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Vol. 16 - N°.23

September 4, 2020

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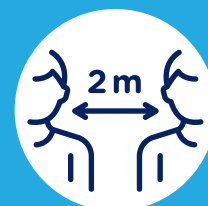
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Covid scare at Polyvalente Deux-Montagnes High School



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Students in 4th and 5th of the polyvalente Deux-Montagnes High School, in the Laurentians, were on forced vacation from their second day of school. About twenty teachers were placed in preventative isolation as 4 teachers tested positive for the virus.

The parents were informed in the evening, Thursday the 27th of August. "It is with transparency that I inform you that several 4th and 5th secondary teachers will have to be in preventative isolation from tomorrow, Friday August 28, until Friday September 4 inclusively", according to a message sent by the principal, Michel Perron.

These teachers are at "moderate risk" of contracting COVID-19 "because they have been in close contact with an infected person". "This situation remains under control," according to the administration.

The situation worries teachers in the region.



"It is the worry of not being sufficiently well protected, that the preventive measures, the sanitary measures are not sufficient"

"It is the worry of not being sufficiently well protected, that the preventive measures, the sanitary measures are not sufficient", affirmed

Nathalie Bouyer of the union of education of the Basses-Laurentides.

Isolated teachers will give distance lessons. A substitute will be present on site to manage the class.

This use of substitutes also raises several concerns, especially when they have to provide replacements in different schools.

"It is sure that for our occasional substitutes it is worrying. They go from class to class, they go from school to school. So, we don't want to relive what was experienced in a CHSLD by walking from one place to another," admits Ms. Bouyer.

The public health department is continuing its

epidemiological investigation. With these two new cases, she extended the teachers' isolation until September 10.

According to the organization, the risk of having contracted COVID-19 is low for most students. There are, however, a few for whom the risk is moderate. These were also isolated as a preventive measure.

The School Service Center and the CISSS des Laurentides assured the public that they continue to monitor the situation closely. Classes are continuing as usual for students in Secondary 1st, 2nd and 3d. More than twenty teachers are in preventative isolation. The Deux-Montagnes high school accommodates 1,700 students.

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Tel: 450-978-9999 • Fax: 450-687-6330
E-mail: editor@newsfirst.ca
www.ns-news.com

Distributed to the
North Shore region



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Layout: Media Trek

Distribution: DIFFUMAG

Printing: TC. TRANSCONTINENTAL

National Representation: Project funded in part by

RÉSEAU SÉLECT

TEL.: 1-800-361-7262 ext 241056

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Member of
Quebec Community Newspapers Association &
Canadian Community Newspapers Association



ISSN number : 1923-0648

Annual subscription : \$97⁹⁸ tax incl. • Per copy : \$1

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OPINION & Editorial



Canada must re-establish itself as an energy superpower

*While the Americans were acting in their own economic self-interest,
our leaders were undermining our national energy interests*

Canada needs renewed federal leadership to support our energy sector, given its importance to the entire economy.

And all provinces and territories must come together in this effort.

If not, Canada will continue to see the sector fall behind the United States and other larger powers. We will lose our traditional position as a strong market-based global energy power.

Despite the effects of the COVID-19 pandemic on global oil prices, Canada continues to be the largest energy partner to the United States, and yet we lag behind our southern neighbour in terms of achieving energy security for our domestic market.

Canada has the world's third-largest reserve of oil and we're the fifth-largest producer of natural gas. However, this isn't relevant if governments squander that untapped wealth or sell it for sub-optimal prices. Canada has traditionally sold its crude oil to the U.S. at prices below what the broader international market paid.

Canada is falling behind the U.S. in terms of productive energy policy, losing much ground when it comes to oil and gas development. By policy design, the U.S. has gone from being Canada's largest customer for crude oil and natural gas to its largest competitor.

In the U.S., the owner of the land owns the hydrocarbons underneath property. In Canada and most other jurisdictions, the government owns subsurface mineral rights. The U.S. also has a vast infrastructure network that can handle an expanding energy sector.

Prime Minister Justin Trudeau has assured us that critical pipeline projects will proceed but the actions of his government tell a different story.

The Liberal government introduced Bill C-48, which imposed a moratorium on oil tanker traffic on British Columbia's northern coast. The bill killed any hopes for pipeline projects that sought to move Alberta's land-locked crude oil to the Pacific coast through one port.

Then the government introduced Bill C-69, which was intended to streamline the assessment process for projects but ended up creating less clarity and more potential for legal mischief.

The federal government also gave a tepid response when Alberta and British Columbia began an inter-provincial war of words over certain pipeline projects. The government allowed Bill S-245, designed to assert federal authority over inter-provincial pipelines, to die at second reading in the House of Commons.

The government also didn't intervene when the premier of Quebec said no pipeline would pass through his province.

Since 2010, the United States had built the equivalent of 10 Keystone XL

pipelines. According to the U.S.-based Association of Oil Pipe Lines (AOPL), between 2009 and 2013, almost 13,000 km of oil transmission pipelines were built in the United States.

