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THE
RECORD
 THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

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\$1.25 + TAXES PM#0040007682 TUESDAY, FEBRUARY 7, 2023

Community organizations call Bill C-13 a major setback for English-speaking Quebecers

By Bird Bouchard
 Local Journalism Initiative

Members of English-speaking community organizations are concerned changes to federal language legislation could be a major setback for the rights of English-speaking Quebecers.

The House of Commons Standing Committee on Official Languages has

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Fantastical, imaginative snow sculptures in Richmond



MELISSA COTE

By Lawrence Belanger
 Local Journalism Initiative

Dragon and snakes and trains, oh my! These are the snow creations being made by some of the peo-

ple of Richmond, QC. Melissa Cote, a Richmond resident herself, said this is the third year in a row that she's noticed these sculptures "pop up", and she wanted congratulate the creators, and share photos of the sculptures,

some of which go above simple sculpting of snow to include colour and some impressive detail.

"I saw them working on the dragon

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Weather



TODAY:
SUNNY

HIGH OF 1
LOW OF -2



WEDNESDAY:
SNOW

HIGH OF 0
LOW OF -11



THURSDAY:
RAIN

HIGH OF 4
LOW OF 1



FRIDAY:
SNOW

HIGH OF 8
LOW OF -9



SATURDAY:
CLOUDY

HIGH OF -7
LOW OF -15

Champlain students organize suicide awareness and prevention walk for a second year



DISHPAN HANDS
SHEILA QUINN



PHOTOS COURTESY

Special Care Counselling students Leila Ravenelle, Mya Vaillancourt and Jessie Ann Sutherland, with their professor, Ingrid Cardyn, at the Forces Avenir gala in September of 2022, holding their certificate as finalists.

In February of 2022, on a very brisk, very snowy Saturday afternoon, a group of second-year Special Care Counselling students gathered with other members of their Champlain College Lennoxville community at Optimist's Park. In spite of continued COVID restrictions, the group had decided to build community in person, while respecting the rules, to show promote suicide awareness and prevention.

The idea was to be together. To celebrate life. To mourn losses as well, but mostly to cast a ray of light out, a lifeline, a reminder that each person matters and has value.

SCC students Jessie Ann Sutherland, Mya Vaillancourt (then President of the Champlain Students' Association) and Leila Ravenelle led the way in organizing the event, supported by their professor, Ingrid Cardyn.

The group of participants heard a speech from Jessie Ann, and from Emily McBurney of Mental Health Estrie, and left Optimist Park together, trudging

through the snow, waving signs bearing messages of support, waving at passing drivers. For an event that was organized with a small time frame and many constraints, it was a true success.

That winter, the group was nominated for a Forces Avenir award, a non-profit organization that sets up organizing committees in post-secondary educational institutions, who invite students to apply for their acknowledgement and rewards, chooses winners for their community, and from those judges at the Forces Avenir level choose a candidate or group in each category (individual perseverance, personality and personnel, and then various categories for groups) to receive recognition at their community level.

The Suicide Awareness and Prevention Walk organizers received their award at graduation in June of 2022, and were pleasantly surprised to be selected to be semi-finalists, giving a live, 20 minute virtual presentation and responding to questions from a small panel of judges appointed by Forces Avenir. The simplicity and hopefulness of their event moved one of the judges to tears, as their community struggles with a high suicide rate.

The group made it through to the finals.

They attended the Forces Avenir Gala in September of 2022, where Jessie Ann Sutherland represented the group. A beautiful, televised exchange took place between Jessie Ann and the gala host. While the group did not win their category, they made it to the top three finalist groups, such an

accomplishment, and received a \$1000 bursary.

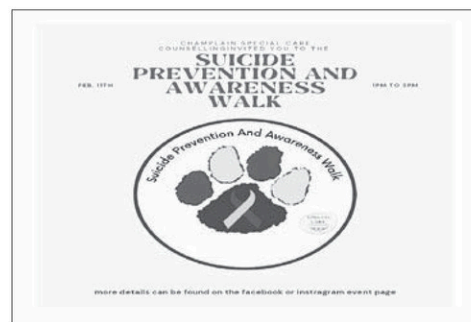
The group opted to give a portion to Mental Health Estrie and JEVI, and to keep a portion for future event planning. They could have used that money in any fashion they wished. What a beautiful thing that they gave back.

This school year the group has once again formed and worked as an entire class to promote this year's event. And this Saturday, once again, the group will gather at Optimist Park to walk through town (with a police escort for safety crossing streets and whatnot), meeting at 1:00 pm, with hot beverages and snacks paid for by the Champlain Students' Association once again.

For months they have been planning, determining the best ways of reaching out, while working so hard on their final year of schooling. They have been working with this year's second year class, so that they may pass the torch next year.

The group wishes to extend this invitation to the greater community, all ages, to consider participating in celebration of life, in remembrance of those lost to, and impacted, by suicide, and to build community. They hope to be a bridge between people in need and resources, to show a reminder of the value of each person, and their right to support.

For more information, visit the Suicide Prevention and Awareness Walk page on Facebook.



The logo for the event, created by one of the SCC students

Ben by Daniel Shelton



Local News

When I'm not writing the latest news story, I enjoy playing disc golf, playing board games, being outside and hanging out with my wife, dog and two boys.

A new Bird has flown into town

By Bird Bouchard

Introductions can be difficult, but I'll give it my best.

My name is Bird Bouchard and I am so excited to join the team at The Record. I recently moved to Quebec from Ontario, where I wrote for The Ridgetown Independent News after graduating from the Media Convergence Program at St. Clair College.

As a journalist, my passion is writing stories the public ought to know. Whether it be a sports story, something happening at town council or a feel-good story, I always enjoy talking to others and giving them a voice.

When I first arrived in Sherbrooke, my family and I were immediately welcomed with open arms. The support we received was overwhelming in the best possible way. There was a strong sense of community. People were willing to lend a hand with moving, sending over baked goods and greeting us with warm smiles.

While I have only been here a week, I am already starting to feel at home.

When I'm not writing the latest news story, I enjoy playing disc golf,

playing board games, being outside and hanging out with my wife, dog and two boys.

I also have a passion for pizza. So much, in fact, I started the Windsor March Madness Pizza Bracket. It's exactly what it sounds like. Every year since 2020, Windsorites have had a chance to vote for their favourite pizzeria. There are more than 64 pizzerias in Windsor and people are extremely passionate about which pizza is the best. Arcata has won two straight years and has put up a massive billboard in front of their location to bask in the glory.

The point is, everyone seems to be passionate about things affecting their daily lives and things they believe others should know.

Community news is vital and the community's thoughts, comments, opinions, etc. truly matter.

If you have tips on which pizza place I should try next, interesting things happening in the community or any news tips at all, please send me an e-mail at bbouchard@therecord.com.

I'm always interested in trying a new pizza spot, and eager to write the latest news story on what's happening right within our community.



Bird Bouchard

English-speaking Quebecers

CONT'D FROM PAGE 1

allowed references to Quebec's Charter of the French Language to remain in proposed new federal language legislation to amend Canada's Official Languages Act.

"This is a major setback for the rights of English-speaking Quebecers," said Eva Ludvig, president of the Quebec Community Groups Network (QCGN), a not-for-profit organization bringing together English-language community organizations across Quebec. "It is clear to us the deck is stacked against English-speaking Quebec."

During the committee's clause-by-clause consideration of Bill C-13, a Liberal proposal to remove a reference to Quebec language legislation was defeated. This Act would amend the Official Languages Act to enact the use of French in federally regulated private businesses and make related amendments. Members from the Conservative Party of Canada, the New Democratic Party, and the Bloc Québécois voted against removing the Quebec language legislation references.

According to Ludvig, the Conservatives and NDP have abandoned linguistic duality and are in the process of ripping apart 50 years of federal official languages policy.

Meanwhile, a motion put forward by the Bloc to further entrench Quebec's Charter into the Official Languages Act was adopted. A second Bloc Québécois motion further entrenching asymmetry into the Act was similarly supported and passed with support from the Conservatives and the New Democratic Party.

Ludvig said Bill C-13 is a disastrous bill which will profoundly crumble language rights and the relationship between the federal government and the English-speaking minority.

"We feel this would be an infringement of our rights," she said. "This will strip the rights of a minority English-speaking community. It won't add any benefits, but it will hurt the English-speaking community."

Despite her concerns, Ludvig clarified the QCGN is in favour of the protection and promotion of French, but is opposed to the inclusion of the Charter of the French Language in the Official Languages Act as it would not achieve that goal.

"On behalf of English-speaking Quebecers, we repeat our plea to parliamentarians to remove all references to the Quebec Charter of the French Language from this legislation and to ensure all language rights created by Parliament are equitably extended to both official

languages, English and French."

Don Warnholtz, president of Townshippers' Association echoed Ludvig's comments, stating the association is also not against the protection of the French language.

"We think that's a good thing. Where we disagree is in the way that it's being done," said Warnholtz.

According to Warnholtz, the association sent out a letter last month to local MPs expressing deep concerns about Bill C-13.

"We feel the plan to modernize the Official Language Act does not reflect our vision of Canada for linguistic duality," he said. "The equality of the two official languages and the protection of minority rights are intrinsic values."

Warnholtz said he urged local MPs to amend Bill C-13 by removing all references to the charter of the French language, and that all language rights created by Parliament are equitably

extended to both official languages.

"We feel all Canadians should be reflected in the legislation," said Warnholtz.

While concerned this would lead to French being considered the only minority language in Canada, Warnholtz added the Townshippers' Association will continue to follow the situation and see what they can do.

"Canada has always followed the principle of linguistic duality, that we have two official languages. The modification weakens the protections for the English language minority here in Quebec, so we're concerned," said Warnholtz.

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Filling space and wasting our time



DIAN COHEN

So much incoming information to spin our heads and distract us from what's really important! Here are a few items that would be flashing red if there were a reliable B*S* monitor:

1. The US federal debt ceiling
2. Companies that boast their greenness
3. Companies that boast their diversity and inclusion

News wires and talking heads are filling a great deal of time telling us about the gigantic catastrophe that awaits us if the United States Congress does not agree to increase the American debt ceiling. Congress has until early June to reach a deal on either raising or suspending the limit to avoid defaulting on the national debt. We can read or hear daily that a default would be "cataclysmic" and "devastating," that U.S. GDP would

decline by four per cent, that U.S. stock prices would decline precipitously, that six million will lose their jobs. "Whatever happens in the U.S. has huge consequences here," says Kristen Hopewell, at the University of British Columbia's School of Public Policy and Global Affairs.

Don't waste time on this - the American Treasury Department has figured out a gimmicky workaround even if the churlish Republicans and Democrats can't agree. The bypass is moderately complicated but Bloomberg Businessweek has graced it as a plausible solution. "The...Treasury market might react badly to the gimmick, but not nearly as badly if the US defaulted on its debt..."

It's fair to assume that most of us subscribe to a better world with more people who are "different" (as if we all aren't different), not being discriminated against. And it's probably safe to assume that given a choice, we would opt for a physical environment that was not being poisoned and polluted. It's one thing to wish for these things and pressure the powers-that-be to change their behavior. It's another to be taken in by the crass opportunism of marketing departments.

When you are investing your money, do you look for companies that champion diversity, equity and opportunity (DEO)? While the goal is noble, at this moment in time, there's no evidence that corporate boards or

executive offices have significantly more people of colour or people with disabilities. Significantly more women on boards has happened in the last decade or so, but even that metric is thin.

