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Citizens' Day in Rosemère



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Citizens' Day in Rosemère

Montreal Symphonic Orchestra fills the Rosemère air



MARIA DIAMANTIS
 Local Journalism Initiative Reporter
 For The North-Shore News • info@newsfirst.ca

The Orchestre symphonique de Montréal (OSM) was on Saturday the 20th of August night in Rosemère, in the Laurentians, as part of the Celebration of the citizens of the municipality, which brought together a large crowd.

This show in the middle of nature in the school park of the Externat Sacré-Coeur allowed nearly 10,000 people to enjoy their evening, which began with a short performance by the Stage Band of the Externat Sacré-Coeur, which would be accompanied by the OSM. The Stage Band is made up of seasoned music lovers who want to surpass themselves. Year after year, this musical ensemble manages to stand out on various stages. Indeed, these 2nd cycle musicians have the opportunity to make their jazzy melodies heard during competitions or concerts.

"This is the biggest show ever in Rosemère. Gathering so many people for a concert is a

first. It is not every day that the region welcomes thousands of Quebecers for an outdoor concert," said the mayor of Rosemère, Eric Westram, a few minutes before the start of the event.

Under the theme of tales and legends from around the world, the OSM musicians presented several pieces known as "Moonlight", "Scheherazade" and "The Night Owl".

The whole thing was hosted by actress Magalie Lépine-Blondeau, who acts as spokesperson for the event. "The concert is part of a long tradition initiated by Wilfrid Pelletier in 1938," she recalled in her welcoming address.

In a touching tribute to Mike Bossy, a renowned hockey player who died of lung cancer last April, the OSM performed a superb version of the theme song for "Hockey Night" in Canada.

"The theme of legends will take on its full meaning during this evening," it was said in a press release.

The show ended on a high note with fireworks to end the evening.

Deux Montagnes goes picture perfect

2023 municipal calendar photography contest

Deux-Montagnes is once more calling on its population to show their photography skills to the benefit of the city's The City's 2023 municipal calendar. The Communications Department has put forth a call looking for the most beautiful shots of Deux-Montagnes and is launching a contest under the theme "Seize the right moment". Thus, from August 9 to September 30, the citizens of Deux-Montagnes are invited to share their photo of the time when they were able to seize the perfect moment to capture what is worthy of admiration in many forms.

According to the city's announcement, the department wants to highlight the natural and urban beauties of Deux-Montagnes. Whether it's a ray of sunshine between the clouds, a sunset over the lake, a butterfly perfectly resting on a flower, an animal watching you or a sportsman in action.

To participate, a resident must be a citizen of Deux-Montagnes and be the creator of the photos submitted. Images must follow these rules:

- Be taken on the territory of Deux-Montagnes (identified place)
- Be in horizontal format (landscape)
- Be in high resolution when put in letter format of 8 1/2 in x 11 in
- Be sent in digital version of a size greater than 1.5 MB (1500 KB)
- Have written consent if the photo shows recognizable people
- Be sent by email to the communications department (email) by September 30, 11:59 p.m.: communications@ville.deux-montagnes.qc.ca

A selection of the most beautiful shots will be made by the communications team and the winners will be announced by the city of Deux-Montagnes around mid-October.

For any questions, residents are invited to contact the Communications Department at: 450 473-2796, option 6 or through the Ville de Deux-Montagnes Facebook page.

Boisbriand neighbourhood shaken by car explosion

A Porsche is destroyed after being engulfed in flames in Boisbriand

MARIA DIAMANTIS
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For The North-Shore News • info@newsfirst.ca

The suspicious explosion of a Porsche in a Boisbriand parking lot on this past Monday the 15th of August 2022 morning literally shook an entire neighbourhood, where residents are nonetheless accustomed to calm.

"I swear to you, I had never heard anything so noisy, said Jacqueline Francoeur to the media. She lives not far from the crime scene. It was dreadful. Citizens who were jolted from their sleep around 3:30 a.m. contacted 911 on Monday when they found that a major fire had broken out on rue des Francs-Bourgeois. This Porsche targeted by a suspicious explosion is a total loss after being ravaged by flames. The fire occurred around 3:30 a.m. Monday the 15th of August in a parking lot in Boisbriand.