The U.S. has also relaxed offshore drilling regulations to ramp up production.

Particularly under President Donald Trump, there has been an explosion in natural gas development in the U.S. His administration opened up large tracts of federal lands to energy development and has been instrumental in the shale gas revolution that expanded oil and gas reserves in the U.S., leading the country toward energy independence.

The administration also changed regulations allowing for natural gas development through hydraulic fracturing (or fracking). The Department of the Interior also worked on allowing Native American communities to better utilize energy resources on tribal lands, to the benefit of those impoverished communities.

The United States has emerged as an energy superpower while Canada has become an energy laggard and investment has fled.

The Trump administration ramped up oil and gas exploration by changing royalty rates for oil and gas leases on federal lands, as well as changing water regulations for fracking on federal and tribal Indian lands. The Department of the Interior also accelerated the pace of offshore oil auctions and reduced royalty rates so more energy companies could enter the market.

Meanwhile, Quebec and some Maritime provinces imposed moratoriums on fracking activities, despite the existence of vast untapped natural gas reserves, especially in New Brunswick.

It wouldn't hurt if the federal government encouraged provinces to accept some fracking.

While some of the energy explosion in the U.S. can be explained by better technologies and methods, much can be attributed to regulatory and policy changes, as well as transformational leadership.

While Canada was listening closely to environmental interests and adopting a weak federal response to energy development, the U.S. was busy adopting winning policies and asserting a lead federal role in pursuing energy development, for both economic and foreign policy reasons.

Canada need not adopt a Trump-style "Canada First" policy. Canadians in all regions value strong environmental regulation and wish to protect wildlife habitats. We already have global-best environmental rules and technologies.

Canada needs a much more balanced approach that recognizes our desire to remain an energy superpower, with made-in-Canada policies that respect both the environment and the new energy economy within a free market.

Joseph Quesnel



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Hasidic community court victory against Boisbriand- The city reacts



DIMITRIS ILIAS
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The Hasidic Jewish community Kiryas Tosh of Boisbriand has won a victory in court against the City. The dispute concerned taxes the city wanted to impose on certain buildings in the segregated community.

The lawsuit concerned schools for girls and boys in the community and lawyers for the Kiryas Tosh succeeded in demonstrating before the Court of Quebec that these buildings should be exempt from taxes given their religious nature. In these schools, only religious education is given. Secular education is done at home.

This means that the community will not have to pay millions of dollars in taxes to the City of Boisbriand on the few buildings concerned, namely religious schools, synagogues in these schools and daycare centers.

The city is actively pursuing the matter since the girls school could represent \$ 60,000 in taxes, while the boys school, almost \$ 30,000.

The Hasidic Religious Community Center is the appellant because it is the owner of all the buildings in dispute, except the house of the Chief Rabbi, which will not benefit from a tax exemption.

“The Hasidic Religious Community Center has only one activity and that is the ownership of the buildings. These buildings having no other interest or use, no utility and no other vocation than religious is sufficient. The Court therefore holds that the TAQ (Administrative Tribunal of Quebec) erred in law by failing to recognize the exemption as a religious institution”, reads the decision.

The mayoress of Boisbriand, Marlene Cordato said she was “totally” surprised by the decision since “the first judgment of the Administrative Tribunal of Quebec was in favor of the City of Boisbriand”.

“The Corporation which owns the buildings is a real estate holding company, so it has no activity of a religious nature, and this is what our argument was based on”, underlined Cordato.

The community of around 3,000 people did not want to react to the decision.

The City is considering requesting a judicial review

The City of Boisbriand, however, is currently studying the possibility of requesting a judicial review of the judgment rendered by the Court of Quebec in the litigation concerning the property assessment of a few buildings located in the Hasidic Jewish community.

“We believe that this decision will have impacts not only in Boisbriand, but also on all the cities of Quebec,” laments Mayor Marlene Cordato.

The City of Boisbriand maintains that the activities of the real estate holding company holding the buildings concerned are not of a religious nature. Consequently, the City considers that it should not benefit from the exemption from taxes which apply to religious institutions.

Kiryas Tosh

Kiryas Tosh, or Kiryas Tash (English: Town of Tash), is named after the town of Tash, Hungary (now Nyírtass, Hungary), near the Czech border, where Tasher (Tosher) rebbe's once gathered.

The community was formed in 1963 by Rebbe Meshulim Feish (Ferencz) Lowy. Lowy moved to Montreal in 1951, but viewed the moral climate in the community as deteriorating, and not conducive to the study of Torah. The Rabbi and 18 families moved to Boisbriand in 1963, in an attempt to better insulate and isolate the community from outside influences. Since then, the population of the community has greatly



increased, mostly due to the high fertility rates of Hasidic communities.

In 2019, a mass vaccination campaign against measles was carried out, after a measles outbreak occurred, suspected to have been carried from the endemic measles persistent hotspot in New York City. Most members of the community had already had vaccinations, but not all, and not all up to date in booster shots. Vaccination levels show that anti-vaxxer sentiment is not afflicting the community.