Across all TSX-listed companies, 88 per cent of boards had women directors in 2022, compared to 53 per cent in 2015. That's progress. However, women held only 26 per cent of the total 5,112 board seats among Canadian companies that provided disclosure for 2022, says the latest Benefits Canada report. And just 10 per cent of board positions were held by directors who are members of visible minorities, Indigenous peoples or persons with a disability.

"Eight years is a long time to achieve the milestones that have been reached to date," said the Benefits Canada report. "And it will take considerable, sustained effort to achieve gender parity and representation by other diverse groups that approximates the demographics of the population in Canada." American researchers at Stanford and three other universities say there's a lot of talk within American corporations but not enough real disclosure to show that American executive suites are populated much differently than they were years ago.

The same caution applies if you bias your investing decisions toward companies or mutual funds that

highlight their environmental, social and governance goals (ESG) in their annual reports or their advertising. About a year ago, Statistics Canada embarked on an "Experimental ESG Dashboard" which presents a series of environmental, social and governance indicators to demonstrate the non-financial performance of a selection of industries. It shows minimal progress in terms of increased diversity or decreased emissions.

There's not enough evidence to confirm that ESG metrics are truly measurable. According to a recent McKinsey Report, "In all our research, it is really difficult to find any correlation between those companies that are the absolute best, the gold-star ESG performers, and shareholder returns." Moreover, many companies have put ESG goals into executive compensation. The executives may make more money - it's not clear that your investment will.

Add "diversity-washing" to your lexicon that already includes greenwashing. And think about whether you really want to dilute your shareholder returns by opting for a goal in which you believe but is being given little more than lip service by marketers selling the product.

wDian Cohen, C.M., O.M., economist
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Mental Health Estrie Gets Support From Owl's Head Chapter, Order of the Eastern Star

By Louise Smith

Mental Health Estrie is a non-profit community based organization in the Sherbrooke region, that is dedicated to provide information, support, education, and advocacy to English-speaking caregivers and individuals affected by mental illness in Estrie.

Recently provincial funds were distributed by the Order of the Eastern Star to local chapters. Owl's Head Chapter, which meets in Mansonville, decided to donate its share to Mental Health Estrie. A cheque for \$6,666.66 was given to Esther Barnett, President, and Tanya Gibson, Executive Director by Janet Patch of Owl's Head Chapter. At the same time that she delivered the cheque, Janet delivered hats, gloves, scarves, and socks towards the HUGS program that donates needed items to the homeless in the region.

Looking over the annual report from Mental Health Estrie, it profiles a very giving organization which does a lot for the community. Last year it had 72 members. Sixty-one volunteers contributed over 920 hours to activities. Approximately 800 phone calls, visits, or emails were made to people in need. They held 38 client support group



COURTESY

A cheque for \$6 666.66 was made to Mental Health Estrie by Owl's Head Chapter. Esther Barnett, President, and Tanya Gibson, Executive Director, received the cheque.

meetings. There were eight family and friends support group meetings. Mental Health Estrie provided eight representatives to community groups in the area. It also gave fifteen public information sessions.

It is a very active organization doing important work during these stressful times. For more information, go to www.mentalhealthestrie.com.

News from the Lennoxville Curling Club

By Allan Rowell

During the last few weeks, the Sherbrooke Curling Club and Lennoxville Curling Club had been preparing for the visit of the “2023 Scots Tour To Canada” on Jan. 28. Twenty Scottish curlers took on 20 Townships curlers for points towards the Strathcona Cup count. The Strathcona Cup is the oldest international curling event in the world. The unique format has teams from Scotland and Canada facing off every five years, alternating between Scotland and Canada. The eastern portion of the tour started in Halifax on Jan. 12 and by the time the visitors arrived in the Townships, they had already played 24 series of matches at clubs in the Atlantic provinces and Quebec.

Sherbrooke and Lennoxville clubs were privileged and lucky to get to represent the district in this competition. The 2023 visit marked the fourth time the Scots Tour has visited Lennoxville to compete in the Strathcona Cup. Previous visits include

the tours of 2013, of 2003 and of 1949.

The Scots arrived by bus from Quebec City in time to be entertained at a luncheon put on by the Sherbrooke Club. After which, two of the teams headed to Lennoxville to play members of that club while three teams remained in Sherbrooke to take on two teams of Sherbrooke players and one team made up of the executive of the Estrie District. When the ice chips had settled, the Scots had pulled off two close victories, had tied twice and lost once - with a difference of plus three rocks towards the Scots Strathcona Cup count.

Following the games, the guests were entertained at a formal dinner at Lennoxville served by members of the club. After welcoming the visitors to the Townships and the clubs, President Ralph Rourke called upon Reverent Nigel Parker to say grace. Jim Mastine, on behalf of the Canadian Branch of the Royal Caledonia Curling Club, also welcomed the guests. Tim Belford, acting MC, gave the assembled teams a history lesson on curling punctuated with a few well-placed jokes. Doug

Wilson, a member of the tour, responded and thanked the members of both clubs for the hospitality.

The evening culminated with the Scots visitors, spurred on by Rev

Parker, singing a couple of Scottish favourites before the Scots launched into a couple of very entertaining musical sketches.

The scores were as follows:



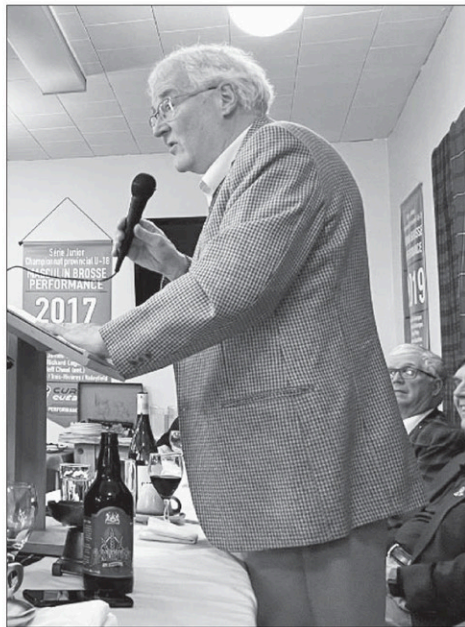
Lennoxville Sheet 1

Lennoxville Team
Mike Bérard
George Fowlis
Christian DePassille
Glenn Buck (Skip)
Score: 5

Scottish team
David Kingan
John Sinclair
Gavin Morton
John Dowell
Score: 7



Doug Wilson thanks the clubs



Tim Belford speaks



Lennoxville Sheet 2

Lennoxville team
Ralph Fanning
Allan Rowell
Daniel Mercier
Ralph Rourke (Skip)
Score: 4

Scottish team
George Bee
Frank Ross
George Paterson
Douglas Wilson (Skip)
Score: 4

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Snow sculptures

CONT'D FROM PAGE 1

last Thursday,” explained Cote. “I decided to take pictures because I thought it was amazing work,” she continued, after seeing it was completed by Monday morning. The sculpture, located on College Street, depicts a green dragon eating a brown snake with pinkish details on its tail. Next to it is another incomplete snake of similar design.

The creators of the animals are unknown. “I’m not 100 per cent sure who lives in that apartment anymore”, said Cote. Reached for comment by email, Marie-Andrée Ménard, the new director of the recreation department in Richmond, said she was also looking for the artist(s) who made the snake and dragon.

Though she doesn’t know the people who made the dragon (and who were still working on the snake as of yesterday), she also mentioned her neighbors, Richard Blanchette

and Maryse Paquette, who built a small train alongside the street in front of their residence on Wilfrid Street. Instead of the horizontal and pigmented design of the snake and dragon, their sculpture is a three-dimensional representation of a steam train.

Paquette said she has fun making snow sculptures. “I used to do this with the kids at home,” she explained, and she said that when she can, and has a good idea, she goes and builds it. She built the train with an aluminum shovel and trowel, with Blanchette helping with the bigger pieces and cutting the snow. Blanchette also helps with freezing the sculpture (by spraying a bottle over it) and adding colour.

The three creative, complex, and unique snow sculptures are evocative of the late 1980s and early 1990s Calvin & Hobbes comic strip, where



MELISSA COTE

the titular elementary-age Calvin would create detailed scenes involving snowmen and other sculptures.

When asked why she thought there were so many sculptures over the last three years, Cote called Richmond an artistic town, with “lots and lots of people with hidden talents.” Previous

years included a ski-doo and horse where the snake and dragon are now, and a “big frog” made by her neighbors who built the train this year.

In the meantime, the creators of the College St. animals remain, for the moment, anonymous.

EDITORIAL

Most EV charging occurs at home and 85 per cent of current EV owners in Canada live in single-family residences with dedicated parking.

Electric vehicles are now trending. But where can we charge them?

By Sunil Johal
Professor in Public Policy and Society, University of Toronto

Canada is on the road to transformation in mobility. The federal government recently announced its zero-emission vehicle sales target, which requires all light-duty passenger vehicles sold by 2035 to be zero-emission.

Battery electric vehicles (EVs) are likely to make up the majority of these sales. This means that hundreds of thousands of EV charging points need to be installed in homes, workplaces, retail spaces and along highway corridors in the coming years.

Most EV charging occurs at home and 85 per cent of current EV owners in Canada live in single-family residences with dedicated parking. The demand for EVs among apartment and condo dwellers has been limited, given the challenges associated with installing EV charging points in multi-unit residential buildings (MURBs).

But how can Canadians living in these buildings participate in an electric future? How can governments facilitate their inclusion? A recent report from the CSA Public Policy Centre, where I hold an executive position, proposes a number of policy considerations for governments to deploy EV charging infrastructure equitably, incorporate accessible design practices, ensure reliability and promote inclusive payment options.

Barriers to EV-equipped MURBs

Property owners face a long list of barriers to installing charging points in multi-unit residential buildings, including technical, financial and regulatory issues.

While new buildings are increasingly designed with EV-ready parking spaces that are equipped with sufficient electrical capacity and infrastructure required to install charging points, it is particularly challenging to adapt

existing buildings.

If a MURB has a parking area, electricity may be bulk-metered (i.e., shared equally among occupants), individually metered but not connected to parking spaces, or the parking spaces may not be “EV-ready.” When retrofits are required, they can be complex and costly.

In some condominiums, rules require a minimum number of members to approve the installation of EV charging, and rental housing landlords can be reluctant to invest in long-term EV infrastructure when tenancy is short-term.

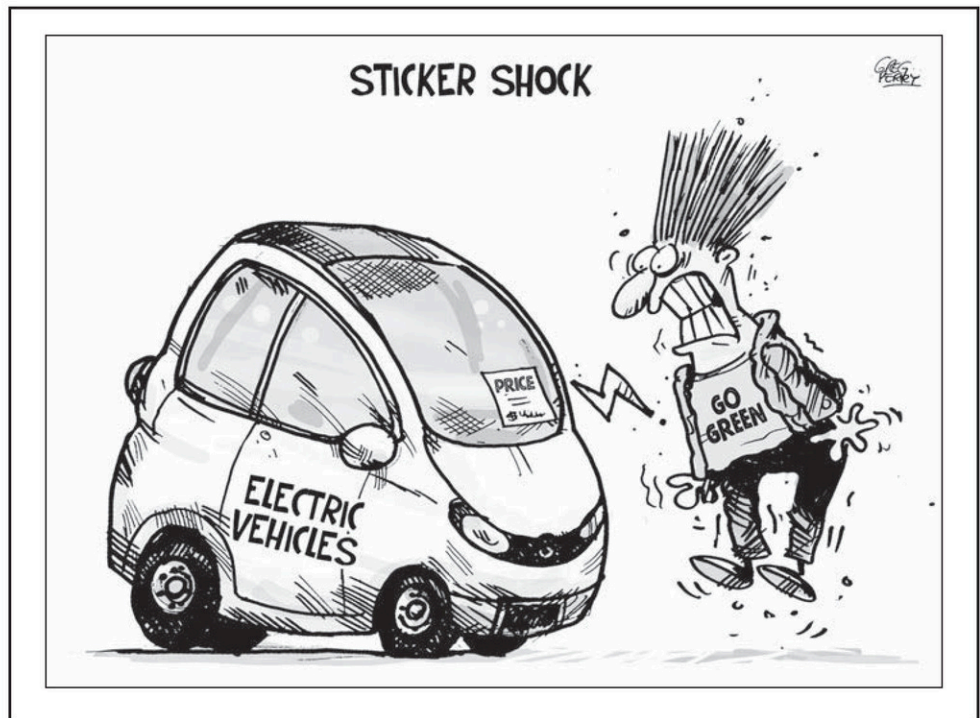
As a result, property owners have been slow to pursue EV charging projects. And when they do, they are more likely to make incremental changes like installing EV charging in one parking space at a time rather than comprehensive retrofits. Not only is this more expensive, but buildings with limited electrical capacity will direct that capacity to early adopters, who tend to be higher-income earners, at the expense of occupants who will need access later.

