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Borough Council Meeting: An update on what happened



MATIAS BRUNET-KIRK
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The borough held its regularly scheduled monthly borough council meeting last Tuesday evening, where city officials and politicians meet virtually to answer questions from citizens and vote on borough initiatives.

Being discussed were several hot-button topics such as the railroad crossing at Ogilvy and Castelnau, a potential social housing project on Jarry as well as the announcement of a participative budget to fund community initiatives.

The meeting takes place the first Tuesday of each month and citizens can attend virtually by joining the live stream on the city's website. Citizens can also send in their questions to be answered by the mayor and city councillors.

Present were Mayor Giuliana Fumagalli and city councillors Mary Deros, Sylvain Ouellet, Rosannie Filato and Josué Corvil, along with city employees.

Blocked Ogilvy crossing

The big topic on the minds of many citizens this month was the crossing between Ogilvy and Castelnau at the Parc Exo station. The crossing, used by many in the area to cross the train tracks, has been blocked since May 13 when Exo erected a fence citing safety concerns.

Both the Mayor and city councillors expressed their disapproval and frustration over the decision and underlined that the borough of Villeraie—Saint-Michel—Parc-Extension couldn't do anything to expedite its reopening.



Citizens can also send in their questions to be answered by the mayor and city councillors. Photo: Matias Brunet-Kirk - NEWSFIRST

The completion of a safe walking path at the crossing is the responsibility of the city center. A permanent solution is set to be completed in September but talks are in progress on a temporary solution for the summer.

City priority

"These kinds of local issues should be handled locally, in the borough," said Mayor Fumagalli, adding that that way the borough wouldn't have to "wait for this to become a priority with the city."

City councillor Sylvain Ouellet, who is also on Vice President of the Executive Committee, rebuffed this saying that the issue was a major priority in Mayor Valérie Plante's administration. "The only reason it's not being done at the speed we want is that the work will have to be completed by Canadian Pacific," explained Ouellet.

Nonetheless, city councillor for Park Extension Mary Deros derided how long the process was taking. "In 1999 to 2000 we created the pedestrian crossing at Saint-Roch Park from Ball to Jarry Park, it was done in 6 months," stated Deros. Ouellet again rebuffed this stating that the railroad corporation had since changed its policy regarding construction on its property.

690-700 Jarry West

Another issue that came up at the council meeting was that of the future of 690-700 Jarry West. The lot, once housing an auto mechanic shop, is up for sale and could potentially see the construction of a new condo building.

The issue has attracted controversy, as many citizens and housing groups feel it could further contribute to the gentrification of the area and the displacement of low-income residents. Local housing organization Comité d'Action de Parc-Extension (CAPE) has long called for a social housing project at the location.

Amy Darwish, interim coordinator at CAPE, asked a question at the council meeting on what would be done to the lot. She also asked whether the city would use its right of first refusal, which would permit the city to block the sale and acquire the building.

Both Mayor Fumagalli and city councillor Mary Deros backed the social housing project and said they would accord their full support. "It's an excellent location, it's in the middle of the neighbourhood and in front of all the busses," underlined Deros, adding that "it's a project I will support."

Sylvain Ouellet nonetheless explained that the

city's right of first refusal could only be used once the lot had been sold. "It's only when there's a property transaction," explained Ouellet, clarifying that only then the city could "make an equivalent offer which has precedence."

"The only reason it's not being done at the speed we want is that the work will have to be completed by Canadian Pacific,"

Participative budget

The participatory budget is a process that allows the population to decide on the allocation of part of the municipal budget by voting. The city has allocated \$10 million in investment funds for citizen-led initiatives.

The borough also announced it had proposed three separate community initiatives to the program. Cuisinons ensemble! Would bring large-capacity collective kitchens to local arenas and allow citizens to cook and transform food in them.

Jardins d'éducation cycliste is another proposed project that would create fun cycling parc installations where children can develop their cycling skills. The last is Notre serre 4 saisons which would see the construction of a 4 season greenhouse in Saint-Michel, that could ensure the locally produced and distributed fruits and vegetables.

Citizens have between Jun. 11 and Jul. 11 to vote for their favourite projects. Residents can vote on the city's portal Réalisons MTL and choose up to 5 projects.