At the end of March 2020, the community was

they accused of not having provided them with an adequate education, as stipulated by law on public education. Their lawyer told the court that the two young people received virtually no secular education while attending the private religious school run by the Kiryas Tosh community.

According to court documents, the two young people were educated in Yiddish at a religious school that did not hold a license. They never took a single course in history, geography, science or the arts; Mr. Lowen has never even taken a single French course.

Court documents indicate that neither Mr. Lowen nor Ms. Wasserstein were prepared to integrate into Quebec society when they left the Hasidic community in 2010; they have also had great difficulty in finding work without a primary or secondary education qualification.

The government lawyers and those in the Tash community argued that these issues had since been resolved arguing that Tash complied with the law, which had been tightened, and with the agreements with school boards that allowed Hasidic families to enroll in the “education at school” regime.

“We believe that this decision will have impacts not only in Boisbriand, but also on all the cities of Quebec,”

placed under quarantine after an outbreak of Coronavirus disease 2019, making it a hotspot in the COVID-19 pandemic. It is thought that members of the community who traveled to New York City for a Purim religious celebration in early March became infected with Severe acute respiratory syndrome coronavirus 2.

Previous court adventures

In 2014 the Kiryas Tosh community was ordered to pay an accumulated \$2.6 million in water taxes. The Quebec Court of Appeal ruled after hearing the group's contestation of the overdue municipal bill. The community had not paid water taxes since 2005. The Court of Appeal also ordered the community to pay the town's legal costs. The Tasher Congregation and nine other affiliated legal entities were named in the decision. The Tash community has its own private aqueduct serving part of its enclave. The dispute was over the potable water it receives from the public system. The community was claiming Boisbriand was not honouring a 1990 agreement that water meters would be installed on each of the residential and communal buildings. Instead, they maintained, a single meter was installed for all buildings at the enclave's entrance, and consumption is not being calculated accurately.

In February 2020 Yochonon Lowen and Clara Wasserstein, now adults, went to Superior Court in order to request a declaratory judgment against the government of Quebec, which

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Saint-Eustache Hospital is building a short-term mental health hospitalization



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For The North-Shore News
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The modernization project of the Saint-Eustache Hospital is continuing and work is currently underway, in order to expand and fit, among other things, a short-term mental health hospitalization unit called UHB-SM.

Begun in June 2019, this expansion work also provides, in addition to this unit which will include 10 beds and will be fitted out on the ground floor of this new section, the addition of eight additional beds on three care units, for a total of 24 beds on the upper floors. In addition, the basement will be enlarged for the needs of

At the same time the new unit will be providing a warmer and more welcoming environment, promoting the well-being of patients and thus helping to reduce their stigmatization.

the existing kitchen.

Since the UHB-SM will be adjacent to the existing emergency unit, this will make it easier, according to the communications team of the Integrated Health and Social Services Center (



CISSS) des Laurentides. The movement, treatment and care of patients as well as customer safety will be enhanced and the new UHB-SM aims to respond to the lack of adequate space for insulation needs when there is a need for short-term hospitalization for observation and orientation of the patient. At the same time the new unit will be providing a warmer and more

welcoming environment, promoting the well-being of patients and thus helping to reduce their stigmatization.

Note that this work, which must be completed next spring, has little or no impact, according to CISSS des Laurentides, on the delivery of care and services to patients and will be carried

out without any interruption of care to the population.

Currently, the Saint - Eustache Hospital has 261 short-term beds, none of which are in mental health. Some of these beds, or 74, are distributed in rooms with three to six beds, and these will all be transferred to single rooms once the modernization work is completed.

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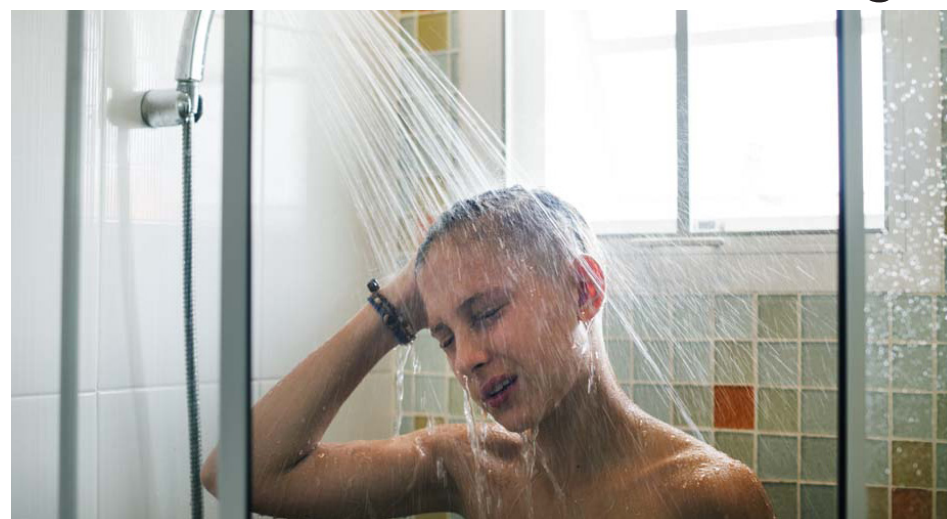
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In Saint-Eustache: water meters offered free of charge



In accordance with the Québec government's drinking water conservation strategy, the City of Saint-Eustache will proceed, in the coming months, with the installation of water meters in nearly 400 residences served by the water network in the territory. These installations will be done on a voluntary basis for anyone wishing to know their actual water consumption. The data collected will be treated confidentially and will not be used for water taxation or pricing purposes.