This raises real concerns around equity. Multi-unit residential building residents, particularly renters in older apartment buildings, are more likely to be low-income, racialized and immigrant individuals and families. While EV ownership rates are low among these groups currently, they will need charging access as EV adoption accelerates.

However, tenants also face an unequal power dynamic when requesting EV charging access from a landlord. If upgrades are pursued, the costs may be passed on to tenants, which disproportionately burdens those on the lower end of the income scale.

Inclusive and equitable low-carbon transportation

Federal, provincial and municipal governments are showing considerable



commitment to decarbonizing the transportation sector, specifically when it comes to deploying EV charging infrastructure. These commitments must prioritize equity to ensure that no one is left behind in the low-carbon transition.

Fortunately, policymakers have many of the tools available to them and can learn from leading jurisdictions.

British Columbia’s EV charger retrofit program provides funding for comprehensive retrofits from the earliest stages, including rebates to cover the costs associated with developing an EV-ready plan, electrical infrastructure to implement the plan and the purchase and installation of individual charging points.

Adoption of a similar approach in the current federal funding program could improve program uptake among MURB property owners, thereby removing a key barrier to EV adoption for MURB

residents. In areas that have a density of multi-unit residential areas with limited charging access, installation of publicly accessible fast-charging infrastructure should be prioritized.

Further, government programs should earmark dedicated funds for underserved communities. The federal government can also play a leadership role in promoting nationwide EV charging access in new buildings by adopting “EV-ready” requirements into its national model codes such as the National Building Code or the National Energy Code, which can be voluntarily adopted by provincial governments either in whole or in part.

By learning from other jurisdictions and making purposeful investments, Canada can make an inclusive and equitable transition to low-carbon transportation possible.

This article was originally published on The Conversation.

Letters

Going totally electric- not so fast!

With the current cold spell, both Hydro Sherbrooke and Hydro Quebec have advised users to limit their consumption because their electricity grids cannot handle the increased demand. Given the political agenda to go “green” as soon as possible, I can only see problems with this approach. By only selling electric vehicles after 2030, what will the increased needs to charge electric vehicles do to the electricity grids then? I haven’t heard any proposals to increase the output capacity of Hydro Quebec in the near future. I’ve only heard proposals to export more electricity to the New England states.

Furthermore, I just received notification from the supplier of my oil furnace service plan of some changes to the laws passed by the Quebec government in November 2021. According to this law from December 31, 2023 it will be unlawful for them to replace an oil-fired furnace, hot water heater, or combustion chamber! As such when the oil furnace reaches the end of its lifetime it must be replaced by an electric furnace. How is that increased demand, during a cold snap, going to affect the demand on the power grid?

These conversions to electrical powered furnaces might also cause the homeowner additional costs by needing to increase the capacity of their home’s electrical entrance.

From my point of view, I agree that we need to go “green”, however we need to do it in a planned and controlled fashion. It seems that logical, forward thinking is not something politicians in Quebec are noted for. They always seem to put the cart before the horse and expect others to make thing work out to make them look good. No wonder the CEO of Hydro Quebec is quitting. I would do the same if I were her.

HOWARD LUCIA
SHERBROOKE

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Return undeliverable Canadian addresses to The Record, 6 Mallory Street, Sherbrooke, QC J1M 2E2

Member
ABC, CARD, CNA, QCNA

Lennoxville Curling Club

CONT'D FROM PAGE 5

PHOTOS PROVIDED BY ALLAN ROWELL, JOSÉE ROURKE, CLAUDE CHARRON AND THE SHERBROOKE CURLING CLUB



Sherbrooke Sheet A

Sherbrooke team
Pierre Boisvert
Martin Arsenault
Donald Boivin
Dom Gilbert (Skip)
Score: 5

Scottish team
Harry Brodie
Andrew Ferguson
Jim Wyllie
Robert Anderson (Skip)
Score: 5



Sherbrooke Sheet C

Sherbrooke team
Yvan Verville (Skip)
Marc-André Lévesque
Alain D'Amboise
Michel Roy (4th)
Score: 8

Scottish team
David McKay
Fergus Shaw
Jim Barr
Basil Baird (Skip)
Score: 5



Sherbrooke Sheet B

District team
Kirk Robinson
Pierre Marziali
JP Tremblay
Jim Mastine (Skip)
Score: 4

Scottish team
John Henderson
Angus Storie
Douglas Reid
Don Frame (Skip)
Score: 8



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Death

Death

In Memoriam

Ann Elizabeth (née Damon) LEARNED

It is with heaviness of heart that we announce the passing of our loving wife, mother, stepmother, grandmother and great-grandmother, Ann Learned. Ann left us peacefully on Monday, January 30, 2023 at the age of 82 years.

Beloved wife of Bruce Learned. Cherished mother of Glenn Damon Smith and Philip Austin Smith, and stepmother of John Learned and Suzanne Dube (Ron). She will be immensely missed by grandchildren Taelor Elizabeth Smith (Daniel), Shelby Renee Smith, Robert Patrick Smith, Damon Austin Smith, and Noah Learned. Great-grandmother of Malakai James Smith and Madilyn Faith Sligh. Predeceased by her parents Pearle (Smith) and Wendell Damon.

Born in Sherbrooke, Québec, Ann undertook training in obstetric nursing in 1959-1960 at the Catherine Booth Hospital in Montréal, where she then worked as a dedicated health professional.

A magnanimous friend to many, Ann was renowned for her cooking, baking, and hosting skills. She delighted in welcoming others into her beautiful Kanata, Ontario home shared with her dearest Bruce, making any occasion meaningful and memorable.

Ann's compassionate nature made canvassing the Kanata area for the Canadian Cancer Society's Spring Daffodil charitable campaign among her favourite activities. She was often recognized for her outstanding achievements in fundraising. She will be profoundly missed and remembered for her playful spirit, warmth, and positive impact on this Earth and the lives of those she touched.

Family and friends may pay respects at the Kelly Funeral Home-Kanata Chapel, 580 Eagleson Road, Kanata, ON, K2M 1H4, 613-591-6580, on Thursday, February 9, 2023 from 10-11 a.m., followed by a Memorial Service in the Chapel at 11 a.m. For those wishing, In Memoriam donations may be made to the Canadian Cancer Society.

Sharing memories and online condolences at www.kellyfh.ca



MORRISON, Sandra (Dolloff) - In loving memory of a wife, mother, grandmother, and aunt who physically departed this world on February 7, 2022.

*Her love of life and family,
Her kindness, smile and laughter
Are what made her so special.*

We are very thankful to have had Sandra in our lives

For as long as we did.

Butterflies, cardinals, hummingbirds, bluebirds

And fireflies are reminders that she is always near.

Live your life to the fullest!

This is what Sandra would have wanted.

Forever in our hearts,

**GARNET, HEATHER, JUDY
AND FAMILIES**



In Memoriam

Your generous

contribution will help finance research into lung disease such as asthma, emphysema, chronic bronchitis and lung cancer.

Over 700,000 Quebecers who suffer from respiratory disease thank you.



Toll free: 1 800 295-8111
Montreal: (514) 287-7400

Date Book

TUESDAY, FEBRUARY 7, 2023

Today is the 38th day of 2023 and the 49th day of winter.

TODAY'S HISTORY: In 1904, the Great Fire of Baltimore began, resulting in the destruction of more than 1,500 buildings in 31 hours.

In 1917, a German U-boat sank the British ocean liner California off the Irish coast.

In 1962, a near-total embargo on all trade between the United States and Cuba took effect at 12:01 a.m. EST.

In 1964, the "British Invasion" began as the Beatles arrived in New York for their first U.S. tour.

In 1995, the mastermind of the 1993 bombing of the World Trade Center was arrested in Pakistan.

TODAY'S BIRTHDAYS: John Deere (1804-1886), businessman; Charles Dickens (1812-1870), author; Laura Ingalls Wilder (1867-1957), author; Sinclair Lewis (1885-1951), author/playwright; Eubie Blake (1887-1983), composer/pianist; Pete Postlethwaite (1946-2011), actor; James Spader (1960-), actor; Garth Brooks (1962-), singer-songwriter; Eddie Izzard (1962-), actor/comedian; Chris Rock (1965-), actor/comedian; Steve Nash (1974-), basketball player; Ashton Kutcher (1978-), actor; Matthew Stafford (1988-), football player.

TODAY'S FACT: Baltimore's population was estimated at 576,498 in 2021, making it the 30th-most populous city in the United States.

TODAY'S SPORTS: In 1969, Diane Crump became the first female jockey to ride in a thoroughbred race in the United States at the Hialeah Park Race Track in Florida.

TODAY'S QUOTE: "I have no idea what my best material is. Different people like different things. I'll say this: The political stuff gets the press, but the relationship jokes sell all the seats." - Chris Rock

TODAY'S NUMBER: 183 million - albums sold by the Beatles in the U.S., as certified by the Recording Industry Association of America.

TODAY'S MOON: Between full moon (Feb. 5) and last quarter moon (Feb. 13).

Do just one thing

by Danny Seo

Who knew that one of the best ways to refresh the air isn't with chemical-loaded spray air fresheners, but with a plant? The sansevieria plant - also known as the snake plant - is a succulent that NASA discovered could absorb more than 107 air pollutants, carbon monoxide and nitrogen monoxide. It's also incredibly easy to grow, needing little water and light. And unlike most plants, it continues to produce oxygen at night, too. It's a real winner to keep in your home!

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:
Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)

Discounts: 2 insertions or more: 15% off

With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.

BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:

Text only: \$16.00 (includes taxes)

With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.

WEDDING WRITE-UPS:

\$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: classad@sherbrookerecord.com - They will not be taken by phone.

DEADLINES FOR DEATH NOTICES:

For Monday's paper, email production@sherbrookerecord.com or call 819-569-4856 between 1 p.m. and 5 p.m. Sunday. For Tuesday, Wednesday, Thursday or Friday's edition, email production@sherbrookerecord.com, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

TOWNSHIPS' CRIER

TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, www.aa.org

ONLINE WORKSHOPS

Mental Health Estrie invites you to attend an upcoming free virtual (Zoom) workshop which is open to all and presented in English. "I am Not Sick, I Don't Need Help! How to Help Someone Accept Treatment," will take place on Wednesday, February 22 from 6 p.m. to 7:30 p.m. Dr. Xavier Amador is an internationally renowned clinical psychologist, author of several books and published clinical research on schizophrenia & bipolar (among other disorders), founder of The LEAP (Listen-Empathize-Agree-Partner) Institute, CEO of the Henry Amador Center on

Anosognosia, and family caregiver to two relatives with mental illness. The goal of his approach is to build relationships with people who live with serious mental illness, in the hopes that this can lead to recovery and treatment. For more information or to register, please visit mentalhealthestrie.com, our Facebook & Instagram pages, email outreach@mentalhealthestrie.com, or call 819-565-2388.