A Porsche probably exploded before falling prey to imposing flames which rose very high in the sky. "I went out to look in my yard. I just saw lots of fire," said a local resident, whose car was only a few meters from the one that was targeted. The 19-year-old young man specified that the burned vehicle is regularly in this



parking lot. When we passed, however, only its broken fire-ravaged hull remained, gnawed by the flames.

A resident in the neighborhood also claimed to have seen a man dressed in black quickly leave the scene of the crime. Most of the residents

mentioned being shaken by the gravity of the event, but still felt safe.

Related to other crimes?

The Régie intermunicipale de police Thérèse-De Blainville indicated that it was

collaborating with other police organizations, because this event could be linked to other crimes that have occurred in various territories. "It's a signature that we recognize," said spokesperson Martin Charron. No injuries were reported to authorities.

Shots fired in Two Mountains

Police in The City of Two Mountains are investigating shots that were fired Tuesday morning. 911 calls reported gunshots heard near the 15e Avenue and Boulevard du Lac.

Police officers dispatched to the scene, found bullet casings and projectile strikes on two vehicles and on a residence.

According to a police spokesman a family of two adults and four children under the age of 10 was inside the residence.

No one was injured from the family, which is not known to police circles. Police officers are looking for witnesses to the event.

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OPINION & Editorial



What's in store for Canada and the US, two of the world's leading democracies?

Is there a light at the end of the tunnel? Are there any answers to many difficult questions?

As the current political/geographical divisive reality prevails in both Canada and The Excited States south of us, the question to ask in both places: Where are these countries headed?

The Americans are cursed with the challenge of applying the practical and simple definition of what constitutes a country – a geopolitical entity with defined borders, dividing lines with other countries that are respected and effectively enforced, not out of the non-sensical woke accusation of racism and bias toward prospective immigrants, but more so out of appreciation for the logical rules that must be applied if every potential immigrant is to be treated fairly. Open borders are an unacceptable and too-often inhuman free-for-all that serves no purpose other than to corrupt the very essence of a fair and just society. How you might ask? Just as Clifford Lincoln once said ... 'rights are rights are rights ... so are laws, are laws, are laws.'

Further complicating the land of the Stars and Stripes is the new social-political-cultural reality of "Not United, But Divided, We Stand and Will Stand Until America, The Once Great Beacon on the Hill Falls Apart. Pro-Death, Pro-Life, Liberty versus Oppression of the governed by the governing ruling class, Black Lives Matter striking against Blue Lives, White lives, Brown lives, Asian lives ... what is the point exactly? – that only your tribe matters while the others must be put down because of your biased mission. Socialism perceived as failing all over the world, both now and then, corrupting and carving its way into the free-market capitalism that has shaped the economic life line of the country for centuries. Globalists attacking isolationists, one side optimistically believing in a united world, the other intensely fearful of takeover from an unstoppable all-powerful Chinese wave.

Traditionalists are apprehensive about the destruction of values such as natural sexual identities, nuclear family foundations, ill-conceived, ill-perceived Green-Deal aspirations

threatening what are believed to be tried and true strategies in managing the planet's resources. The list of challenges is endless, the solutions scarce, due primarily to the chasm created by political ideologies which neither understand, nor respect each other's values, intentions, or motivations. By the dawn's early light, and by the darkness at noon, America is in deep trouble, seemingly having abandoned the one singular redeeming belief and raison d'être of *In God We Trust*.

On our own doorstep, is Canada a country that is fundamentally unified by common purpose, common ground, and common truth that from sea to shining sea, is still the true, north, strong, and free? Notice that it's not a compromised true, north, strong and free by arbitrary option, it is the true, north, strong and free by virtue and provisions of The British North America Act, The Canadian Bill of Rights, and The Canadian Charter of Rights and Freedoms.