"We invite homeowners to apply to see if their home is eligible for the installation of a water meter. This will allow them to know precisely the water consumption of family members and to locate, if necessary, leaks on their devices

and thus avoid wasting our blue gold. », said Mayor Pierre Charron, when the program was announced.

To send a request, all you need to do is contact a Saint-Eustache Multiservice agent at 450 974-5000 or sem@saint-eustache.ca.

What will be the procedure for installing water meters?

A private contractor will install water meters in residents' homes by appointment. The meter will be connected to the water inlet, after the residence shut-off valve. Once the installation is complete, the readings will be taken by city staff, outside the residence, while residents can see their water consumption on the meter display.

Conferences that make history speak ...



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Teresians will have the chance to attend the return of the well appreciated series When the Greats Story tell. Hosted by specialists and history buffs, three conferences will be offered free of charge on Tuesdays September 22 and October 13 and next November 3, at 7 p.m., at Maison Lachaine.

"The City of Sainte-Thérèse is recognized for its unifying historical heritage, dear to its citizens. We are delighted to be able to offer them once again lectures on history and heritage as part of this series of meetings, which has been very successful over the past two years," said Sylvie Surprenant, Mayor of Sainte-Thérèse.

Programming

Tuesday September 22 | I remember
With **Hélène-Andrée Bizier**,
historian and essayist

This conference deals with the major subjects hidden under the motto adopted by Quebecers: I remember-Je me souviens. What is its origin? Why has it appeared on Quebec license plates since 1978? Other elements of Quebec's history are among our lasting memories. This is the case with the eternal fleur-de-lis, the indefatigable beaver and the maple leaf from which we made autumn bouquets so as not to forget who we were and where we came from.

Tuesday October 13 | A relentless struggle: stories of the Spanish flu pandemic of 1918-1919

With **Véronique Dupuis**, consultant in history and heritage interpretation

Two waves of cases of Spanish flu marked the year 1918. In the end, the results were devastating. Between 50 million and 100 million people were killed by the Great Pandemic. What were the impacts on the populations? What were the health safety rules applied? How did the pandemic manifest itself in Quebec? A particularly topical conference despite its 100 year old subject!

Tuesday November 3 | Heritage as the crow flies

With **Pierre Lahoud**, historian, aerial photographer and heritage specialist

Pierre Lahoud has chosen the point of view of the clouds to express his love of architecture, heritage and landscapes from here and elsewhere. Despite the difficulties imposed by aerial photography and, even more so, the Quebec climate, he travels his country by plane, camera in hand, in search of the light and the angle that will reveal unsuspected treasures. During this conference, you will discover Quebec's heritage from a new angle.

Registration is compulsory for each conference. They will be done online at <https://loisirs.sainte-therese.ca> from Wednesday, September 2, at 9 a.m. or in person at the Maison du citoyen as of Wednesday, September 9, at 9 a.m. A valid Citizen's Card is required for this. Places are limited, hurry!



SPECIAL MEASURES

The instructions issued by Public Health will be applied and the necessary measures will be put in place to ensure the safety of everyone during the conferences. A maximum of 35 people will be

allowed in the room and the wearing of a mask or face covering will be compulsory for any person aged 10 years and over, until they have returned to their seat. Physical distancing must also be respected.



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The ABCs of going back to school safely

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)



Poetry in the rain!



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The walks in the Village in the rain will not be the same this fall for the Teresians, because the rainy days from September to November will be punctuated with poetry scattered in more than 20 places in the streets of the city.

The work Whispering sweet words in the footsteps of passers-by by interdisciplinary artist from the Laurentians Soufia Bensaid is made up of short invisible sentences, inscribed directly on the ground. It is contact with the rain that makes magic happen, and that these sweet words appear, brightening the days of passers-by. A unique concept in the region!

An interactive map groups together the locations of words hidden by the artist. To locate them during a walk, locate the drops of white water painted on the ground!

Four 45-minute routes are also organized to discover the entire work in the company of the artist. Registration is compulsory. Reserve your place by writing now to n.ouellet@sainte-therese.ca.

COURSE SCHEDULE

Saturday September 12, 10 am
Tuesday September 15, 2 pm
Tuesday September 29, 2 pm
Sunday October 4, 10 am

Suspension of administration charges: Enter into a payment arrangement with Hydro-Québec by September 30



Hydro-Québec customers have until September 30 to enter into a payment arrangement if they wish to continue benefiting from the suspension of administration charges. They can do so at any time in their Customer Space on our website or by calling customer services at 1 888 385-7252 during business hours.