ONLINE WORKSHOPS

Mental Health Estrie invites you to attend an upcoming free virtual (Zoom) workshop series which is open to all and presented in English. "Caretaking Part 1: Exploring the Difference Between Caretaking and Kindness," will take place on Wednesday, February 8 from 7 p.m. to 8:30 p.m. Melissa Hindley (M.A., c.o., psychotherapist) will help us understand why we fall into the trap of fixing other people's problems, what are the major pitfalls, how to avoid co-dependent relationships, and when caretaking becomes unhealthy. For more information or to register for either or both workshops, please visit

mentalhealthestrie.com, our Facebook & Instagram pages, email outreach@mentalhealthestrie.com, or call (819) 565-2388.

ONLINE WORKSHOPS

Mental Health Estrie invites you to attend an upcoming free virtual (Zoom) workshop series which is open to all and presented in English. "Caretaking Part 2: How to get out of the Caretaking Triangle," will take place on Wednesday, February 15 from 7 p.m. to 8:30 p.m. Melissa Hindley (M.A., c.o., psychotherapist) will continue the conversation from the week before by providing techniques and tips for maintaining healthy relationships, asserting boundaries, and nurturing self-care. For more information or to register for either or both workshops, please visit mentalhealthestrie.com, our Facebook & Instagram pages, email outreach@mentalhealthestrie.com, or call (819) 565-2388.

LENNOXVILLE

We look forward to welcoming you at Uplands Cultural and Heritage

Centre at 9 Speid Street, Lennoxville! Come and see stunning watercolour works by the group "Les Aquarellistes du lundi" in our art gallery. We are open from Thursday to Sunday, 10 a.m. to 4:30 p.m. The exhibit continues until March 26, 2023. Admission is free.

LENNOXVILLE

The Canadian Federation of University Women, Sherbrooke & District, will be holding a Valentine's Tea on Tuesday, February 14 at Hope Church (basement entrance), 102 Queen St., Lennoxville. The public is invited to hear our speaker Rachel Garber at 1:30. Her topic will be "The Townships Sun Story." She will talk about some of the discoveries she made going through almost 50 years of old Townships Sun pages, and during her past year as its editor. What is the role of a non-profit community magazine during tumultuous times. Please join us for this very interesting talk. Admission is free!

From a painful childhood to a dream come true

Dear Annie

TUESDAY, FEBRUARY 7, 2023

Dear Annie: I lived a parallel childhood with the pain of an extremely abusive mother and a father who buried his head in the sand. I did confront him years ago about why he didn't protect me, and he was thoughtful and then emotional when he replied, "I guess she treated me that way, too, and I was afraid of centering her attention back on me. I never thought about how hard that must've been for you."

It was an unexpected answer, but an honest one and the key to moving forward with my dad and letting go of the anger and resentment.

After decades of therapy, becoming a mother and then a grandmother, and through a lifetime of self-reflection, I was able to forgive my mother and mourn the childhood I wished I'd had. That part of my life never gets a do-over; I will never recount a childhood with a mother who said and acted like she loved me.

However, I decided that bitterness, regret and anger were not going to hijack any more of my life. At one point, I came to a Y in my life's path with regards to my mom. I could cut all contact and wash my hands of her. Or I could try to meet her as the adult strangers we were. I gave myself permission to choose either or neither.

I had to put the past in the rearview mirror. All the hurt, accusations, gaslighting, toxicity, guilt, shame, regret – all of it – because I realized it was still hurting me and only me. Once I was able to forgive her in my heart, I was able to make that decision wisely. I never imagined forgiving her, especially not after I had children and realized it was her dysfunction, her insecurities and her untreated mental health this whole time.

Seeing her as flawed, like the rest of us, doing the best she was capable

of even after the torment and trauma of her childhood, I finally realized: I'm not a bad person. She was wrong. These realizations changed my life and had the added benefit of making sobriety a reality for me as well as finally breaking and scattering the generational trauma.

I slowly approached my mom like someone I was meeting for the first time, as a potential friend or acquaintance. Through years of positive interactions and healthy boundary setting, I'm amazed to say that she's now one of my dearest friends and confidants.

I organized a trip this recent Thanksgiving to Orlando, Florida. I rented a house on a lake with a huge outdoor swimming pool, barbecue pit and hot tub. I saved and worked extra and paid to fly my parents, my children, their partners, my grandchildren, my fiance and myself roundtrip.

My parents live in Florida; one of my daughters and her family are stationed in Nevada; my youngest adult daughter and I remain in Seattle. My folks had never met my grandchildren. First, there was comfortable distance when they moved away seven years ago. Then, after COVID and a three-year travel hiatus, I recognized that we hadn't all been together in one space in over a decade.

It ended up being my dream trip. I got to live for one week with all the people I love the most, watching them love me and each other. There is hope, love and life on the other side. I can prove it. Signed with love. – Second Chance Daughter

Dear Second Chance Daughter: Thank you for your powerful letter. Your hard work of therapy, forgiveness and sobriety have all made your dream possible. You did that. I hope your story inspires others who are struggling to be brave and begin the path to healing from a traumatic childhood. When you are a kid, you don't understand

why your mom is acting a certain way, and you somehow think that you did something wrong. But now that you have forgiven her, you can see that it wasn't you at all. What a moving story!

Dear Annie: My sister, "Claire," is getting married this summer and has lost weight by getting injections of drugs for diabetes. Claire might have had a little padding, but I never thought of her as being fat. And Claire is not the only person I know who is taking these drugs for weight loss. I know several others, and they all seem to be very happy with the results. The two brands that I keep hearing about are Ozempic and Wegovy.

Claire lost 10 pounds in the first few weeks of getting the shots, and she keeps losing weight every week. Her doctor gave her a prescription to Wegovy because her BMI was in the obese category, even though, as I say, to me she did not look obese. Now she has dropped another 40 pounds, and she is starting to look like a skeleton.

I asked my doctor about this popular new form of weight loss. Instead of talking about these drugs as weight loss aids, he told me that there is an epidemic of obesity in our country, where more than 40% of the population is statistically obese. But I did not ask him to prescribe the drugs for me, and he did not offer to do so. According to my BMI of 20, I am in the "healthy" category. I enjoy exercising three or four times a week and don't want to be dependent on any drug.

My husband has been lifting weights for many years and has lots of muscles, which he says weigh more than fat. Yet his BMI says he is obese, and he says I should ignore the BMI as a measurement of obesity. He says body fat percentage is a much better indicator of health and fitness.

Claire is in great spirits, and I don't want to discourage her since she feels

so good about her weight loss. But the whole thing scares me – the idea of taking diabetes injections to drop a few pounds. What is your advice? – Without Drugs

Dear Without Drugs: I love the way you signed your letter. You are literally doing it without drugs, and we all know that is a much healthier approach to losing weight than taking regular injections of drugs designed for coping with diabetes. Your regular exercise and, I suspect, healthy eating habits are something you can enjoy every day of your life. Imagine waking up knowing that you have to give yourself an injection so you can "look healthy." I wouldn't want that, and I'm glad you wouldn't either.

Dear Annie: A marriage is like a flower. If it doesn't get its basics needs met, it eventually dies. This can take a very long time if you really loved someone, but once it is dead, there is no revival – Water Your Plants

Dear Plants: What we put in is what we get out. For those in a relationship who think the grass is greener on the other side, it almost never is. In fact, the grass is greenest where you water it.

"How Can I Forgive My Cheating Partner?" is out now! Annie Lane's second anthology – featuring favorite columns on marriage, infidelity, communication and reconciliation – is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

Send your questions for Annie Lane to dearannie@creators.com.

CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"SY S EDFKA WLC WDRSCP S
MXDWLWKU TDFKA WFI S'KK IZKK UDF
SC IBZ GLNZ WXZLIB, S KDOZA SI
PXDTSCP FM." — HDCLIBLC WLCVG

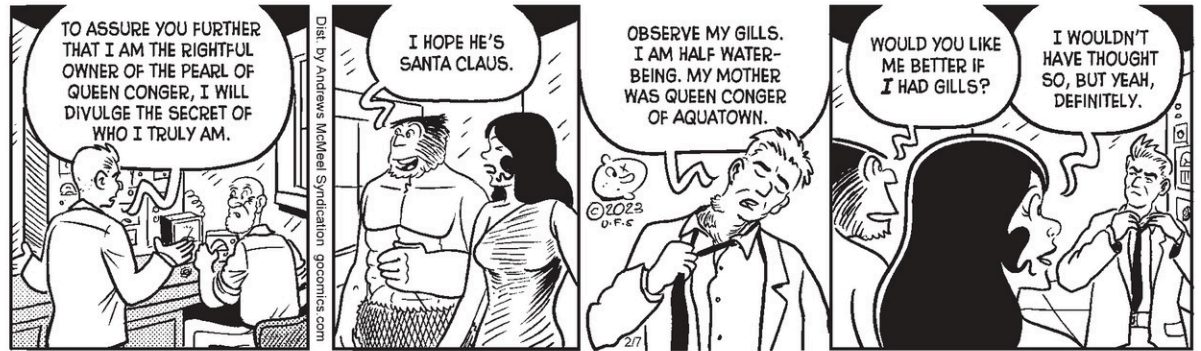
Previous Solution: "I'm a big swearer. I'm trying to rein it in but I do think it's a nice seasoning of language." — Olivia Colman

