ter. The experience would also be great for your self-esteem.



SCORPIO

You'll dedicate considerable time and resources to creating the perfect love nest at home. You'll find a lot of joy in this project, but it'll be hard to get you out of the house.



SAGITTARIUS

You'll be on the go more than usual this week, and it'll likely be to ferry loved ones around. You'll also spend a fair amount of time on the phone or social media. You'll be motivated by curiosity and find it easy to speak your mind.



CAPRICORN

You'll have a pile of paperwork to get through at work. Although this will be a source of considerable stress, the additional income will surely be welcome.



AQUARIUS

You'll feel more energetic and optimistic. There's a good chance you'll find a way to treat yourself. Friends will convince you to go on a fun outing or shopping spree with them.



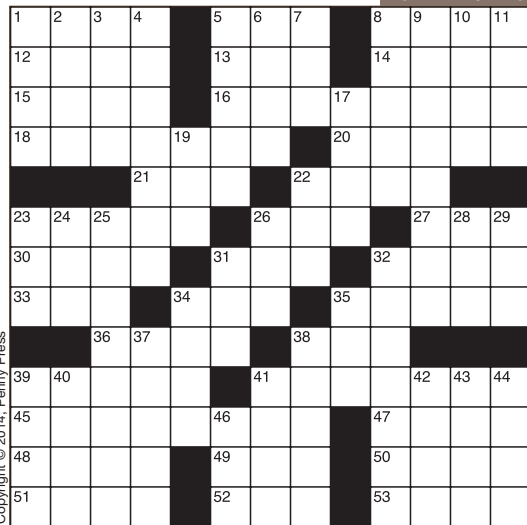
PISCES

Stress is ubiquitous these days, so it's important to occasionally take a step back and relax. Doing so will help you gain a better perspective, and the new out-look will make everything easier.

Coffee Break

CROSSWORDS

PUZZLE NO. 995



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ACROSS

1. Gentle rain
5. Youth
8. Mast or boom
12. Toward
13. "Diamonds _____ Forever"
14. Walk the floor
15. Look at quickly
16. Bleeped a bad word
18. Decreases
20. Frogs' relatives
21. Fuel for a Ford
22. Pull sharply
23. Tingly
26. Method
27. Sprite
30. Blow, as a horn
31. Chinese skillet
32. Angler's need
33. Male child
34. Make a knot

35. Crazy
36. Mineral deposit
38. Carried out
39. Alter
41. Pathetic
45. White, aromatic flower
47. Plus
48. Choice word
49. Tourist's stop
50. Informal shirts
51. Winter slider
52. _____ soup (dense fog)
53. Opposite of west

DOWN

1. Young girl
2. One-twelfth of a foot
3. Twinkler
4. This evening
5. Supports
6. Miners' quests
7. Japanese coin
8. Ladle
9. Talking pet
10. Received an "A" on
11. Carmine and ruby
17. Don't leave!
19. Vote of denial
22. Shaggy ox
23. "_____ a Living"
24. Furthermore
25. Chat
26. Heartache
28. "_____ It Be"
29. Go by plane
31. Triumph
32. Glow
34. Ebb _____
35. Drill part
37. Halted
38. Singer Ross
39. Long time
40. Shopping place
41. Yearn
42. Fido's bane
43. Applies
44. _____ and found
46. Small drink

Sudoku

HOW TO PLAY:

Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.

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

PUZZLE NO. 720

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

Last Issues' Answers

CROSSWORDS

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

Sudoku

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

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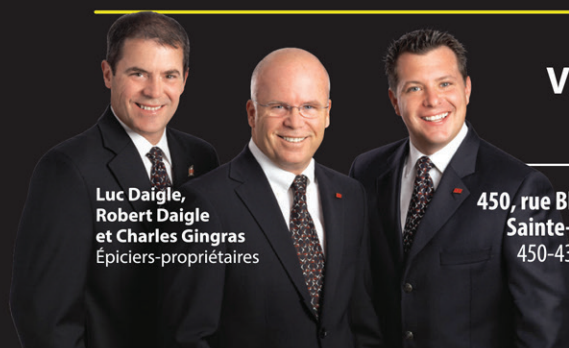
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The draw for an iPad will take place at 3:00pm on Thursday, September 17, 2020, in each of the participating IGA extra Daigle supermarkets.
This contest is open to Quebec residents aged 18 and over. No purchase required. Details and regulations in store or at igadaigle.com



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220, rue Saint-Charles
Sainte-Thérèse
450-435-1370

25, boul. des Entreprises
Boisbriand
450-430-5572

2605, rue d'Annemasse
Boisbriand
450-433-6226

Photos for illustrative purposes only.

*Purchases must be made in the same transaction.
Purchases are calculated on the price of the
merchandise before taxes, excluding tobacco
products, lottery tickets, travel tickets, gift cards
and any other product where prohibited by
law. Some restrictions apply. See details and
regulations in store or at igadaigle.com.