The purpose of this measure is to avoid penalizing customers who might not be able to pay their electricity bill because of the COVID-19 pandemic.

For customers who fail to work out a payment

arrangement, the waiving of administration charges as announced last March 22 will cease to apply on September 30.

It should be noted that the moratorium on service interruptions for nonpayment of bills will be extended until further notice. As a result, no customers will have their power cut off.

Customers who expect to have financial difficulties are reminded that they can enter into an arrangement with Hydro-Québec at any time to plan the deferral of their payments.

In The Lion's Den

Thank you for saying that not all people can just "get over" their partner's cheating. I used to feel bad because I couldn't forgive my boyfriend.

We dated long distance for two and a half years. We lived in different cities and saw each other every other weekend. A year and a half into dating, I found out he "had coffee" with a woman two different times. I forgave him, thinking maybe he was scared because we were getting closer.

Five months ago I learned he had been to bed with the woman he "had coffee with," more than once and at his home! Still later I learned he had sex with other women.

I was devastated! I tried to forgive, but in my mind there was no justification. He could have told me as this affected my life, too. I was livid that he put my health in danger. At first, I felt so alone, not wanting to tell anyone because I felt something was wrong with me because he couldn't love me exclusively.

Friends said I must forgive him, but I couldn't because he knew what he did was wrong. He had unprotected sex with these women, and I thought we were monogamous. I was on the pill but didn't use any other form of protection.

Today I go through the motions of living. I haven't been intimate with him in a long time. Thank you for saying I don't have to forgive or that I should change my thinking and excuse what he did because he had "reasons."

I can't get over it. We bought a house together and I feel stuck. He should have known the dangers of what he was doing.

Kate

Kate, the key line in your letter is "he should have known the dangers of what he was doing." Of course, he knew. He wasn't thinking about you, he was thinking about himself.

As an ordinary good person, you cannot understand that way of thinking. When you make a mistake, you own it and try to do better next time. You thought he understood the world as you understand the world. You thought he believed as you believe.

But he does not see things from your perspective. If you want to understand his perspective, read the "Narcissist's Prayer," a

so-called prayer that has been making the rounds on social media for a few years.

It begins this way. "I didn't do it. If I did it, it wasn't that bad. If it was that bad, it wasn't a big deal. If it was a big deal, it's not my fault. If it was my fault, I didn't mean it. If I did mean it, then you deserved it."

He doesn't care about your well-being. If it took both your incomes to buy the house, he saw it as simply meeting his own needs.

Thinking you can or should forgive a narcissist is a mistake. A narcissist doesn't want it or need it because they don't feel they are doing anything wrong. It's like trying to "forgive" a snake for biting you. It was just being a snake.

Good people have a hard time understanding people who lack empathy. They think politeness, manners, and good intentions will always win the day. But the rules of sportsmanship don't work on people who are not good sports.

Sometimes women fall for men who act strong, confusing their narcissism with strength. Perhaps that's what happened to you. He was on the prowl, and as the Persian poet Rumi said, "A lion is most handsome when looking for food."

Now that you know the truth, look for the first opportunity to escape. See a lawyer and plan your exit strategy. Don't live your life with hand-me-downs. Don't tolerate in him what he would never tolerate in you.

Your heart became a meal for him. He stole your past, but that is no reason to let him steal your future.

A note from Wayne & Tamara

We are looking for a few people who would like to be a beta reader for our new book. A beta reader simply reads the book and makes any comments or suggestions that come to mind. Email us at DirectAnswers@WayneAndTamara.com. We will respond individually to each beta reader.

The book is about a 3-4 hour read, and the feedback needs to be completed within 10 days.

The title is Age Difference Relationships, When Is the Gap Insurmountable? and you will probably find it applies to more than just age-difference relationships.

Many thanks,

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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Video conference on ecological renovations