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The entire province will shift to yellow or green zones next Monday

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Updated on June 8, 2021

	9:30 p.m.-5 a.m.	GOAL: MOST REGIONS RETURN TO THE ORANGE LEVEL BY MAY 31	GOAL: MOST REGIONS RETURN TO THE YELLOW LEVEL BY JUNE 14	GOAL: MOST REGIONS RETURN TO THE GREEN LEVEL BY JUNE 28	END OF AUGUST End of color levels if 75% of those aged 12 years old and over have received a second dose
Curfew	9:30 p.m.-5 a.m.	9:30 p.m.-5 a.m.	None	None	
	Since May 28, end of curfew				
Masks	Starting June 25, relaxation of restrictions at private gatherings for people that received both shots of their vaccine				
Non-essential retail and personal care businesses	✓	✓	✓	✓	
Daycare and pre-school	✓	✓	✓	✓	Additional easements
Day and sleepover vacation camps	Starting June 25, day and sleepover vacation camps open				
Primary schools	✓	✓	✓	✓	Return to normal organization
Secondary schools	✓ Alternating among secondary school grades 3, 4 and 5	✓	✓	✓	Return to normal organization
Colleges and universities	✓ Distance teaching	✓ Some face-to-face groups resume Activities allowed in groups of 6	✓ Majority in face-to-face	✓ Majority in face-to-face	Majority in face-to-face, some easements to apply.
Outdoor private home gatherings	✗	✗	✓ Maximum occupants of 2 homes (distancing)	✓ Maximum 10 people or occupants of 3 homes (distancing)	Additional easements
	Since May 28, maximum 8 people or occupants of 2 homes				
Indoor private home gatherings	✗	✗	✓ Maximum occupants of 2 homes (distancing and masks)	✓ Maximum 10 people or occupants of 3 homes with distancing and masks	Additional easements
Private events or social activities in outdoor public settings	✓ Maximum 8 people (distancing and masks)	✓ Maximum 12 people (distancing and masks)	✓ Maximum 12 people (distancing)	✓ Maximum 50 people (distancing)	Additional easements
Private events or social activities in rented halls or indoor public settings	✗	✗	✓ Maximum occupants of 2 homes (distancing and masks)	✓ Maximum 25 people (distancing and masks)	Additional easements
Face-to-face work	✗	✗	✓ Tele-work recommended	✓ Gradual resumption	Gradual resumption



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The provincial government updated Quebecers on further relaxation to COVID-19 measures at a press conference held on Tuesday afternoon. As of Monday, Jun. 14 all regions of Quebec will turn to either yellow or green zones with the loosening of many health restrictions.

“What a beautiful month of June in Quebec! The weather is nice, the Canadians are winning,” joked Premier François Legault, adding that the epidemiological situation was stable and the situation continued to improve.

As of Monday, there were only 178 new reported cases of COVID-19 and 1 death across the province. “Since the situation is going well, we are continuing our deconfinement plan,” stated Premier Legault.

The entire province will further deconfine as of next Monday, with regions like Montreal and Laval shifting from orange to yellow zones. Some exceptions may apply to this, notably in the Chaudière-Appalaches which is still seeing steady case numbers.

Yellow zone

This change means that many sectors in business and social life will be allowed to open further. Most importantly, people will now be allowed to invite people from one other household into their homes, given they respect masking and social distancing.

The government will also allow school graduation ceremonies and proms to move forward as of Jul. 8, given teens have received their first dose of the vaccine for a minimum of two weeks.

A limit of 250 people will apply but social distancing and mask-wearing will not be obligatory and dancing will be permitted.

“Students in orange zones won’t have to wear the mask in the classroom because of the heat-wave, but they’ll have to wear it in common areas and buses,” added Premier Legault the day before.

Bars and indoor sports

Maximums in places of worship will also go from 100 people to 250 and weddings and funerals will be permitted to host up to 50 people. Indoor, contactless sports will also be allowed in groups with a maximum of 12 people.

The yellow zone also allows bars to open. Patrons will be allowed to go for a drink inside a bar, given they respect the maximum of the occupants of 2 homes and practice social distancing and masking when moving around. Bar patios are allowed to reopen as of Friday, Jun. 11.

Restaurants will also no longer be restricted to only 2 adults from separate households, rather allowing for the entire occupants of 2 separate homes.

Vaccination running smoothly

As vaccine rollout continues to run smoothly, the government said it feels confident in allowing these relaxations to sanitary measures.

“We’re now one of the best places in the world to have given the first dose,” said Premier Legault, adding that it was thanks to all Quebecers. “You are all showing your solidarity,” he said.

Currently, there are 6,220,734 who have received at least a first dose of a COVID-19 vaccine, accounting for roughly 66.4% of the population. The government’s objective is a 75% rate of inoculation in the population to reach collective immunity.

The government also recently announced that it would be forwarding second dose vaccination schedules from 16 weeks to 8. This will allow people to receive their second dose earlier and reach the objective of 75% immunity by the end of the summer.





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OPINION & Editorial



Politicians haven't been honest about their carbon taxes

Politicians owe taxpayers the truth

When you got straight A's on a report card, it's a good bet you rushed home from the school bus to show your mom and dad. Maybe they even stuck it on the fridge. But if that report card was covered with F's, you probably weren't that eager to bring it up at dinner time.

When it comes to their carbon tax plans, both Liberal and Conservative politicians are acting like the youngster who's trying to hide their bad report card from their parents.

Politicians aren't being truthful with taxpayers.