TODAY'S CLUE: X s i s t e n t e

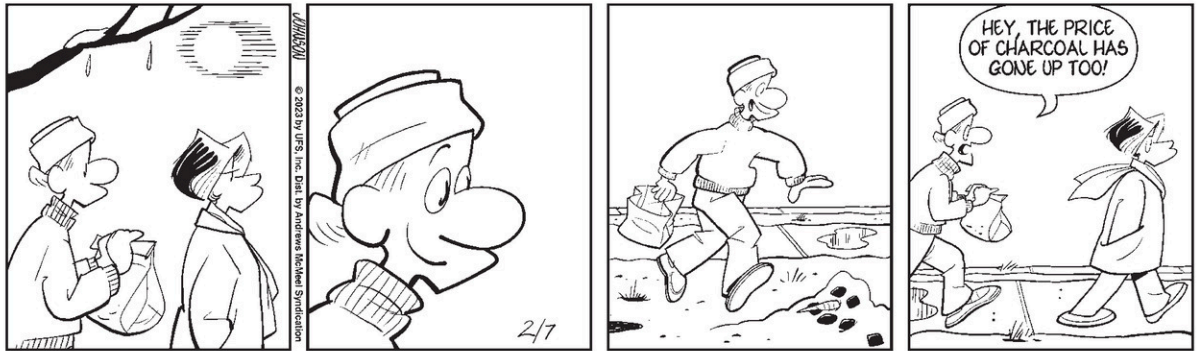
REALITY CHECK



ALLEY OOP



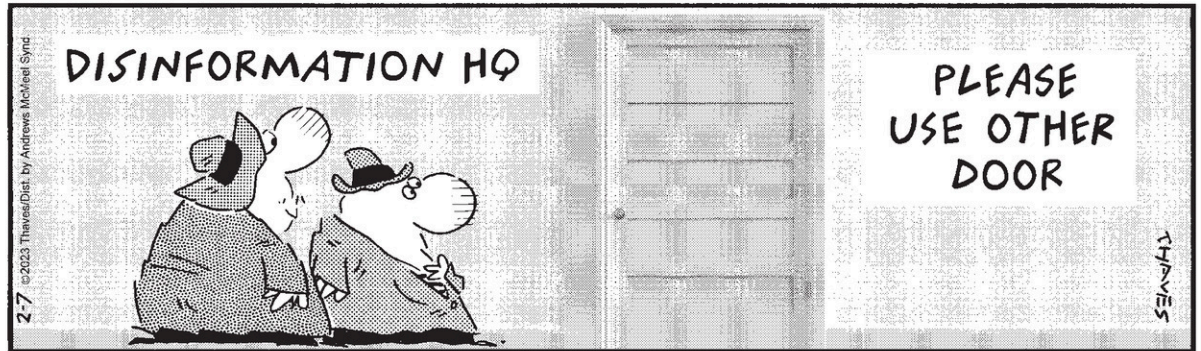
ARLO & JANIS



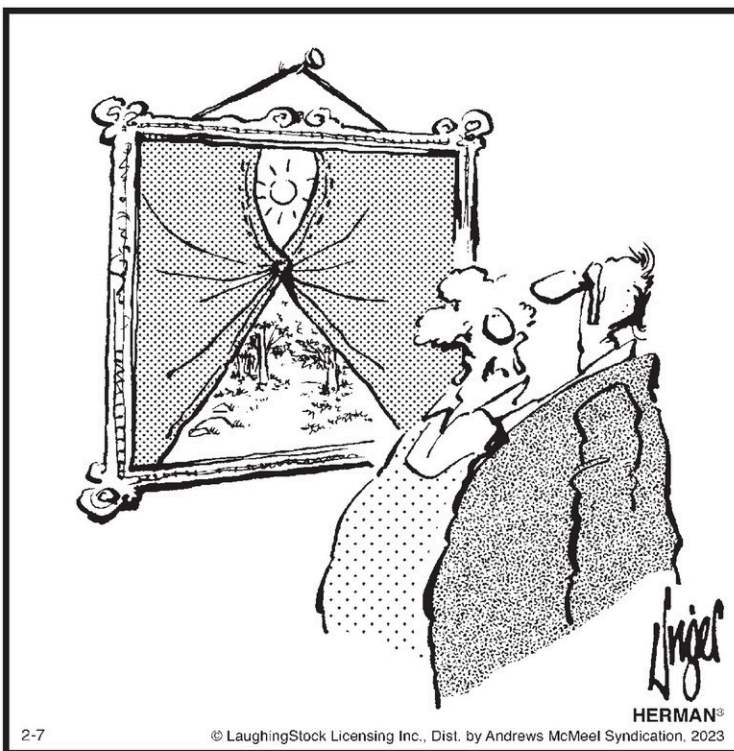
THE BORN LOSER



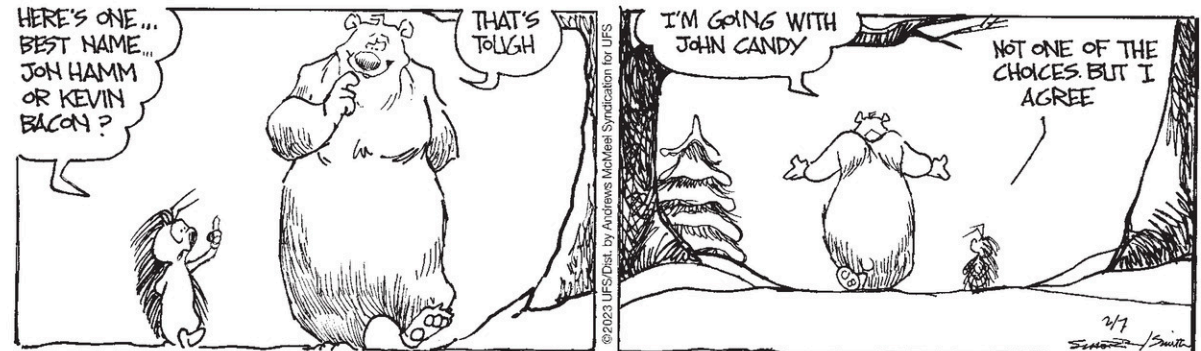
FRANK AND ERNEST



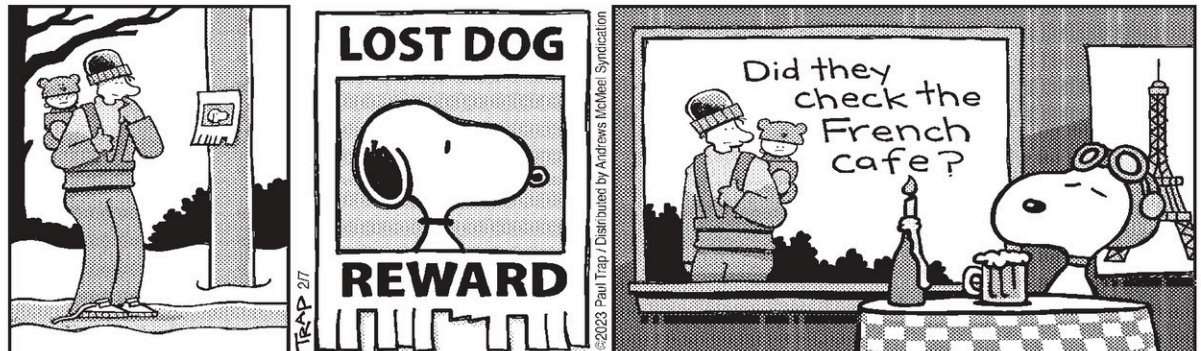
HERMAN



GRIZZWELLS



THATABABY



"He painted that one on our camping trip."

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Call Sherbrooke: (819) 569-9525 between 8:30 a.m. and 4:30 p.m.
 E-mail: classad@sherbrookerecord.com
 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

CLASSIFIED

Deadline: 12:30 p.m. one day prior to publication
 Or mail your prepaid classified ads to
 The Record, 6 Mallory, Sherbrooke, Quebec J1M 2E2

035 For Rent
BEAUTIFUL STUDIOS for rent in Sawyerville, QC. **Ideal for Seniors.** Starts \$395/month. Private bathroom and closet. Included: laundry facility, electricity, WiFi, food prep area, meal service available. No smoking. Call Ben for info at 819-446-7791.

275 Antiques
 WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. 819-837-2680.



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 or call
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819-569-9525
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SALES REPRESENTATIVES

The Record/Brome County News has an immediate opening for a dynamic, motivated sales representatives to join its sales team.

The ideal candidate will be a client-focused, results-oriented individual seeking to forge a successful career as a sales representative.

Job Requirements
 As a sales representative, you will:

- Maintain current customer accounts and relationships
- Grow an established customer base
- Work as part of a sales team on special projects
- Be self-directed with the ability to effectively interact with staff and clients
- Be creative and innovative to ensure client satisfaction
- Demonstrate an ability to build lasting client relationships
- Advertising sales experience is a definite asset

Interested candidates should send a letter outlining their interest and prior experience to

Sharon McCully
 outletjournal@sympatico.ca

SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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



Join The Record team!

Are you a multi-tasker, with bilingual customer service skills who enjoys working as part of a team?

The Record has an **immediate full-time position** in the newspaper's circulation department.

If you would like to be part of the dynamic team that produces and delivers the Townships' only English-language daily newspaper,

email Sharon McCully, Publisher,
 at outletjournal@sympatico.ca
 or call 819-569-9511

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PREVIOUS SOLUTION

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

HOW TO PLAY:
 Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

YOU'VE GOT IT.



Somebody else wants it!

Got something you no longer use?
 Sell it in the Classifieds!

It may just be the perfect item to fill somebody else's need.

THE RECORD 819-569-9525 • 450-242-1188
 classad@sherbrookerecord.com

NEA Crossword Puzzle

Your Birthday

TUESDAY, FEBRUARY 7, 2023

ideas, set up a meeting with someone heading in a similar direction and do your best to make a good impression. The help you receive will bring your plans to fruition.

LEO (July 23-Aug. 22) – Talks will turn into something tangible. Listen and add your perspective, and an opportunity will sprout. Don't take anyone's word as gospel; check facts and figures and do the work yourself.

VIRGO (Aug. 23-Sept. 22) – Verify what you hear before passing the information along. Overlook the defects of your loved ones; offer positive input and help someone deal with an emotional dilemma. It's OK to have fun.

LIBRA (Sept. 23-Oct. 23) – Take precautions, ensure everything is safe and put your mind at ease. A day trip or meeting will quickly fall apart if expectations are too high or you take on too much.

SCORPIO (Oct. 24-Nov. 22) – Get organized. Clear the path by taking care of business quickly and efficiently and then move on to something you find enjoyable. Romance will enhance your life and bring you hope.

SAGITTARIUS (Nov. 23-Dec. 21) – Balance and integrity will help you get ahead. Set high standards and goals that will make you proud and give you hope for a brighter future. Eliminate drama and avoid negative people.

CAPRICORN (Dec. 22-Jan. 19) – Put your thinking cap on and you'll find a way to help others while getting something in return. Don't be afraid to challenge anyone who stands in your way. Push forward.

Answer to Previous Puzzle

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

- ACROSS**
- 1 Kan. neighbor
 - 4 Average grades
 - 8 Lively dances
 - 12 — — roll (lucky)
 - 13 Free from infirmity
 - 14 Spread-sheet worker
 - 15 Sad
 - 17 Surrealist Salvador
 - 18 Mike problems
 - 19 Slump
 - 21 Actress — Harper
 - 22 Tropical lizard
 - 26 Computer guru
 - 30 Actress Merkel
 - 31 Medieval weapon
 - 34 Ump's cousin
 - 35 Not much (2 wds.)
 - 36 Almond-shaped
 - 37 Hirt and Pacino
- DOWN**
- 38 Strip of wood
 - 39 None
 - 40 Bring in from China
 - 42 Wing it (hyph.)
 - 44 Apiece
 - 47 XXI times C
 - 49 Attic
 - 51 Indian ruler
 - 54 Foreman
 - 56 Goody-goody
 - 57 Davidson or Buttigieg
 - 58 Big flap
 - 59 Silent performer
 - 60 Mild rejoinder
 - 61 Rocky Mountain hrs.

- 8 Estimate
- 9 "My mind — — blank"
- 10 Salon supply
- 11 Hindu title
- 16 Cheap lodging
- 20 ID info
- 23 Caribbean island
- 24 Do socks
- 25 Word of honor
- 27 Study late
- 28 Pitch in
- 29 In that case
- 31 "— Lisa"
- 32 Enthusias-tic
- 33 Stock option
- 35 Church tables
- 40 PC maker
- 41 Parented
- 43 Mind's picture
- 45 Off-white
- 46 Pays attention to
- 48 Rise to the occasion
- 49 "— — grip!"
- 50 Slow run
- 51 Tach reading
- 52 Onassis nickname
- 53 Henson or Carrey
- 55 — out (relax)

1	2	3		4	5	6	7		8	9	10	11
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51	52	53			54	55						
56					57					58		
59					60					61		

TUESDAY, FEBRUARY 7, 2023

There may be variety in similarity

By Phillip Alder

Some 400 years ago, Richard Barnfield, who was an English poet, described the main reason why bridge has retained its popularity: "Nothing more certain than uncertainties; Fortune is full of fresh variety; Constant in nothing but inconstancy."

You are defending against three no-trump. Your partner leads his fourth-highest heart, dummy tables two low and you are looking at A-J-x. How would you plan the defense?