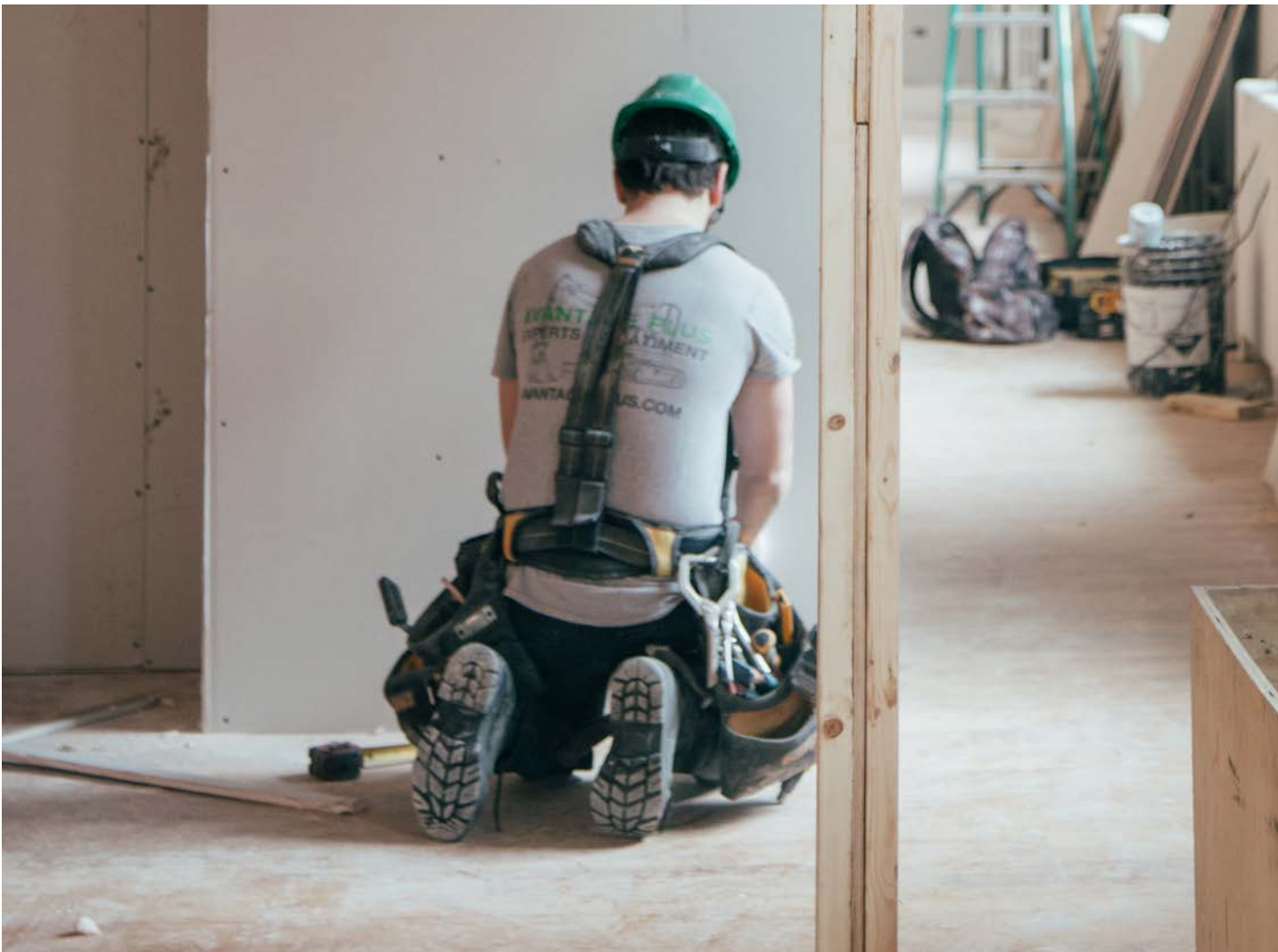
DIMITRIS ILIAS
Local Journalism Initiative Reporter
For The North-Shore News
dimitri@newsfirst.ca

It seems sound environmental policies are on the forefront of urban planning in many North Shore cities. The city of Lorraine is on the environmental bandwagon as well. For that reason, on Wednesday September 23, from 6:30 p.m. to 9:30 p.m., it invites the residents to attend a video conference offered by Écohabitation, which will address various themes: energy and resources, health, insulation and waterproofing, doors and windows, heating and ventilation as well as subsidies and other credits.

The videoconference will take place on the Internet, on the ClickMeeting platform. As the number of registrations is limited, citizens are asked to stick to one registration per household (address). The event is free for residents of Lorraine! The speaker is Nicolas Girouard, an ecoentrepreneur who has been working on renovation projects since the age of 21. He will be able to answer any questions and help the citizens choose a project suited to their needs.

Registration and operation

To attend, you Lorrainites need a computer or other technological tool (tablet or smartphone) connected to the Internet. All registrants will receive an email on Monday, September 21 with all the information required to connect to the ClickMeeting platform. Écohabitation is a Quebec non-profit organization that has been at the forefront of ecological construction and renovation for more than 15 years.





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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.

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.

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.

PENINSULA-THE IMAX EXPERIENCE

Not Rated | Action | 1h56



NOW
PLAYING

Four years after South Korea's total decimation in TRAIN TO BUSAN, the zombie thriller that captivated audiences worldwide, acclaimed director Yeon Sang-ho brings us PENINSULA

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.

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.



Youvetsi

Comfort food in a clay pot

Youvetsi is a baked Greek dish made with chicken, lamb or beef and pasta, either (orzo) or noodles, and tomato sauce, usually spiced with allspice and sometimes cinnamon, cloves or bay leaves. Other common ingredients include onions/shallots, garlic, beef stock, and red wine, as well as some cheese to serve.

So if you have a clay Dutch oven (pot), I'm going to suggest using it!

It's an ancient method of cooking which uses a two-part (top and bottom) unglazed clay pot that has first been soaked in water. When heated to a high temperature, steam is created, adding moisture to whatever is being cooked and retaining nutrients.