Before the last federal election, the Trudeau government told voters it had "no intention" of raising its carbon tax beyond \$50 per tonne.

In the midst of COVID-19, Prime Minister Justin Trudeau promised not to raise taxes or costs.

A few months later, Trudeau then blindsided taxpayers and announced that he would hike the carbon tax to \$170 per tonne by 2030 and layer on a second carbon tax through fuel regulations.

Conservative Party Leader Erin O'Toole also misled Canadians.

When he was running for party leader, he signed the Canadian Taxpayers Federation's pledge to fight carbon taxes. The pledge was unequivocal:

"I will: Immediately repeal the Trudeau carbon tax; and, reject any future national carbon tax or cap-and-trade scheme."

Less than a year after signing the pledge, O'Toole announced he would introduce a carbon tax of his own.

Why are party leaders hiding their true intentions from Canadians?

Maybe it's because politicians know voters would give their carbon tax plans a failing grade?

More than half of Canadians don't support plans to raise carbon taxes every year for the next nine years, according to a Leger poll commissioned by Secondstreet.org. The same poll showed that more than two-thirds of Canadians oppose paying \$20 in carbon taxes to fill up their car.

With the high taxes Canadians are already paying for fuel, there's no wonder they don't want politicians driving up gas prices even higher.

Taxes already account for between 31 and 42 per cent of the price at the gas pumps when you factor in all the different provincial and federal gas and sales taxes, a potential transit tax and the carbon tax. In Montreal, drivers are hit with six different taxes when they fuel up.

The average total tax bill for each litre of gas in Canada is about 45 cents. That means a family is already being soaked for nearly \$35 in taxes every time they fuel up their minivan. That's equivalent to more than a \$200 per tonne carbon tax, even before Trudeau and O'Toole hike the federal carbon tax any higher.

Despite lighter wallets, emissions continue to go up.

British Columbia has the highest carbon tax in Canada, but emissions have still gone up 11 per cent between 2015 and 2019. Canada's emissions also increased during the first year of Trudeau's federal carbon tax.

With Canadian emissions accounting for only 1.5 per cent of the global total, even if we completely eliminated emissions, it still wouldn't do much for the global environment. Even Trudeau acknowledged this.

"If Canada stopped everything tomorrow, and the other countries didn't have any solutions, it wouldn't make a big difference," Trudeau said on *Tout Le Monde En Parle*.

O'Toole also acknowledged that "there's nothing inherent in a carbon tax that actually lowers greenhouse gas emissions" and that a carbon tax "is not a climate change plan, the carbon tax is a tax plan."

Politicians owe taxpayers the truth. And the truth is that our already big tax bill at the pump is going up because politicians are breaking their carbon tax promises.

Franco Terrazzano

Federal Director of the Canadian Taxpayers Federation.



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Optimism buoys Quebec's 2021-2022 COVID-19 back-to-school strategy

But plan could change in August, depending on fluctuating infection rates



Education Minister Jean-François Roberge warned Quebecers not to become too excited as the agenda could be revised in August concern to green space activists.



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Elementary and high school students in Laval, the North Shore and Montreal will be allowed to put aside face masks and attend classes outside “bubbles” this fall at the beginning of the new school year if COVID-19 pandemic conditions continue to improve, the Quebec government announced last week.

Presenting the province’s preliminary 2021-2022 school plan with Public Health Director Dr. Horacio Arruda and delegated education minister Isabelle Charest, Education Minister Jean-François Roberge warned Quebecers not to become too excited as the agenda could be revised in August to reflect any upward swings in COVID-19 infection rates.

A normal school year

“I’m pleased with this recommendation from public health, of course, because it’s obvious that kids have better mental health when they can see each other from other classes,” Roberge told journalists during a webcast press conference.

“It’s important that the younger students can see the face of their teachers,” he added. “So, we hope we will be able to keep this plan after August, to have a normal school year.”

At the outset, the provincial government wants at least 75 per cent of 12- to 17-year-olds to have received a second dose of vaccine by the time the school year starts in late August, although even that might change. As it is now, 45 per cent of those in this age group have either already received their first dose or have made an appointment for it.

Target questioned

Acknowledging that the number of children and teens who’ve already received their first dose of vaccine is still far below the 75 per cent target, Arruda pointed out that many potential recipients of the vaccine have made appointments and are

expected to raise the numbers.

“I think it’s possible that we attain that level and more,” he said. “And it’s why we’re going to follow up everything. There’s going to be different communications strategies adapted to youth for this, and I think we should not be afraid.”

In addition to being able to attend classes as usual without the encumbrance of face coverings, students will be allowed to follow extra-curricular programs, including sports and elective courses.

Sanitation still necessary

However, some protocols will still be in place, including regular sanitizing of surfaces, and students as well as staff will be obliged to continue washing their hands regularly with sanitizers. Should all go well, the students have a 90 per cent chance of starting the school year off on the right foot, Dr. Arruda estimated.