Yes, it can still be argued that since Québec was not a signatory of the Charter of Rights and Freedoms, the province which self-describes as a nation, has access to options, such as the notorious notwithstanding clause of the Charter, by which it can circumvent the rights of some Québécois to live in a country united from sea to shining sea; linked by the values and principles that all can share, and in the truest sense of fairness and justice, be genuinely tolerant and respectful of individual differences that are part and parcel of a country whose people are served by both a national government of parliamentary democracy and 13 individual governments blessed with similar applications of parliamentary democracy.

These self-evident truths and rights, it must be emphasized, are guaranteed through both historical precedent and the provisions of all legislation enacted since, and including, The British North America of 1867. But it is crucial that these truths and rights be considered, thought about and evaluated in view of recent Québec legislation associated with Bill 21, Bill

40, Bill 96 – all accompanied by risks that these laws will not withstand the legal challenges they face, and God knows what else is coming down the CAQ National Assembly majority pipeline, depending of course on what comes to pass after the October 2022 Québec election which is only six weeks away.

So where does the True North stand in its 155th year? In Québec, sad to say, it does not stand on 'guard for thee', it sits instead apart from many other parts of the country where the Maple Leaf is proudly flown, giving witness to the pride Canadians feel toward one of the world's safest, fairest, most open-to-optimism geographical entities that is the envy of the rest of the planet.

Ah, yes, but Québec is *on the move*, as is daily reflected in the linguistic and cultural divisive initiatives espoused by the current centrist powers that be, challenged on the right by the emergent Conservative voice of Eric Duhaime and on the left by the extreme *Québec Solidaire*, the confused and confusing PQ, and several one-pony *splinter groups* desperately trying to fill the vacuum created by the conspicuous absence of a *Liberal* alternative having little or no connection with the will of Québécois. Nationalists, federalists, sovereignists and many other *ists* look for a political party they can vote for, not because it reflects all their values, but because it approximates enough of their values to reassure them that better days are ahead.

Is there light at the end of the post-2022 tunnel, despite the enormous challenges to be confronted, including the interminable hellish unfolding of the accursed Covid-19 pandemic, which the incessantly necessitated vaccine injections don't seem to do the job in protecting the citizenry who complies with the imposition of the jab and those who refuse to it? It is hoped that the answer will come sooner than later, from time and the river of human ingenuity.

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Saint-Eustache fight climate change by planting an additional 800 trees

MARIA DIAMANTIS
Local Journalism Initiative Reporter
For The North-Shore News • info@newsfirst.ca

As part of the Major greening plan, the City of Saint-Eustache announced on August 22, 2022 the planting of 800 additional trees in the street right-of-way (strip of land) belonging to the City, in front or laterally of private properties that do not already have a tree.

This operation will be used to combat urban heat islands, reduce greenhouse gas emissions and promote biodiversity. By increasing the forest cover in this way, the City is taking concrete action to increase its canopy index and, consequently, to fight against global warming, which requires immediate, concrete and targeted actions. Owners of priority residences will be notified by letter and will be able to indicate their preferences from among a variety of tree species selected by the City for their environmental and aesthetic qualities. All relevant information is available on the City's website at saint-eustache.ca/greening.

"In addition to being one of the most effective ways to fight climate change, it has also been proven that trees help reduce air conditioning costs and reduce stress, in addition to acting on the behavior of drivers who, in tree-lined streets, are inclined to slow down. As a final benefit, properties with trees generally have a higher resale value than non-treed properties.", said the mayor of Saint-Eustache, Pierre Charron.

"Over the next four years, we will plant more than 4,000 trees on Eustachian territory,"



said municipal councilor and president of the Environment and Beautification Commission, Isabelle Lefebvre. "Already this year, in addition to these 800 trees, we have planted 500 new trees in municipal parks and distributed 120 trees free of charge to citizens. That's 1,420 more trees to green our city.", she added.

"My symbolic tree" contest

In addition to being beneficial for the environment, this new contest can also have a symbolic value. The City of Saint-Eustache invites the new owners of these trees to give them a personal meaning. Whether it's the commemoration of a milestone event or the beginning of a project

close to their hearts (marriage, birth, new job, etc.), they are invited to explain to the city by email the meaning that it is sent to communications@saint-eustache.ca. A draw will take place on November 18, 2022 among the participants. Two winners will win a \$500 gift card redeemable in Eustachian nurseries.