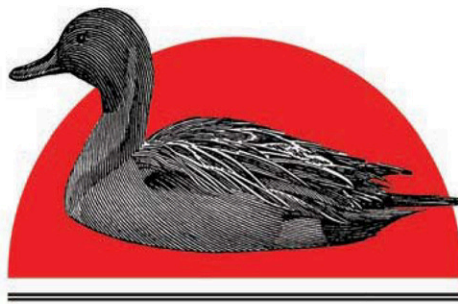
Right – normally you win with the ace and return the jack, hoping partner's suit is long and strong enough that you can take the first five tricks. But in the fresh variety of bridge, uncertainties creep in. Sometimes that isn't the correct play – as in today's deal.

If East wins the first trick with the heart ace and returns the jack, South just ducks. He wins the third heart with the king, takes the diamond finesse and soon claims an overtrick.

However, East quickly counted the points. He knew declarer had 15-17, there were 15 in the dummy and he had 8 in his own hand. This left at most 2 for West. He couldn't have the heart king – but maybe he had the queen. So East

North				02-07-23					
♠	A	K	J						
♥	9	2							
♦	A	10	9	6	5				
♣	Q	J	5						
West		East							
♠	7	5	4	♠	10	8	6	2	
♥	Q	10	6	4	3	♥	A	J	5
♦	7	2		♦	K	3			
♣	9	8	4	♣	10	7	6	3	
South									
♠	Q	9	3						
♥	K	8	7						
♦	Q	J	8	4					
♣	A	K	2						
Dealer: South									
Vulnerable: East-West									
South	West	North	East						
1NT	Pass	3NT	All Pass						
Opening lead: ♥ 4									

played the heart jack at trick one. If psychic, South would have ducked. But he was afraid that West had led from ace-queen-fifth of hearts. Then, if South ducked, he would lose the first five tricks. So South won with the king and took the diamond finesse. However, it lost, and East continued with the heart ace and another heart. Despite having a combined 30 points, South went down one.



Bedford works toward new fire station

By Ruby Pratka
Local Journalism Initiative

Bedford fire chief Ralph Gilman can almost see the firehouse that he and his 34-member squad have been waiting for for nearly a decade.

In late January, the town of Bedford's offer to buy land along route 235 to build the new firehouse was accepted and an initial meeting with an architect took place, director general Richard Joyal told La Voix de l'Est, adding that an application for a provincial subsidy to pay for some of the building costs "should be submitted in the next three months." The cost of the building and the exact timeline of the project are still to be determined.

The current fire station, housed in a former car dealership, serves Bedford and three surrounding municipalities - Bedford Canton, Saint-Ignace-de-Stanbridge and Stanbridge Station. The Bedford fire station also houses the regional fire academy, now a single classroom. Providing student firefighters a quiet room to write exams is just one reason Gilman is eager for more space.

"We need washing machines to wash the equipment," he told the BCN. "No one at the town is saying 'We can't fund washing machines' - if we had a washing machine, we would have nowhere to put it." The station also lacks its own showers. "When you come in from a fire, it's poisonous - you need to wash once with your equipment on and once with it off, and then put the equipment in the washing machine." Gilman also said the station's air compressor was wearing out and difficult to replace for space reasons, and the station's ten-foot-high garage can't house taller modern fire trucks or the equipment needed to wash them.

Gilman and his team are forced to

CONT'D ON PAGE 3

Gail McEwen honoured for decades of service to Emmanuel United



LOUISE SMITH

Frances Jones,, Norm Haslam, and Debbie Beattie, were lay worship leaders who helped to celebrate Gail McEwen, second from the left.

By Louise Smith

On Sunday, Jan. 29, Gail McEwen was pleasantly surprised. She was bestowed with flowers and a book and card and several gift cards. It was but a small tribute to give to someone who has given, and who continues to

give, so much to the Emmanuel United Church community, in Cowansville, over decades. At the microphone, she recalled how music drew her into the church and she appreciates the music that is present in the church today. She went on to say that she could not have done her work if she had not had strong

support within the church community. Together, they have kept the church going.

The church service was followed by a potluck meal. Margaret Marshall made a special cake for the occasion. Debbie

CONT'D ON PAGE 3

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Brome County Community Bulletin Board

Lac Brome Food Bank - If you need assistance, please call 450-242-2020 ext.: 319. Pick up at 270 Victoria, at the back.

February 11

The Brome County Historical Society is pleased to announce the return of the Marion L. Phelps Memorial Lectures, prepared, and presented by Jimmy Manson. The three-lecture series (previously presented) is titled: "Heartbreak and Hope: An Intimate Examination of the Lives of Selected Townshippers during the last half of the 19th century" The lectures will be given on January 28, February 4 & 11, 2023 at the Centre Lac-Brome, 270 rue Victoria, Knowlton. Lectures begin at 1:00 and refreshments will be served at intermission. Admission by donation (suggested \$10 per attendee). For more information visit lacbromemuseum.ca or call 450-243-6782

February 14

GREAT NEWS! The Wellness Volunteer Centre's 50+ Club is starting up again on February 14. Drop in for a coffee/tea and conversation/games/cards anytime between 9-12 at the Knowlton United Church basement. Hope to see you there!

February 20

The Town of Brome Lake Wellness Volunteer Centre will be holding its annual general meeting at the Community Centre on February 20 at 5 p.m. All Wellness volunteers, supporters, and clients, as well as anyone interested in learning more about the Wellness Volunteer Centre are invited to attend.

February 21

Pancake Supper at Holy Trinity Church, Iron Hill on Tuesday February 21 from 4:00 - 7:00. Pancakes, sausages, real maple syrup and homemade beans. Tickets Adults \$10 under 10 are \$6. Take a break from winter and bring a friend for some fellowship. Information 450-263-2579.

CHURCH BULLETINS

ALL SAINTS ANGLICAN CHURCH - DUNHAM

All are welcome! As a member of the Eastern Townships Regional Ministry, we alternate weekly service locations. Come join us Sunday, February 19 at 11:00 a.m. for Holy Eucharist Service at All Saints Anglican Church Dunham. The next service following at All Saints will be on March 5th at 11:00 a.m. For Parish information, please contact Richard at 450-877-8661. For Pastoral Support, please contact either Archdeacon Tim Smart or Fr. Tyson Rosberg at 450-538-8108.

ANGLICAN PARISH OF BROME

Sunday services cancelled until further notice. See the announcement for Grace Anglican Church to join the online meeting on Sunday mornings. Information: Rev. Tim Smart 450-538-8108.

BEDFORD PASTORIAL CHARGE

Our worship service is at 9:30 a.m. with Rev. David Lefneski. 16 rue Academy, Stanbridge East. Church

office: 450-248-3044. email: bedford.pastoral@yahoo.ca "Pay attention, God, to my prayer; bend down and listen to my cry for help. Every time I'm in trouble, I call on you, confident that you'll answer." - Psalm 86:7 (The Message)

CREEK UNITED/ST. PAUL'S UNITED

Sunday, February 12 - Worship and Music: Creek United, 278 Brill Rd., West Bolton, service at 9:00 a.m. St. Paul's United, 4929 Foster, Waterloo, service at 10:30 a.m. Service available on You Tube <https://youtube.com/stpaulsucwaterlooqc>. Reverend Dave Lambie, minister. For information or to leave a message call 450-539-2129.

EMMANUEL UNITED CHURCH

Sunday worship is at 11:00 a.m. with Rev. David Lefneski. Everyone is welcome. Tous sont les bienvenus. 205 rue Principale, Cowansville. Wheelchair accessible. Church office: 450-263-0204; email: capcchurchoffice@bellnet.ca Website: emmanuelcowansville.ca

ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

Our 10:30 a.m. Sunday mass has resumed. However, we must comply with the latest Quebec Public Health restrictions. Thank you for your understanding. For more information, call: 450-263-1616 or visit the website <http://unitedesvignes.org>.

GRACE ANGLICAN CHURCH

We are now open for in-person worship for our regular 10:30 a.m. Sunday services. Everyone is welcome. Alternatively, you can attend online. For

an invitation to join, please email the Rev. Tim Smart, revtimsmart@gmail.com or visit our Facebook page "Grace Church, Sutton" for the Sunday link.

KNOWLTON MOUNTAIN VALLEY PASTORAL CHARGE

Please note that no Worship services will be held at Knowlton United Church for the months of January and February 2023. Worship services will resume on March 5 at 11 a.m. For further information, please contact Rev. Steve Lawson at 450-242-1993.

ST. PAUL'S ANGLICAN CHURCH

St. Paul's has reopened for Sunday in person worship at 8 and 10 a.m. We continue to livestream our Sunday morning worship at 8 and 10 a.m. at St. Paul's Knowlton on Facebook. All services are also available for replay, at 24 St. Paul's Road in Knowlton. St. Paul's is a dynamic diverse community pursuing and serving Jesus in the Eastern Townships. Our mission is to grow in members and spiritual maturity so that we can reach as many people as possible with the love of Jesus. Everyone welcome! Telephone: 450-242-2885, email: stpaulsknowlton@gmail.com.

TRINITY ANGLICAN CHURCH

Sunday Church Services at Trinity Anglican Church Cowansville are now being held at 11:00 a.m. In being a part of the Eastern Townships Regional Ministry, our church service schedule is in a period of change. Please contact the church office 450-955-3303 and leave a message if you would like to have more information.

Brome-Bolton Fish and Game Club sponsors blood drive

The need for blood donations does not decrease in the winter months. The Brome-Bolton Fish and Game Club recently sponsored a blood drive in Knowlton on Friday, Feb. 3. We would like to thank all the donors and volunteers who came out, on the coldest day yet! We were hoping for 50 donors, we managed 49, we really appreciate it. We had one donor who gave her 50th donation and received a 50-donor pin.

Hema Quebec delivers nearly 750,000 biological products to Quebec hospitals every year to meet patient demands in the health sector. The need for blood is a constant one.

The Brome-Bolton Fish and Game Club has taken on promoting and supporting this worthy cause. We are already scheduled for February next year 2024. Hope to see you there.



Many volunteers helped to make the blood drive a success.

COURTESY

Submitted by the Brome Bolton Fish and Game Club

Regional Écocentre offers free construction materials to reduce waste

By Ruby Pratka
Local Journalism Initiative

The MRC Brome-Missisquoi is encouraging home repairers, furniture makers, bricoleurs and new homebuyers to turn to an unusual resource for wood, furniture and used outdoor equipment – the recycling centre.

The Cowansville Écocentre has been open since 2020. Since August 2022, part of the facility has been set aside to receive wood, construction residue and other heavy items such as sports equipment. Residents can browse the selection and take home anything that interests them, for free. Welcome to the espace de réemploi, or the reuse space.

The MRC Brome-Missisquoi recently

launched a new social media campaign to raise awareness of the facility's existence. "We had been talking about it in the past, but not everyone knew what it was for," said Jade Lacoursière, waste management advisor at the MRC. She added that the Haute-Yamaska region has had a similar facility for the past few years, and the Melbourne Écocentre in the Val-Saint-François region opened theirs in 2022.

"Citizens bring a lot of different things to the Écocentre, including construction materials," she said. "People can either get rid of [construction materials] through bulk trash, if their town offers that service, or bring them here, but there's not a lot of value-adding that we can do with them once they get here."

Lacoursière said as much as 40 per

cent of waste brought to the Écocentre is construction waste or bulk trash. "We saw that material coming through and we noticed that some of it was still good – the kind of stuff a craftsperson would potentially use," she said. "People were bringing in things that still had potential, the kind of things that we would see and say, 'Hey, I could sand that and put it in my kitchen!'"