However, if COVID-19 surges again in Quebec, the government would re-impose the same sanitary measures as were in place for long periods since the beginning of last year when the pandemic started, although it would probably be on a more targeted and temporary basis.

Uncertainty over proms

Regarding the upcoming student graduation and prom season, Dr. Arruda said previous directives issued by the government that effectively cancelled proms are being re-evaluated. However, as of last week he said he was not prepared to state firmly what course the public health department will follow in its policy for proms.

“Actually, the issue of getting I would say recognition ceremonies for achievement in schools and graduation is something that is possible to be made,” he said. “The issue is the bal de finissants [proms] or I would say the parties with the dresses, and that is important for kids and girls and boys and the parents.

“And I do understand the frustration, the anger against me because of this decision. But this decision was made because of the epidemiology and because of the status actually of those kids that are not still protected by vaccines.”



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Moving day during a housing crisis

Québec Solidaire presents emergency plan one month before Jul 1.



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Andrés Fontecilla, the Québec Solidaire MNA for Laurier-Dorion, tabled a motion at the national assembly last Tuesday which would act as an emergency response to an increasingly severe housing crisis. It comes one month away from moving day on July 1.

Fontecilla, the housing critic for his party, presented the plan that he says would offer a reprieve in the current housing crisis and aim to address a growing number of evictions of tenants both in Park Ex and across the province.

"We are greatly astonished, even flabbergasted, by the absence, the silence of the Minister of Housing, Mrs. Andrée Laforest, the absence of announcements concerning this major crisis," stated Fontecilla at a press conference in Quebec City.

"It is no longer the time to discuss whether there is a housing crisis or not," pleaded Fontecilla, adding that "now is the time to take action."

Emergency measures

QS says their proposed plan would allow the provincial government to help municipalities across the province address the issue in 3 distinct manners.

It would unlock transfers to municipalities to fund emergency measures for tenants at risk of losing their homes in the short term.

These measures would include access to temporary shelter in hotels to evicted residents as well as an increase in information campaigns to inform tenants of their housing rights.

Moratorium on renovations

The plan would also introduce a moratorium on renovations, the practice of evicting tenants from their homes in order to perform major renovation work, until the end of 2021.

It would also allow tenants to renew their lease even if they had refused it or had been forced to vacate due to major renovations, with the only exception being if the property is immediately rented to a new tenant.

The price of rent would also be capped at the maximum cited by the Tribunal Administratif du Logement.

Short term rentals

The proposed legislation would also work to limit and regulate short-term holiday rental properties in the province, such as Airbnbs. These types of rentals have often been cited as a cause of the increase in rent prices and the decrease in apartment availability in certain areas.

Quebec Solidaire suggests that the sector be surveilled more strictly to prevent illegal tourist accommodation, such as short-term Airbnb-type rentals, from taking over areas.

It would also introduce strong enforcement measures such as fines on illegal operations as to "put these dwellings back on the rental market," read a statement. As of Jun. 6, there were over 30 Airbnb short-term rental listings in Park Extension alone.

Abusive rent increases

"The soaring prices on the real estate market not only have consequences on young families who want to become owners," explained Fontecilla, but specified that "it also affects tenants who are passed on abusive rent increases or who are evicted from



The price of rent would be capped at the maximum cited by the Tribunal Administratif du Logement.

Photo: Matias Brunet-Kirk - NEWSFIRST

their homes outright."

"It is time for Minister Laforest to wake up and support municipalities to help tenants who cannot find housing," said Fontecilla.

This issue has been of major importance in the Park Extension neighbourhood over the past months, as rent prices and evictions have continued to increase in what has historically been a low-income neighbourhood.

Local people

Park Ex resident Marie-Josée Hudon was threatened with eviction from her apartment on Querbes

In April. The reasoning behind the eviction notice was that the building needed major renovations and that she would have to vacate the property for 6 months as of Jul. 1.

She decided to contest the eviction and subsequently received harassing phone calls from the new owners' attorney asking her to leave. "Even if I were to sublet another apartment the rent would be double or even triple the amount," said Hudon.

"It's very worrying, I lose sleep," said Hudon at the time. The case has since gone to the Tribunal Administratif du Logement.

Subsidized housing

Comité d'action de Parc-Extension (CAPE), a local housing group, says they had received over 70 complaints from local tenants being threatened with eviction as of this spring. They are holding a demonstration on Jun. 12 at the William Hingston Center to protest against the increase in renovations and rent hikes.

Activist organizations like CAPE have long asked for measures such as these as well as increased investment in social housing.

The MNA for the area shares that viewpoint. "It will take more than a handful of HLMs to meet the immense housing needs," stated Fontecilla of the CAQ government's response which he says is too little too late.

According to L'Office municipal d'habitation de Montréal (OMHM), there are approximately 23,000 dwellings in Montreal currently on the waiting list for subsidized housing such as HLMs. Wait times can last anywhere from a few months to several years.