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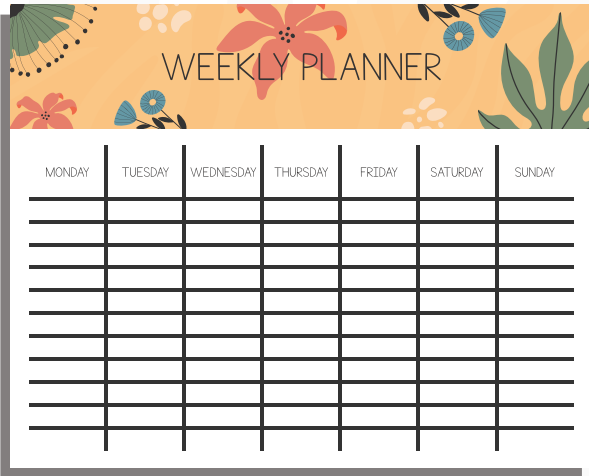
Back-to-school planner

Have you joined the many students who have introduced a planner into their lives? This fun twist on a traditional calendar offers you many benefits, whether installed on the wall, attached to the fridge with magnets, or carried with you wherever you go.

With your homework, team practices, exams, appointments, activities and birthdays, a well-organized planner is essential for keeping your life organized. Which kind of planner should you choose? How can you get the most out of it? Here's what you should know.

DESIGNED FOR ALL

Planners can display a single week or an entire month. They're designed to let you add information, help you



navigate everyday life, and manage your time. Some planners include spaces for chores, while others simply have open spaces to write notes and record activities. They come in a variety of colours, styles and sizes, ranging from pocket format to regular or desktop-sized. Some formats are also referred to as agendas or organizers. Whichever type of planner you prefer, the important thing is that you use it every day. Always take it with you to class, to work and back home. Get in the habit of jotting down the due dates for assignments and specific instructions to remember.



A day planner is a student's best friend

VARIOUS SECTIONS



Planners usually include boxes where you can jot down birthdays, activities and appointments. They may also have sections relevant to day-to-day life, including spaces for household chores, shopping lists and meal plans. Some people prefer planners that have a separate page for every day, while others want to be able to see the week or the month at a glance. And although electronic calendars suit a lot of people, many still rely on printed planners.

THE LITTLE EXTRAS

Depending on the planner you choose, it may come with stickers to quickly record activities, the day's weather, or tasks to be done. You can even use the stickers for

specific reminders. Moreover, some planners include a word of the day or weekly quotes. You can even track your wellness by recording how you feel every day.

A tidy, legible and regularly updated planner will quickly become your best friend. In fact, it won't be long before you can no longer get through your day without it. Look for a planner to simplify your daily life at a stationery store near you.

Tip: use different coloured markers to highlight each event. For example, you can highlight everything that's related to your school work in yellow, all your personal activities in blue, and time for rest and relaxation in green. This helps you balance your schedule without stress and without forgetting anything.



A guide to insulated food containers

If you don't have easy access to a microwave at school, consider packing your lunch in an insulated food container. This is an ideal way to enjoy hot meals. Here are some things to keep in mind if you plan to purchase one.

WHAT TO BUY

Since an insulated food container won't retain heat as long if it's only half full, choose a model based on the typical portion size you go for. Opt for a container with a large opening, as it'll be easier to fill and clean. Additionally, look for terms such as "double wall" and "vacuum insulation" in the product description to ensure meals stay hot for more than a few hours.

If you select a stainless-steel insulated food container, keep in mind that this material is highly efficient at retaining heat. Therefore, you'll need to make sure it's cool enough to the touch that there's no risk of getting burnt.



HOW TO USE IT

Never put an insulated food container in the microwave. Instead, fill it with boiling water and let it sit for at least 10 minutes. Additionally, heat the food to a high temperature (too hot to eat right away) before placing it in the container. This will prevent bacteria growth. If you heat up a meal in the microwave, stir it to ensure the heat is evenly distributed before you place it in the container. Be sure to immediately seal the lid.