She observed that thrift stores and charities often don't have room for larger items, and the Écocentre "wanted to make sure these pieces got a second life."

In the few months that the space has been open, Lacoursière said they have received a lot of doors and windows, lumber and wood offcuts, and large items of sports equipment. She encouraged people working on

construction or home improvement projects to browse the space with their projects in mind before going to the local home store, especially in light of construction costs. "You can find unique pieces made from good wood that you might not find in a thrift store," she said, adding that the centre had recycled 26 tons of material in its first four months – "the equivalent of 1300 wooden doors."

Bulk waste "is not unique to the MRC – it's a provincewide problem, and we need to do our part to address it," Lacoursière said. "We want reuse to become a reflex for people. By offering [bulk construction materials and furniture] to people for free, we keep it out of the landfill and we give a second life to some very beautiful material."

Bedford fire station

CONT'D FROM PAGE 1

come up with expensive and cumbersome workarounds – firefighters' uniforms are washed by a private company offsite, and larger vehicles are kept in a garage rented from the town of Bedford Canton. Trucks are washed outside. "In summer, that's not so bad, but if there was a fire today, we'd need to wash [the trucks] outside in 40 below," said Gilman.

In Gilman's more than 40 years

with the fire service, the number of calls received in a normal year has risen from ten to more than 200. He attributes that to population growth and the changing nature of calls. "When I started, no one called unless their house was burning down," he said. "Now we get calls when people's alarms go off, when there's a cat up a tree or when someone needs to pump out a basement; it's hard to say no to our neighbours."

Like his counterparts elsewhere in the region, Gilman also routinely sends crews to assist at emergencies around the MRC. "Having a new fire station is going to help make our lives easier, but it will also help other towns," he said. Bedford, Bedford Canton, Stanbridge Station and Saint-Ignace-de-Stanbridge recently reached a 15-year fire service sharing agreement – a precondition for building the new facility.

Gilman emphasized that the wait

for the new facility was far from over – once the plans are completed and the financing plan established, the town will need to launch a call for tenders and find a contractor before any actual building can take place. "I wish I could say we'll break ground next week, but there are a lot of steps left," he said.

Joyal was unavailable to comment to the BCN at press time.

Gail McEwen honoured

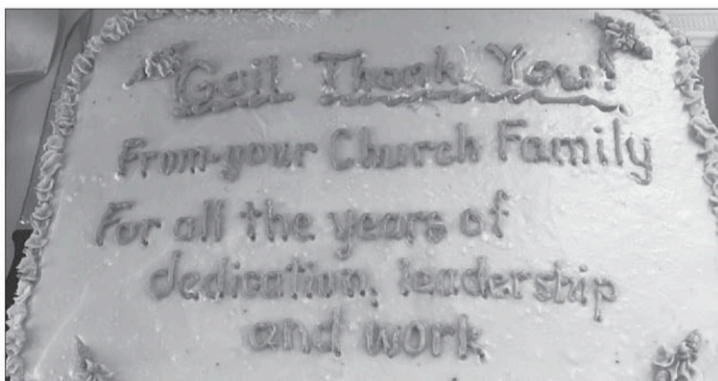
CONT'D FROM PAGE 1

Beattie was leading the service that day. Two other licensed lay leaders were there to help in the celebration – Norm Haslam, who came over after having led the service in East Farnham, and Francis Jones.

Gail is not someone who blows her own horn. She is very modest, but she has used her leadership skills in many committees and has been the Chair of the CAPC Board. She continues on the Board of Trustees and is back on the Board representing the Trustees. She is a true pillar in the church life and community.



Gail was truly surprised, but appreciated the celebration.



Margaret Marshall made a special cake for Gail.

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Ben in Focus



Still warm enough to fish!

LETTERS

THE GRANDEUR OF NATURE

DEAR EDITOR:

A vernissage not to be missed the ethereal ceremonial of ice-crystals dazzling hanging from trees from branches the dark bark creating a frame of gorgeousness in your own backyard a Vernissage not to be missed.!

SHERYL TAYLOR
KNOWLTON QUEBEC
THREE PINES

Brome County News welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste.

Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request.

Preference is given to writers from the Eastern Townships.

Pets of the week: Lexie and Maya



Hello! We are Lexie and Maya. Despite our resemblance we are not sisters! Lexie is going to be one year old in April while I am going to be two. Lexie thinks I am bursting with energy! I could play ball all day! I never get tired of bringing it back to my human. I also love cuddling and lying on my human's lap with Lexie. We are so small that there is room for two! On the other hand, I am afraid of strangers, so I tend to bark a little at first. Lexie, for her part, prefers cuddling and giving

massages with her paws. I lend her my toys without any problem when she takes them, I'm not possessive. Lexie, on the other hand, doesn't like other dogs getting too close to her human when she's with them, unless it's me. We have always lived together, we are really the best friends in the world. Oh yes, I forgot to tell you that we love going to be groomed, we are very flirtatious.

If you are interested in adopting us, please send an email to adoptionspcamonteregie@gmail.com.

Brome County NEWS



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Regional Eastern Star Chapters and the Fordyce Women's Institute donate to Mental Health Estrie

By Louise Smith

Janet Patch is a member of the Order of the Eastern Star and the Fordyce Women's Institute. Her attachment to these two organizations has allowed

her to gather many contributions to the Mental Health Estrie HUGS Program. HUGS stands for hats, underwear, gloves, socks and scarves. These items are distributed to the homeless through Mental Health Estrie.

As we go through this extreme cold patch it is so hard to imagine anyone having to be without a home. It also connects us with the people of Ukraine who are going without electricity and heat for months on end.

Janet has made a connection with Mental Health Estrie for several years. Her devotion has inspired members of the Order of the Eastern Star and the Women's Institute to make donations for her to bring in on their behalf.



JANET PATCH

Many donations have come in from the Order of the Eastern Star and the Fordyce Women's Institute for the HUGS program of the Mental Health Estrie.



LOUISE SMITH

Janet Patch stands by scarves knitted for the homeless.

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Speaker: Jimmy Manson

- January 28, 2023, 1:00 p.m.**
The Stacey Letters: The Eastern Townships, Circa 1850, Viewed Through the Eyes of a British Immigrant
- February 4, 2023, 1:00 p.m.**
The Wells Brothers and the Klondike Gold Rush
- February 11 2023, 1:00 p.m.**
The Paul Holland Knowlton-Sarah Knowlton Correspondence

Centre Lac-Brome, 270, rue Victoria, Knowlton

Admission is by donation, suggested \$10 per attendee.
Refreshments will be offered at intermission.

www.lacbromemuseum.ca or 450 243-6782



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Maple Leaf, Chapter #2, of the Order of the Eastern Star, donates to Horizon Pour Elles

By Louise Smith

Two chapters of the Order of the Eastern Star, in the Township area, have already made their donations from the division of funds at the provincial level. Owl's Head Chapter gave to Mental Health Estrie and Cowansville Chapter gave to Maison au Diapason in Bromont.

On Thursday, Feb. 2, Grace Hadlock and Donna Jenne, representing Maple Leaf Chapter, had the pleasure of presenting a cheque in the amount of \$6 666.66 to Kathy Brombert, the Directrice of Horizon Pour Elles in Cowansville.

Horizon Pour Elles is a women's shelter in Cowansville that has been operating since 1982. It helps

women to find affordable housing and offers security when it is needed. On its site it leads in with poignant questions...."And if it was more than a quarrel? And if it was domestic violence? Even if you are scared and do not know where to start, call us, 450-263-5046."

The shelter has been a lifesaver to many since its opening 41 years ago. The shelter accepts financial donations regularly, but it was pleasantly surprised at the amount of the donation from Maple Leaf Chapter. At economic pressures increase across Canada, so do the number of domestic incidents. It is good to know that help is available in our community.



COURTESY Left, is Donna Jenne from Maple Leaf Chapter, and in the center, is Kathy Brombert from Horizon Pour Elles, and on the right, Grace Hadlock, also from Maple Leaf Chapter.

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Quebec minister 'surprised' asylum seekers given free bus tickets from New York City

The Canadian Press

Quebec's immigration minister says she was "surprised" to learn the City of New York is helping to provide free bus tickets to migrants heading north to claim asylum in Canada.

Christine Frechette says the story highlights the need for Ottawa to solve the problem at Roxham Road, which is an unofficial border crossing south of Montreal used by tens of thousands of people last year to claim asylum.

New York City Mayor Eric Adams told Fox 5 this morning that his administration helps in the "re-

ticketing process" for people who arrive in the city but want to go elsewhere.

He told the news station that the city does not push or force people to leave but some express a desire to move on to other places, including Canada.

His comments come after the New York Post reported that some migrants in New York City are being given free tickets to Plattsburgh, N.Y., from where they travel about half an hour by shuttle or taxi to cross into Quebec at Roxham Road.

An official with Adams' office said the city doesn't treat requests for bus tickets to Plattsburgh any differently than those for other American cities.



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Why do some brands change racist names and logos, but others don't? Here's what the research says

By Ela Veresiu
Associate Professor of Marketing,
York University, Canada

In 2020, against the backdrop of global demonstrations against police brutality and systemic racism, several famous food brands around the world, including Aunt Jemima, Uncle Ben's, Eskimo Pie, Red Skins, Chicos, Beso de Negra and Gypsy Sauce, publicly acknowledged the racist origins of their brand names and logos and vowed to change them.

This change was long overdue. Some of these brands, like Aunt Jemima and Gypsy Sauce, have been around for over a hundred years. Despite activists and critics protesting the commercial co-optation of their cultures, and the racist connotations of certain branding, over the years — especially online via petitions — nothing changed for over a century.

The perseverance of racial slurs and stereotypes in brand names and logos is striking. How were these brands that employ racial stereotypes able to stay in business, despite calls for change? And how can racialized brands successfully terminate racist branding?

My recent study, published in a special issue of the Journal of the Association for Consumer Research, set out to answer these questions by studying the branding change of Zigeunersauce (which means Gypsy Sauce in English), a popular paprika-based condiment in Germany.

Eight years of public pressure

In 2020, Unilever's Knorr company re-named the popular Zigeunersauce to "Paprika Sauce Hungarian Style" after years of pressure from activists to discontinue the brand name because of its racist connotations. Several of Knorr's local competitors, including Kuhne, Homann and Edeka also renamed their sauces.

This change came eight years after a Roma and Sinti rights organization first publicly attempted to get the name Zigeunersauce changed. In 2013, the Forum for Sinti and Roma sent an open letter to five major food manufacturers asking them to change the name, but the request was rejected.

The Roma are a traditionally nomadic clan-based people who travelled from Northern India across the European continent around the fifteenth century. Roma subgroups differentiate themselves according to their clan, language dialects and traditional occupations.

The term zigeuner, or gypsy, is a derogatory term for Roma or Sinti, depending on their subgroup affiliation. Zigeuner is derived from the Greek word athinganos, meaning heathen.

Over the centuries, it has become loaded with negative racial

stereotypes, like associating the group with thievery.

To combat this racist denomination, the moniker Roma, along with a flag and an anthem, was created by the European Roma civil rights movement in the 1970s. The Roma have consistently fought against anti-Roma discrimination, hate speech and microaggressions over the years.

What drives change

Why did the first public attempt to get Zigeunersauce re-named fail? To understand why, and to understand why the name was eventually changed in 2020, I collected German newspaper articles from 2013 and 2020 that used the keyword "Zigeunersauce."

The perseverance of racial slurs and stereotypes in brand names and logos is striking. How were these brands that employ racial stereotypes able to stay in business, despite calls for change? And how can racialized brands successfully terminate racist branding?