"So now is the time to act, now is no longer the time to procrastinate," concluded Fontecilla.



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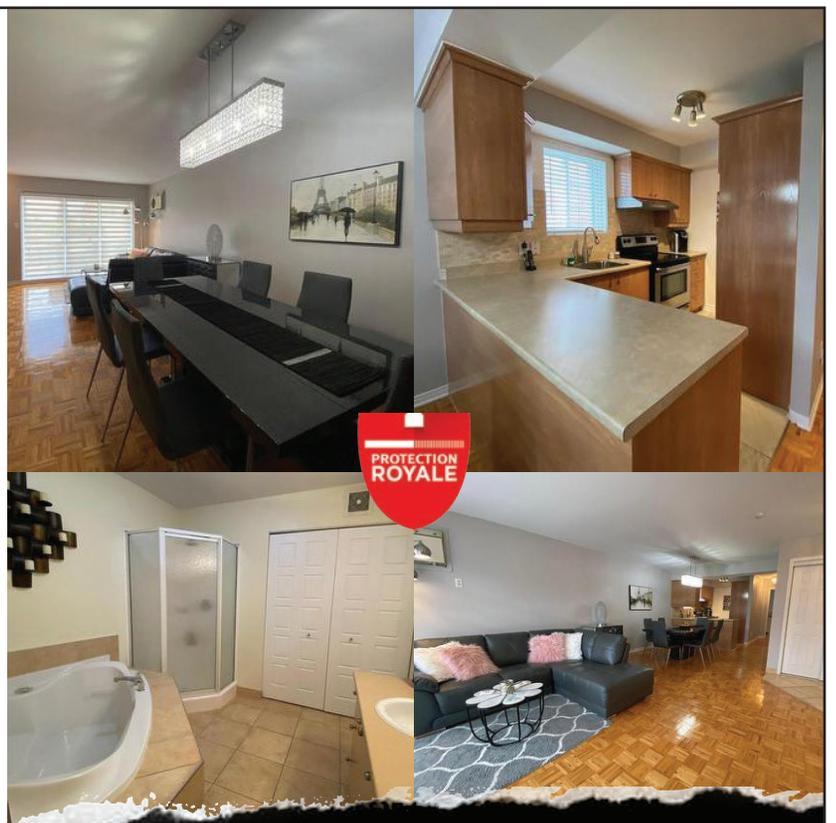
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Québec 

Lessons learned from a school year like no other

JOE BONGIORNO

Local Journalism Initiative Reporter

After a year's worth of adaptation, class closures, and strikes, the 2020-2021 school year is coming to an end. Students will be promoted to the next grade, others will graduate. Despite the pandemic, Park-Extension's schools salvaged the academic year. In addition to the ability of educators and students to adapt, the health crisis revealed the limits of remote learning and the importance of social interaction in education.

Sleeves rolled up

According to Derrek Cauchi, principal of Sinclair Laird elementary school, the school year was anything but a breeze. COVID-19 cases caused the primary school to shut its doors for long periods between October and December. Although some in the school staff were on edge, they rolled up their sleeve and went back to work, said Cauchi.

Isamël Seck is a special education teacher at Lucien Pagé high school. Seck made headlines in the spring of 2020 when he used social media and his bicycle to collect used computers and deliver them to students in need. The school has since rectified the problem, he said.

At the other end of the neighbourhood, Centre William-Hingston saw its own share of changes, even hosting a mobile vaccination clinic in May.

William-Hingston's principal, Bernard Lemieux, used the word "adaptation" to sum up the school year. The centre's adult students had to contend with the restrictions imposed by curfews in addition to the other stresses of pursuing studies during in a pandemic.

"We have talked a lot about the courage of teachers, of school staff," said Lemieux. "But [we should also talk about] the courage of students who persevered in their studies, despite the difficulties. They had to wear a mask all day and commute with the fear of contracting COVID."

Closed doors, lost opportunities

Closures forced schools to reduce or alter access to educational services. Adapted curriculums resulted in lost learning opportunities, including cancelled ministerial exams at the secondary and primary level.

"It's impossible to provide the same level of education as a normal school year," said Seck. "It was very hard for us to [...] plan ahead."

Seck, whose own COVID experience last October forced him out of the classroom for ten days, believes that the long-term effects of lost learning will be felt in the coming years. "It will take some time to return to the pre-pandemic level of education."

For Seck, adapting meant focusing on the basics

"We seem to have escaped the worst of what was possible," said Principal Cauchi. "We've managed to salvage a school year."

as well as creating a more student-centered, interactive approach with less time allotted for lectures. Staying focused in front of a computer screen is challenging and many students are also uncomfortable being on camera, sometimes because they do not want to feel judged or their rooms have not been cleaned, he explained.