Note that food won't stay hot for long in an insulated food container unless there's some liquid in it. Therefore, avoid dishes such as fried rice and grilled meats, and opt instead for soups, stews and chili.

Finally, even if the manufacturer claims the container is dishwasher safe, it's best to clean it by hand. This will ensure it stays in good condition and won't lose its thermal capabilities. If there's a lingering scent in the container, fill it with hot water and baking soda, and let it sit for a few hours.

Going back to school? Why not!

There are all kinds of good reasons to go back to school. It may be that you want to fulfill an old dream or finish off the degree you started so many years ago. Perhaps you want to start a new career or update your skills. Whether you're 30 or 60 years old, going back to school can be stimulating and rewarding. Are you ready for the challenge?

If you left school a long time ago, it's normal to feel nervous about returning. Will you have enough money? Will you be able to keep up with the other students? Can you juggle both your studies and your family life? When will you find time to do your assignments? Talking to a counsellor will help you see your way more clearly.

Even if you have a good idea of what you want to do, a counsellor can help you develop an action plan that suits your needs, finances, interests and availability. For example, you could choose to study part-time or take on-line courses for more flexibility. Before you embark on this adventure, consider all the options open to you. Of course, the support of your family is important, but don't let their objections change your mind. With courage and determination, you can achieve your goals, just as thousands of other adults have done before you.

In addition to opening up new employment opportunities, going back to school will improve your self-confidence and increase your independence. In fact, many mature students report feeling younger than ever. Who knows; maybe school is where you'll find the secret of eternal youth.



GET READY FOR SCHOOL

Four student-approved apps

Between group projects, homework, school lessons and extracurricular activities, the student life can be demanding! Thankfully, there are desktop, web and mobile apps galore that can help students increase their productivity and stay on top of their responsibilities. Here are some useful apps that every student should try out this semester!

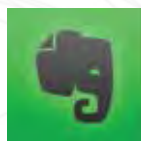
DROPBOX



A classic. With Dropbox, your documents follow you wherever you go! If you save an assignment on your desktop, you can easily view it later on your phone or tablet, no matter where you are. That's the magic of Dropbox: it automatically syncs all of your saved files. Do you want to share a video? Edit a group project? It's simple with Dropbox. With access to your documents on the go, the days of forgetting assignments at home are long gone!

EVERNOTE

Evernote keeps your notes and ideas organized and safe. No more scribbling on pieces of scrap paper! All you need to do is launch the app to save your ideas, organize your work, keep track of your appointments, etc. Once you've created a note, you can automatically access it on all of your other devices. Yes, it's that simple!



FOCUS TIME



Focus Time is one of many apps that use the Pomodoro Technique to enhance productivity. It's perfect for students who get easily sidetracked by today's digital distractions (social media, emails, video games, etc.), as well as those who work long hours non-stop. The Pomodoro concept is simple: choose a task you want to work on (studying for a final, writing an essay, revising the day's lesson, etc.) and start the timer. For every 25 minutes of dedicated work, you get a five-minute break. What's more, the app grants you longer breaks after every four completed work sessions. All you have to do is focus!

GOOGLE SLIDES

Google Slides enables students to create compelling presentations that can be easily shared with teachers and other group members. No need to save your documents — the app takes care of that for you. You can access your Google Slides presentations on your desktop, tablet or smartphone, even when you're offline. Get inspired by the different fonts, themes, animations and video clips available — all free of charge!



Have a great school year!

Five tips for balancing work, school and family life

Balancing your work and family life is already a challenge, but is it a lost cause if you add school to your already hectic schedule? Not at all. It is entirely possible to get organized enough to manage feeding the baby, taking a call from the boss and doing your schoolwork. Here are some sure-fire tips to help you on your way.

LEARN TO DELEGATE

Let's be honest; no one can do everything, and everyone can do their bit. Delegating means learning to share tasks and accepting that not everything



will be done exactly as you would have done it yourself.