Just be careful before using it, follow these steps

- Always soak the pot in cool water for 10 to 15 minutes before using it.
- Never put a clay pot in a preheated oven because it will crack from the shock of the heat
- Bake at high temperatures (400° to 475° F) to let the moisture that's saturated the clay slowly turn into steam.
- Do not place a hot clay pot on a cold or cool surface as it will crack. So, when taking a hot pot out of the oven, always place on a wood or heat resistant trivet or potholder.
- Clay pots should not be used on top of the stove.
- Add liquids sparingly -- as any food you're cooking will throw off liquids and you don't want the pot to overflow.
- Because it retains heat, a clay pot will continue to cook after you take it out of the oven. So, either factor this into your cooking time or else remove the cover and the food soon after removing it from the oven.

You will need:

- 500 g Medium Orzo
- 1 kg beef or Chicken pieces (you can leave bone on) in portions
- 1 onion, finely chopped
- 2 cloves of garlic, grated
- 1 cinnamon stick
- 4-5 allspice grains
- ½ tsp. cumin
- 2 tbsp. tomato paste
- 150 ml red wine
- 800 g grated tomatoes
- 1 tbsp. sugar
- 700 ml water
- 150 g Kefalotyri (Greek hard cheese) or Asiago, grated
- olive oil
- salt
- pepper

METHOD

In a non stick pot, heat 5-6 tsp. of olive oil. Salt and pepper the beef (or any other type of meat) and sauté for 3-4 minutes on all sides until golden brown. Transfer the beef to a plate.

In the same pot, sauté the onion for 2-3 minutes until it softens, adding salt and pepper to taste. Add the garlic, cinnamon stick, allspice and cumin and sauté for 1 minute.

Continue to sauté adding the tomato paste, scraping the bottom of the pot with a wooden spoon.

Add the meat together with its juices and pour in the wine. Once most alcohol has evaporated, add the grated tomatoes and the sugar.

Bring to a boil, lower the heat and add the water. Cover with a lid and allow the meat to simmer for about 1 hour. At the end, remove the cinnamon stick and the allspice.

In another shallow pot, heat 3 tbsp. of olive oil. Sauté the Medium Orzo for 2-3 minutes and remove from the heat.

In a greased heat resistant dish or pan, pour in the orzo and top with the beef and its sauce (if using bones and whole spices , make sure they are removed either by picking them out or using a sieve to strain) stirring gently to distribute the ingredients evenly. If the orzo is not fully covered by the sauce, add as much water to cover by 2-3 cm.

Cook in a preheated oven at 400 degrees Fahrenheit for about 30 minutes, until brown and all water is absorbed. Note: if you are using the clay pot do not put in preheated oven.

Serve warm, sprinkled with grated cheese.

Classifieds

Deadline: WEDNESDAY before publication at 1 p.m.

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In Memoriam & Obituaries



GENDRON, Jean Maurice **1931 - 2020**

In Saint-Eustache, on August 27, 2020, at the age of 89, passed away Mr. Jean Maurice Gendron, husband of Mrs. Aline Mongrain. Besides his wife, he will be sadly missed by his children Yves (Isabel) and Claude (Lise), his grandchildren Annie-Claude, Éric and Samuel as well as many other relatives and friends.



PERRIER, Gilbert **1944 - 2020**

In Saint-Colomban, on August 7, 2020, at the age of 75, passed away Mr. Gilbert Perrier, husband of the late Mrs. Fernande Fortin. He is survived by his children Annie (Daniel Racine) and Dominic (Mylène Zuccherato), his grandchildren Sabrina, Olivier (Roxanne), Philip (Anne), Christophe and Zachary, his great-grandchildren Léo and Zoé, brothers, sisters, brothers-in-law, sisters-in-law, nephews, nieces, as well as other relatives and friends.

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GAGNON, Michel **1950 - 2020**

From Sainte-Anne-des-Plaines, on April 20, 2020, at the age of 69, passed away Mr. Michel Gagnon, spouse of Mrs. Denise Savignac. Besides his wife, he is survived by his sons Benoit (Sophie), Dominic and Jean-François, his grandchildren Julianne and Elie, his brothers and sisters Jean-Guy, Claude (Lise), Jacques (Martine), Gilles, Normand, Ghislaine, Lucie and Christine (Luc), as well as other relatives and friends.



TESSIER, Nicole **1950 - 2020**

Prévost: Passed away at her home, on August 25, 2020 at the age of 69, Mrs. Nicole Tessier, domiciled in Prévost, daughter of the late Roméo Tessier and of the late Cora Maillé, spouse of André Idiart. Ms. Tessier is survived by her spouse; his children: Francois (Laura Videlo), Andreanne (Denis Blanchet) and his stepdaughter Karina (Gino Pallagrossi); his grandchildren: Naël, Maxence, Bixente, Amélia and Sara-Ève; his sisters: Doris and Claudette; his brothers-in-law and sisters-in-law, his nephews and nieces as well as many relatives and friends.