"I think we all saw the limits of remote teaching, especially if you teach in a poor neighborhood where students don't have the same support at home. They don't necessarily have a good quality of internet access [...] or a place] where they can feel where they can feel safe and be focused on learning."

To Cauchi, online learning may be a useful supplement, but it is a "woefully inadequate" alternative to an in-person learning experience.

The limits of remote learning

While remote learning enabled students to safely attend class, its limitations have highlighted the importance of cultivating peer relationships and learning in social contexts.

Primary students at Sinclair Laird were limited to social interactions in their own classes, including during recess. "They don't get to cross pollinate," said Cauchi. "The most enriching part of [...] education is meeting one another, exchanging, speaking, communicating with one another, observing one another, [and] learning from one another's mistakes as well as one another's successes."

School trips were another casualty of social distancing in the past year. Many children come from families without the means to bring them to zoos and museums or the funds to register them in competitive sports which charge registration fees, said Cauchi.

Seck believes that restrictions on freely socializing and the elimination of sports, especially during the winter, negatively impacted student



École Barclay. Photo: Joe Bongiorno NEWSFIRST

motivation and well-being. "I think society was really concerned about our elders, [...] but [...] we did not maybe think enough about the consequences of the pandemic on teenagers."

Remote learning poses particular challenges for special needs students. "It's extremely difficult because you delve into the consequences of poverty," said Seck.

In fact, most of his colleagues feel that remote

learning is ineffective for special education students, he said. "Without close support, most of our students feel that they don't have what it takes to succeed by themselves."

"When school is open, some students have access to [...] food, [...] and [...] emotional support, but when a school is closed, it compromises some of these essential services."

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Letters are rolling in from satisfied readers

With cinemas now open, excited readers happy to be receiving free passes, expressed in writing what they missed most about going to the movies. Here are a few examples:

Hi, my name is Margaret and what I miss most about going to the movies is the feeling that I am going on an outing. Watching a movie at home just isn't the same as going out to the movies. The popcorn, huge screen and dark room make me feel like I have gone into another reality, rather than simply the movies; it is a special experience.

Thanks :)

Guzzo Family, June 3, 2021
miss most about attending a Guzzo movie night and is
aroma, soda s
car
-
ds

Thank you for offering us the chance to get free movie tickets.
Oh that pandemic it is what I missed the most!
I love going to movies because of the large screen the sound.
And I really like being with a group of people watching a movie.
It is not the same then sitting at home alone watching a movie.

-thank you
Can't wait to go back there and relax!

Go see the movies.
• Wow! Wow! Wow!
• We will finally be able to enjoy the complete experience Cinema Guzzo.
• It's a real pleasure seeing an excellent movie on a big screen.
• It's also a pleasure to encourage M. Vince Guzzo and his wife because they are owners of independent chain of movie theatres in Quebec.
• I love "actors"!
I decided to not rebuild cinema in Ste-Therese, disappointed.
I am now to Mega-Plex Terrebonne & Mega-Plex Deux-Montagnes.
Thank you!!!
Francine

Thank you to all our readers...
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* While quantities last.



by Maria Diamantis



Tiropita with butternut squash rolls

Tiropita or tyropita (Greek: τυρόπιτα, "cheese-pie") is a Greek pastry made with layers of buttered phyllo and filled with a cheese-egg mixture. It is served either in an individual-size free-form wrapped shape, or as a larger pie that is portioned. Layered dishes like tyropita may originate from layered pan-fried breads developed by the Turks of Central Asia before their westward migration to Anatolia in the late Middle Ages (cf. baklava).

Some scholars state that the ancient Greek placenta cake and its Eastern Roman (Byzantine) descendant, plakountas tetyromenous (πλακούντας τετυρομένους, "cheesy placenta") and en tyritas plakountas (εν τυρίτας πλακούντας, "cheese-inserted placenta"), are the ancestors of modern tiropita. A recipe recorded in Cato the Elder's De Agri Cultura (160 BC) describes placenta as a sweet layered cheese dish:

Shape the placenta as follows: place a single row of tracta along the whole length of the base dough. This is then covered with the mixture [cheese and honey] from the mortar. Place another row of tracta on top and go on doing so until all the cheese and honey have been used up. Finish with a layer of tracta...place the placenta in the oven and put a preheated lid on top of it. When ready, honey is poured over the placenta. What's more, they're not complicated and can be made ahead, stored in an airtight container for the refrigerator or stashed in the freezer for later!

Now there are many variations for a tiropita, especially when cheeses are concerned. But in my case nothing stopped me from adding an other ingredient. It's very low in calories and has so much fiber, unlike the typical spinach I used roasted butternut squash.

You should roast the squash in advance and cool it down, just remember to let it strain so you don't have that extra water in your filling. But you will see that there is semolina in the filling, absorbing any moisture and making it thicker.

This recipe is so easy, unlike the traditional triangles I just roll them up like you would a wrap sandwich.