MANAGE YOUR TIME AND PRIORITIES

Make a list of tasks to do, starting with the most important or most complicated. Setting priorities help you avoid forgetting important things, and it also saves you time and stress.

COOK IN ADVANCE

Cut up vegetables as soon as you get back from the store. Use a slow cooker to prepare meals in large quantities, and freeze the unused portions — batch cooking is a great time saver.

GIVE YOURSELF REAL BREAKS

Playing with the children, going for a walk and relaxing in a bath are all good ways to forget about everyday worries. Even a short break is effective in reducing stress. Tip: get used to incorporating breaks into your schedule without feeling guilty or lazy.

SLEEP

The benefits of sleep are proven. Better concentration, a stronger immune system and a good mood are three essential ingredients for successfully balancing work, school and family life without going crazy. Have a great start to the new school year!



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FROM WAYNE & TAMARA

COMING OF AGE

Q Long ago my real father was married to another woman. My mother knew that and gave him an ultimatum: divorce your wife, or you will never see the child I am carrying. Well, he tried to see me anyway, but my mother put a stop to that when I was a year old. Recently I learned where my father lives. I want to contact him. If I were him, I would wonder how my child was and want to know if she was brought up with love.

The wondering eats at me. Does he wish to contact me but is afraid what my mother told me about him? He is now 77 years old. I don't want him leaving this world wondering, but I am afraid to do anything about it.

My dilemma is this. I know the circumstances of my birth. My mother and father were wrong in their affair, but I do not judge them on that. I don't want to tell my mother if I contact him, because I don't want to hurt her. She and I have never gotten along because she constantly criticizes me.

I am 34, a strong person emotionally, and an optimist. My feelings of needing to contact my father get stronger every year. I will not be hurt if he says he isn't interested, nor will I be

hurt if you say I should leave things be. Please give me any advice you might have.

Tabitha

A Tabitha, if you let this opportunity slip by, you will regret it. You were not a player in the emotional blackmail your mother played on your father so many years ago. That is ancient history. You have no obligation to continue playing this game.

You ask our permission to contact your father. You not only have our permission, you have our encouragement. You ask permission because you know a deadline is fast approaching. The chance for a meeting with your father dies when your father dies.

We totally understand you don't want to hurt your mother, but she does not have the right to dictate the course of your life, or know all its intimate details. Many things are not shared between parent and child, or between friends.

This is not a secret you are keeping from your mother. As a child, you are entitled to contact with your parents. Your mother denied your father that contact with you. You can now revoke her denial.

Wayne & Tamara

TAKE A NUMBER

Q I met this guy a few months ago through a cousin. After going out a few times, he told me how many girls he has slept with. He told me even though I said I didn't want to know.

He has slept with 32 girls. In a panic I told him maybe we should just stay friends for a while. Since then there has been little talk between us, but I can't get him off my mind. Everyone says he should not have told me and that he was trying to scare me off.

I am 20, somewhat inexperienced, and he is 25. Is this something guys usually tell girls right away? Should I tell him how I feel about him?

Monica

A Monica, not only should you not tell him your feelings, I would not recommend sharing the same glass with this man.

Knowing someone's past sexual experience is important within limits. When you are to the point of being intimate, you need to know the health and risk issues involved. He is not protecting you. He is bragging.

Your first instinct was panic. Your first instinct was right. Don't think he is trying to scare you off. Rather he is communicating to you that he has sex with all the girls he dates. He is telling you what your number is. You will be number 33 on his way to who knows how many.

Wayne

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

Send letters to: Direct Answers, PO 964 Springfield, MO 65801-0964

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Summer is giving its place to the fall cultural activities in Sainte-Thérèse

MARIA DIAMANTIS
Local Journalism Initiative Reporter
For The North-Shore News • info@newsfirst.ca

The City of Sainte-Thérèse unveiled its brand new program of classes and activities for the fall. Cultural and sports workshops for young people and adults are offered, as well as programming reserved for people aged 50 and over.