LECLAIR, Eliane **1935 - 2020**

It is with sadness that we inform you of the death of Eliane Leclair, which occurred on August 29, 2020, at the age of 85 years. Daughter of the late Dorasio Leclair and the late Donald Dicaire. Predeceased by her brother Lionel and her sister Jacqueline, she is survived by her sister Jeannine, her brother-in-law Roland Brunet (Hélène), her nephews Robert Brunet (Dominique Lalonde) and their children Smilie (Giancarlo) and Olivier; Daniel Brunet (Suzanne Bédard) and their daughters Annie (Mathieu Renaud) and their sons Milan and Lenox and Sarah (Nicolas Lachaine); and Claude Brunet.

Contact us today to place an obituary or in memoriam in our next issue
NO CHARGE Email: production@newsfirst.ca • Tel.: 450-978-9999

HOROSCOPE

Week of **SEPTEMBER 6 TO 12, 2020**

The luckiest signs this week:
CANCER, LEO AND VIRGO



ARIES

Your side hustle will be bring you success and may require you to use your artistic talents. Despite a busy schedule, you'll manage to have fun working out.



TAURUS

There's a lot of action in store for you once you regain your energy. You'll need to make several compromises to restore harmony at work and at home.



GEMINI

This is a great week to relax and unwind. Try to schedule a massage or other type of selfcare treatment. It's important to make some time for yourself. You'll ap-preciate getting a bit of solitude.



CANCER

There will be throngs of people around this week, and you'll need to be dressed to the nines. Your elegance will allow you to widen your social circle to include more distinguished individuals.



LEO

Try to delegate more so you can relieve some of the pressure at work and at home. You'll find yourself worrying about loved ones, but remember that kids need to be independent sooner or later.



VIRGO

You'll find an amazing bargain for a trip, but your busy schedule might stand in the way. You'll need to be patient and methodical if you want to successfully make travel plans for the fall.



LIBRA

Following an unfortunate incident, changes to your eating habits will improve your mental and physical health. You'll also benefit from making a few changes at work.



SCORPIO

Your love life will be apriority this week, and you'll experience blissful moments with your partner. If you're single, you may finally meet your soulmate and start planning a future together.



SAGITTARIUS

You'll get a much deserved raise, and your leadership skills will be awakened. This could lead to you successfully developing a small at-home business, one driven by creativity and imagination.



CAPRICORN

Your self-esteem will get a major boost. A new wardrobe or hairstyle will help you feel better about yourself and also make you stand out from the crowd.



AQUARIUS

You'll want to use your strong sense of style to refresh your home. You might also discover a bit of cash hidden away that you can use to treat yourself.



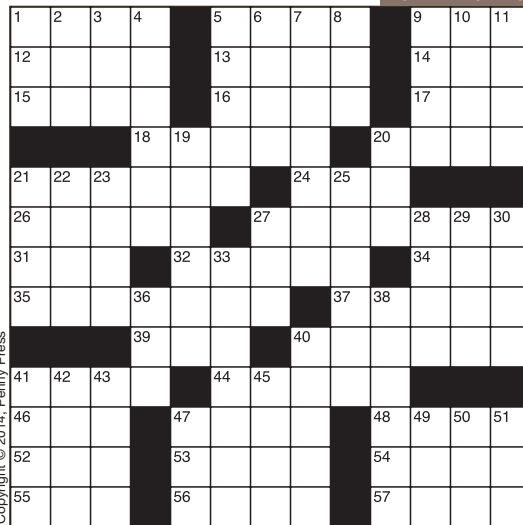
PISCES

You'll express yourself eloquently and feel confident speaking about your emotions. You won't be afraid to take up space and stand out. However, certain people around you could become jealousy.

Coffee Break

CROSSWORDS

PUZZLE NO. 996



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ACROSS

1. Range
5. Haze
9. Furthermore
12. Kitchen, e.g.
13. Yodeler's delight
44. Loafed
46. Mine yield
47. Complimentary
48. Cook in an oven
52. ___ detector
53. Congers, e.g.
54. Bright spring flower
55. Paddle's cousin
56. Prepare for press
57. Wallet items

DOWN

39. Evergreen shrub
40. Underwear
41. Shopper's delight
46. Mine yield
47. Complimentary
48. Cook in an oven
52. ___ detector
53. Congers, e.g.
54. Bright spring flower
55. Paddle's cousin
56. Prepare for press
57. Wallet items
1. Supply with weapons
2. Fish eggs
3. Geologic age
4. Happy
5. Office communications
6. Cake froster
7. Shower staple
8. Little child
9. At the summit of
10. Within close range
11. Disobey
19. High voice
20. Recreation spot
21. On a cot
22. Deadlock
23. Extreme
25. Tolerate
27. In fashion
28. Classify
29. Musical symbol
30. Feminine pronoun
33. Updated the electrical work
36. Drain-opener chemical
38. Morsel
40. Consecrated
41. Alone
42. Elaborate melody
43. Sly gaze
45. Cold-cuts shop
47. Service payment
49. How ___ you?
50. Family
51. Racetrack feature

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. 721

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

Last Issues' Answers

CROSSWORDS

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

Sudoku

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

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