Tiropita with butternut squash rolls

Ingredients

For The Filling:

1 Small butternut squash (roasted in the oven before hand)

- 260 grams feta cheese crumbled
- 350 grams goat cheese or ricotta
- 1 egg
- 4 tablespoons fine semolina
- Grated nutmeg or any other spice you like

For The Rolls:

- 450 grams filo pastry sheets defrost in the fridge overnight
- Lots of olive oil

Instructions

For The Filling:

- In a mixing bowl, combine all of the ingredients for the filling and set aside.

For The Rolls:

Preheat oven to 350 degrees F

- In a clean and dry working surface, place 2-3 sheets of filo. Grease gently with olive oil using a pastry brush.
- Place another 2 filo sheets on top and grease again with olive oil.
- On the long side of the sheet, place a 4 cm thick lining of filling. Fold each ending (to secure the filling) and start rolling the sheet all the way through in order to form a log. Continue with the rest in all making about 4 logs
- Place in a large well-greased pan (preferably with olive oil) or baking tray.
- Grease each roll all around with olive oil as well.
- Using a sharp knife, score along the log to create pieces. This will prevent steam from forming inside and easier to cut afterwards
- Bake for about 40 minutes or until they get a nice golden color.
- Let it stand for 5 minutes and then cut each roll into pieces and serve.

Deadline: Classifieds

WEDNESDAY before publication at 1 p.m.

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In Memoriam & Obituaries

A life remembered

5 things to consider when preplanning a funeral

It's normal to feel uncomfortable about making arrangements for your funeral. However, doing it ensures that the burden doesn't fall on your loved ones. Here are some of the things you'll need to make decisions about when preplanning a funeral.

1. THE FUNERAL HOME

If you want a traditional funeral service, you'll need to select a venue. Factors to keep in mind when choosing a funeral home include ambiance, location and pricing.

2. ARRANGEMENTS FOR THE BODY

Do you want to be buried or cremated? Or maybe you'd rather donate your body to medical research? Deciding what to do with your remains will also likely involve choosing a casket or urn.

3. PRESENTATION OF THE REMAINS

You can choose to present your body at your funeral in either a closed or open casket. If you opt for an open casket, think about the clothing, jewelry and accessories to be worn.

If you want your remains to be cremated, this can take place either before or after the funeral, making presentation of the body an option regardless.

4. TYPE OF FUNERAL SERVICE

Funeral services can be religious affairs or simple celebrations of life. Don't hesitate to personalize the service with a favourite piece of music, poem or bit of scripture. Be sure to also consider floral arrangements and other decor or mementos you may want present.

5. FINAL RESTING PLACE

If you want to be buried, you'll need to select a plot in a cemetery. If you want to be cremated, you'll need to decide where your ashes will be placed. Your final resting place may be incorporated into your funeral service, but it doesn't have to be.

Preplanning a funeral isn't easy, but you don't have to do it alone. Invite a friend or family member to help you, or work with a funeral home that can walk you through the whole process.



PERRON, Armand
1942 - 2021

In Montreal, on Wednesday June 2, 2021 passed away, at the age of 79, ARMAND PERRON son of the late Joseph Perron and the late Yvonne Martel. He is survived by his brothers Georges (Wilfrida Jomphe), Raymond (Jacinthe Normand), Roger (Pascale Gilles) and Daniel; his sisters Pauline (John Hanna Dere) and Monique (Jacques Bérubé); his nephews and nieces as well as many other relatives and friends.



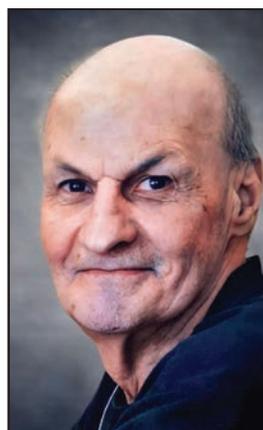
ARCURI CASOLA, Giovanna
1930-2021

In Maisonneuve-Rosemont Hospital, passed away May 31, 2021 Mrs. Giovanna Arcuri Casola, wife of Antonio Casola



BROPHY, Gilberte
1930 - 2021

In Verdun, on May 27, 2021, passed away Gilberte Brophy Chiasson at the age of 90. She is survived by her son Daniel and many relatives and friends.



CHARLAND, Daniel
1946 - 2021

The family of DANIEL CHARLAND regret to announce his death on Sunday May 30, 2021 in Montreal at the age of 75 years. He was the son of Bernard Charland and Béatrice Morin. He is survived by his children Christian and Catherine, his grandchildren Éliane, Yaël, Marilou, Victoria and Léonie, his brothers Guy, Claude and Denis, as well as many other relatives and friends.



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HOROSCOPE

Week of **JUNE 13 TO 19, 2021**

The luckiest signs this week:
LIBRA, SCORPIO AND SAGITTARIUS

♈ ARIES
You'll want to get in better shape for the summer, and doing so will be quite beneficial for your overall health. Now's the perfect time to adopt better eating habits.