“Theresians will be delighted to learn that a host of sporting and cultural activities await them this fall. Whether it’s to get back in shape, learn a new language or unleash your creativity, there’s something for everyone! If you haven’t already done so, create your account now on the City’s new registration platform in order to be ready for the start of registration,” said the Mayor of the City of Sainte-Thérèse, Mr. Christian Charron.

Citizens aged 65 and over are entitled to a 10% discount on their registration for one or more indoor physical activity classes. This discount is offered as part of the Integrated Family and Seniors Policy, to encourage seniors to stay active.

While the fall activities are prepared the City of Sainte-Thérèse says goodbye to summer on Saturday the 27th of August at 7:30 pm by hosting its last show of the summer, featuring none other than Damien Robitaille. Citizens will be able to attend the show free of charge, which will take place at the Place du Village located at 6, rue de l’Église.

During the confinement period, Damien Robitaille offered more than 100 songs to the public via social networks. Skilled on piano,

guitar and drums, the pandemic has made us discover a real one-man band. Here he is finally “unconfined” in order to present his greatest successes in front of a real audience.

The first part will be provided by Antoine Arbour, winner of the local Cégep en spectacle final at Collège Lionel-Groulx and national finalist. Inspired by life, by its good and bad turns, Antoine’s folk-pop songs are stories and thoughts out loud. They leave from his room to get to you!

A 5 at 7 before the show

To end the season of shows in style, the City of Sainte-Thérèse invites the population to its 5 @ 7 before the show which will take place the same day, from 3 p.m., at the Place of the Village. The event is free and open to everyone! In a 5 to 7 formula, there will be free cocktail workshops, a lounge area, a circus performance, a rhythmic musical atmosphere, giant format games and of course the long-awaited show by Damien Robitaille!

Residents can also take advantage of the furniture installed on rue Blainville Ouest to have a drink and eat in a relaxed atmosphere. The restaurants of the Village will offer them an exquisite and varied food offering.

“The atmosphere will be festive at the Village! Join us to celebrate the end of the show season which gave us great moments throughout the summer. Take the opportunity to discover the local restaurants whose food offer will satisfy all palettes. We look forward to seeing you there!” says the mayor of Sainte-Thérèse, Mr. Christian Charron.



Damien Robitaille says goodbye to summer at the City of Sainte-Thérèse on Saturday the 27th of August at 7:30 pm



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HOROSCOPE

Week of **AUGUST 28 TO SEPTEMBER 3, 2022**

The luckiest signs this week:
SAGITTARIUS, CAPRICORN AND AQUARIUS



ARIES

You'll have a lot of work, particularly small, urgent details to take care of, both at work and home. Don't hesitate to ask other members of your family for a hand. They'll be happy to be able to help.



TAURUS

Some of your good friends will invite you to participate in a regularly scheduled activity, something that could keep you in shape through the cold season. This'll prove as good for your self-esteem as it is for your health.



GEMINI

You'll spend time at home with your family. You'll also take time to arrange your love nest according to your tastes while the weather is still mild. The results will satisfy you.



CANCER

You'll have to move around a few times and play taxi for your loved ones. You'll spend a lot of time on the phone and on social media. You'll demonstrate curiosity and find it easy to speak.



LEO

You'll find yourself with a mountain of files to handle at work. Although the situation generates stress, you'll benefit from extra income, which you'll find more than welcome.



VIRGO

Your friends will influence you to participate in a shopping day, and you'll suggest 1001 activities. Even if nobody comes along, that won't stop you from going on an adventure or playing some sport.



LIBRA

Take a step back to relax and look at things from a better perspective. When you look at the big picture, all will become clearer, and you'll be able to redirect your personal or professional path.



SCORPIO

Much to your delight, friends may take you away for a relaxing weekend. Alternatively, it may be your life partner who offers you a lovely romantic getaway. Any kind of solitude can only be beneficial.



SAGITTARIUS

In your professional life, new responsibilities have the advantage of offering you better prospects for the future. Expect to take a few extra hours to complete all your projects.



CAPRICORN

Your boss will invite you to take a training course that'll open doors to a more promising future. Expect advancement after receiving your diploma. Celebrate your good fortune; a pleasure trip appears on the horizon.



AQUARIUS

The arrival of September is synonymous with renewal. It marks a new year for students and a return to work for other people. You'll take advantage of this time to examine your way of life in detail to better align your path with your values.



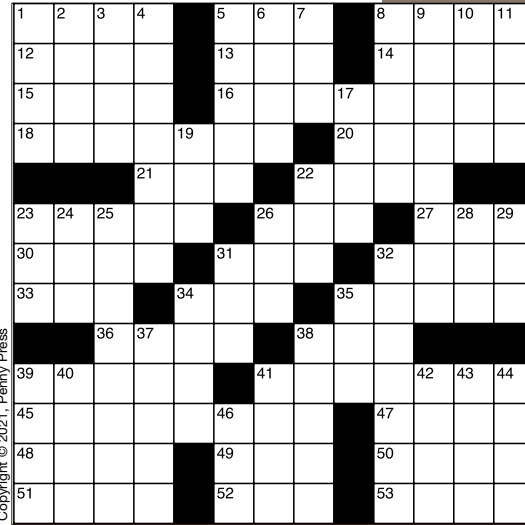
PISCES

Even if you're not always at ease in crowds, you'll be responsible for bringing people together for a big event. To experience success, you'll sometimes have to step out of your comfort zone.

Coffee Break

CROSSWORDS

PUZZLE NO. 131



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ACROSS

1. Tiff
5. Cloud's locale
8. ___ chowder
12. Crazy
13. Fasten, as a shoe
14. Body of knowledge
15. Got down
16. Opening
18. Biked
20. VIII
21. Fold over
22. Thanksgiving dish
23. Alter slacks
26. Burst
27. Beret, e.g.
30. Hot and dry
31. Break the tape
32. Sit for an artist
33. Shake to-and-fro
34. Small cask
35. Cleanse
36. Did a gardening chore
38. Honda, e.g.

DOWN

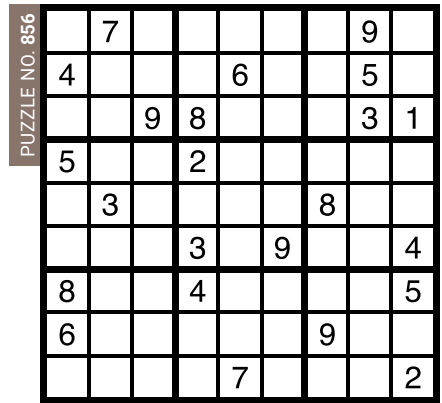
1. Hit sharply
2. Flag holder
3. Sour substance
4. Added up
5. Soak
6. Humane
7. But
8. Miner's stake
9. Distant chance: 2 wds.
10. Curved support
11. Track tournament
17. Harvest
39. Metropolitan
41. King or queen
45. Concluded
47. Foot bottom
48. Storm
49. Single
50. Smell
51. Annexes
52. Loser
53. Rents
19. Felon's flight
22. In the distance
23. Not cooked
24. Timespan
25. Mixed drink
26. Porky, e.g.
28. Cigarette residue
29. Informal shirt
31. Unite in marriage
32. Umbrella
34. Gambling game
35. Bar
37. Desert refuges
38. Translated into symbols
39. Craving
40. Actual
41. List of options
42. Went by train
43. Cluster
44. Towel pronoun
46. Indicate assent

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.**

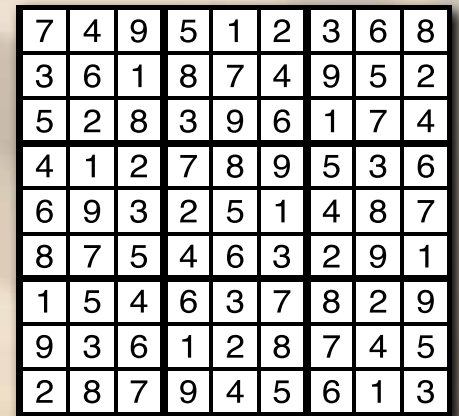


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