♉ TAURUS
You'll get a lot of attention when you voice your opinion. Thanks to the internet, your words will travel around the world and be remembered for quite some time.

♊ GEMINI
Big plans are taking shape at home and with your partner. In particular, you might decide to move in together to start a family or merge your existing families.

♋ CANCER
You won't hesitate to speak up when others stay silent. Fortunately, your wisdom and maturity will ensure you choose your words carefully and remain diplomatic.

♌ LEO
You'll have some trouble reining in your spending as you shop at beautiful boutiques. As of this week, you'll start to adopt an increasingly spiritual lifestyle.

♍ VIRGO
You'll accomplish a project that fills you with pride. If you're single, you may meet your future partner. At the very least, you'll start making plans with a new flame.

♎ LIBRA
You'll become more aware of the importance of your health and living in the moment. You'll prioritize rest, relaxation and re-juvenation this week, which will do you good.

♏ SCORPIO
Managing stress isn't always easy. Simply accept the situation as it is and avoid trying to swim against the current. Creativity will strike once you step away from distractions.

♐ SAGITTARIUS
A particular event will require you to organize an emergency meeting at work or elsewhere. Many people will be counting on you, and you'll take on a leadership role.

♑ CAPRICORN
If you have an upcoming vacation, take some time to properly organize it, especially if you plan to go abroad or take a road trip. There are details that shouldn't be overlooked.

♒ AQUARIUS
If you're approaching the rene-wal of your mortgage or some other loan, you'll be in an excellent position to renegotiate the terms to give you more flexibility in your budget.

♓ PISCES
You'll struggle to make a decision for one reason or another. Even if you repeatedly weigh the pros and cons, only looking into your heart will give you the right answer.

Coffee Break

CROSSWORDS

PUZZLE NO. 1010

1	2	3	4	5	6	7	8	9	10	11	
12				13				14			
15				16				17			
18				19		20		21			
			22		23		24		25	26	
27	28	29	30				31				
32			33			34		35			
36			37			38		39			
40				41							
	42		43			44		45	46	47	48
49	50			51		52		53			
54				55				56			
57				58				59			

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ACROSS

- Weakens
- Slumbering
- ___ tide
- Money in Venice, once
- Skirt type
- Neckline shape
- Worshiped object
- Throat-clearing sound
- Uninvited picnicker
- Vanquish
- Rod's partner
- Sugar source
- Banish
- Highway sign
- Vagrant
- Python, e.g.
- Pretend to be
- Flight path
- Foil metal
- Full force
- Before, in verse
- Begley and Asner
- Trucker's rig
- Unattached
- Smudge

- Andes pack animals
- Shoemaker's device
- Mate for mama
- Pine
- Rival
- Warning
- Garden spot
- Sam on "Cheers"
- Geek
- Brood's home

- Play the ponies
- Monastery head
- A very long time
- Smoldering coal
- Slip sideways
- Certain bills
- Chats
- Land unit
- Tripped
- Hard metal
- Leprechaun land
- Naught
- Picture holder

DOWN

- Coasted
- Nurse's ___
- College figure, for short
- Discount event
- Beginner
- Word for Scrooge
- Put forth
- Dollar division
- Assess
- "Gentle ___"
- Once ___ a Time"
- Hymn finisher
- Method
- Gibbons and gorillas
- Posted
- Sternward
- Misery
- Part of mpg

Sudoku

PUZZLE NO. 796

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

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.**

Last Issues' Answers

CROSSWORDS

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

Sudoku

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

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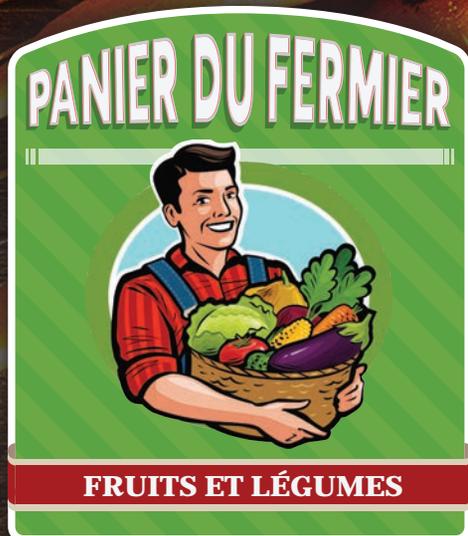
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- Raspberries
- Cherries or Grapes
- Pineapple • Corn • Broccoli
- Radishes (Product of Québec)
- Tomatoes (Product of Québec)
- Mushrooms • Cucumber (Product of Québec or Ontario)
- Lettuce (Product of Québec or Ontario)
- Onions (Product of Québec)
- Apples (Product of Québec)
- Peppers (Product of Québec or Ontario)
- Pears
- Nectarines
- Mystery item

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