I examined the ways German news articles either publicly praised or criticized brands that sold Zigeunersauce, paying particular attention to who was interviewed. I took a critical stance on language, meaning I also focused on the choice of words used.

I found that, in 2020, companies used two main arguments to justify re-naming the racialized brand: anti-racism and social tolerance.

The anti-racism argument was used to highlight how negative stereotypes were harming the Roma community. On Aug. 16, 2020, a press statement from a Unilever spokesperson was published in one of Germany's top selling newspapers:

"Since the term Gypsy Sauce [Zigeunersauce] can be interpreted negatively, we have decided to give our Knorr Sauce a new name. In a few weeks you will find this on the shelf as Paprika Sauce Hungarian Style."

The second argument, social tolerance, focused on the German people, arguing that Germans no longer found certain popular phrases, such as the word gypsy, acceptable.

In 2013, on the other hand, the racialized brand name was maintained using two different arguments: market dynamicizing and romanticizing. The first argument,

market dynamicizing, argued that if shoppers were going to continue to buy Zigeunersauce, the brand name should remain unchanged.

A Unilever press statement from Aug. 14, 2013 said:

"We refer to the long tradition of the term [Gypsy Sauce] and see no negative connotation. There are more frequently purchased products that are named after areas or ethnic groups."

The second argument centred on the Roma people themselves. Brand spokespeople romanticized the visible minority group by evoking seemingly positive — but in reality, harmful — stereotypes and fetishization associated with the word gypsy, such as exoticness and spiciness.

These findings can help us understand why some companies with racist brands and logos change their branding and why some do not. It can also help us persuade these companies to finally change racialized branding to stand up for racial justice in the marketplace.

These findings also go beyond food products by shedding light on why organizations, like the National Football League's Kansas City Chiefs, still have racialized logos.

True accountability

The old adage of "stick and stones may break my bones, but words shall never hurt me" is not necessarily true. Words can indeed hurt. When cartoon-like, racist representations of marginalized minorities are made widely available through the marketplace, they cause harm.

A study on the consumer behaviour of middle-class African Americans found that marketplace stigma is often experienced as a deep assault on a consumer's personal worth.

Holding brands with racist logos and slogans accountable is an important step towards alleviating institutionalized racism in the marketplace. To this end, the Race in the Marketplace Network research network has been created to study, produce and disseminate critical race-related work in the market.

Yet companies should not merely change racialized brand names without giving back to the visible minority communities they benefited from for decades. True accountability means making meaningful change.

Examples of more meaningful branding strategies include concrete corporate policy changes, community initiatives and financial donations to relevant nonprofit organizations. For example, PepsiCo, which owned the Aunt Jemima brand, has reportedly invested \$22.3 million in Black-owned restaurants as part of their Racial Equality Journey initiative that was launched in 2020.

This article was originally published on *The Conversation*.

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Death



Griselda (née Archibald) CHRISTMAS
1918 - 2023

Griselda (Bubby) Christmas, youngest daughter of Dr. Edward Archibald and Agnes Barron, died peacefully of old age at Dana's home in Victoria on January 24.

She was predeceased by her husband of 63 years, Ken, and is survived by daughters Gillian Sissons (Bob Ray), Dana Wessel (Jim), Victoria Fowler, Martha Lloyd-Smith (Michael), and son Ernest (Kathleen), 12 grandchildren and 20 great-grandchildren.

Mum grew up in Westmount, QC, graduated from McGill in 1939, and married Ken. Pursuing her dream of a medical degree was an impossibility in the impoverished years of the War with Ken away in the Navy and several young children to raise. So, she turned to her next passion: writing short stories, plays and songs for children. She was an avid reader, athlete, animal lover, and independent spirit throughout her long and healthy life.

A move from Westmount to Victoria when Ken retired set the stage for our mother to crisscross the country many more times. A few years after Ken's death in 2002 she moved with Vicci to Ottawa, then again to Knowlton, before finally returning to Victoria to live with Dana and Jim. Throughout it all she remained a gentle, gracious personality with her sense of humour intact.

We treasure our memories of her, cheerfully tolerating her cluster of children in our old house in St. Hilaire; walking with Dad along the shores of Bic then, in retirement years, Cordova Bay; riding her horse at the Fulford farm; or otherwise with a book in her lap and a dog at her feet. We will always have her in our lives and hearts, the same as Dad.

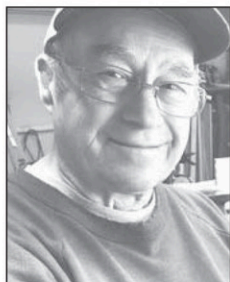
Sincere thanks and gratitude are extended to Island Health (VIHA) Home Care and Palliative Response Teams, and to her doctor. Their support and assistance were enormous.

Condolences may be offered to the family at www.mccallgardens.com

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Death



Archie Alexander John GREIG

Sept. 4, 1937 -
Jan. 11, 2023

It is with great sadness that the family announces the passing of Archie Greig, from Winnipeg, MB, on January 11, 2023.

Born on September 4, 1937, in Dunham, QC. Many of Archie's fondest memories were of his childhood home in Dunham.

Joining the Royal Canadian Air Force in 1956, he travelled the world and in his later years retired to Winnipeg, MB.

Predeceased by parents Jane and Alexander Greig, first wife Patricia Greig and son Donald Greig.

He will be dearly missed by his wife Barbara, son Derrick (Anne); siblings Bruce (Louise), Agnes and Manuel; stepchildren Stacey, David and Jamie (Kathy); his grandchildren and many nieces and nephews.

A private service for the family was held on Sunday, January 22, 2023.



Death

In Memoriam

Your generous contribution will help finance research into lung disease such as asthma, emphysema, chronic bronchitis and lung cancer.

Over 700,000 Quebecers who suffer from respiratory disease thank you.



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How to get your finances on track this year

(NC) As we turn the page on the calendar and another year, it's the perfect time to get a head start on financial planning for the coming year.

Start a budget

The only way to truly stay on top of your finances is to create a budget where you track all of your income and expenses. That way, you can immediately see if you're overspending and narrow in on areas where you can pare back. You can use a free online tool, such as the Financial Consumer Agency of Canada's Budget Planner, or create your own customized spreadsheet.

Create a filing system for your taxes

Rather than digging through the proverbial - or, in some cases, literal - shoebox a few days before your taxes are due (May 1, 2023), organize them in physical or digital folders throughout the year.

You'll need to have copies of receipts for any charitable donations you made, childcare expenses, tuition and any medical bills that aren't covered by a healthcare plan. There are also credits for home office expenses if you're working remotely, and for public transit costs.

If you're self-employed, you'll need to keep copies of any expenses you incur to earn a living. There are numerous apps and tools you can use to digitize all your

receipts and have them automatically recorded.

Set up reminders for bill payments

We all have a mix of recurring monthly and annual bill payments. Put reminder notices - with alerts - into your calendar or set up those payments for automatic withdrawal. If you opt for the automated route, check your bank account regularly to make sure you have sufficient funds for all the payments.

Run a cyber safety check

All your planning will go to waste if hackers get access to your banking information. But there are easy steps you can take to protect yourself. Make sure your personal device has antivirus software to scan for any abnormal activities. Install any software updates as soon as they're available and enable automatic updates where possible. Use different passwords for each of your accounts.

Do not respond to any unsolicited emails that ask you to enter your password or give up personal information. You can usually tell if a message is spam because there are spelling errors in the message, or the email address does not come from the organization it's claiming to be. If in doubt, contact the organization to verify the email.

Learn more at getcybersafe.ca.



Today in History

In 1478, Sir Thomas More, lord chancellor of England during the English Reformation, was born. More, the author of "Utopia," was executed for high treason by Henry VIII in 1535 because he refused to recognize the king as head of the church in England.

In 1758, the Governor and Council of Nova Scotia passed resolutions organizing Canada's first legislature.

In 1792, free land was offered to U.S. citizens settling in Canada.

In 1804, the inventor of the steel plow, John Deere, was born in Vermont.

In 1812, Charles Dickens, considered the greatest writer of the Victorian period, was born in Portsmouth, England. The author of such novels as "Great Expectations," "Oliver Twist" and "A Christmas Carol" was widely acclaimed not only for his writing but also for his attacks on social evils, injustice, and hypocrisy. His novels remain popular today – with at least 180 movies and TV adaptations based on his works. He died in 1870.

In 1827, the first ballet to be performed in the U.S., "The Deserter," was presented at the Bowery Theatre in New York City. It featured a ballerina in such flimsy attire that many women in the audience are reported to have walked out.

In 1837, British nurse Florence Nightingale left for the Crimean War. She paved the way for modern-day nursing and later became the first female recipient of the British Order Of Merit.

In 1867, Laura Ingalls Wilder, American author of "Little House on the Prairie," was born. Her series of Little House books, based loosely on her own pioneer childhood, has become a children's classic.

In 1867, the British North America Act, creating the Dominion of Canada, was introduced in the House of Lords.

In 1874, hundreds of people marched into the B.C. legislature in Victoria, demanding the resignation of Premier Amor de Cosmos over plans that could have delayed the arrival of the Canadian Pacific Railway to the province. Cosmos did actually resign several days later, but only in order to run for a federal seat.

In 1891, Prime Minister Sir John A. Macdonald gave his final speech in the House of Commons before entering his last election campaign. He died four months later.

In 1904, a fire began in Baltimore that raged for about 30 hours and destroyed more than 1,500 buildings.

In 1922, the first 5,000 copies of a new magazine, "The Reader's Digest," were sold in New York.

In 1926, a gold rush began at Red Bank, Ont.

In 1940, Walt Disney's animated motion picture "Pinocchio" had its U.S. premiere.

In 1964, four Montreal bachelors – Vic Emery, Peter Kirby, Doug Anakin and John Emery – won the Olympic four-man bobsled gold medal in Innsbruck, Austria. It was the first time Canada had entered an Olympic bobsled competition.

In 1971, women in Switzerland won the right to vote and hold office.

In 1974, the Caribbean island nation of Grenada won independence from Britain.

In 1980, TV cameras were allowed in the Supreme Court of Canada for the first time, to film the retirement proceedings of Justice Louis-Philippe Pigeon.

In 1984, space shuttle astronauts Bruce McCandless and Robert Stewart took the first untethered space walk, spending 90 minutes in free flight near the space shuttle "Challenger."

In 1986, it rained sardines in Ipswich, Australia. Scientists speculated that a violent storm caused updrafts, which lifted the fish from shallow waters and took them up into the atmosphere.

In 1986, Haitian dictator Jean-Claude (Baby Doc) Duvalier fled to France on a U.S. Air Force plane.

In 1986, Corazon Aquino was elected president of the Philippines, despite vote-buying, stuffed ballot boxes and violence. The day she was sworn in, Feb. 25, former president Ferdinand Marcos fled the country with his family. Marcos died in Hawaii in 1989.

In 1990, the Soviet Union's Communist party agreed to let alternative parties compete for control of the country. The move ended the one-party rule that had been a way of life since the 1917 Bolshevik Revolution.

In 1990, the Nova Scotia government officially apologized to Donald Marshall for his wrongful conviction. Marshall had spent 11 years in prison for a murder committed in 1971. The apology came weeks after a royal commission exonerated Marshall.

In 1997, a Quebec man drove a Jeep up two flights of stairs of the Parliament buildings before stopping just short of the main door under the Peace Tower. The incident caused the government to ban tour buses and unauthorized cars from Parliament Hill. The driver, who was mentally ill, was found not criminally responsible for his actions.

In 1998, the Hudson's Bay Company bought Kmart Canada for \$240 million.

In 1999, King Hussein of Jordan died of cancer at the age of 63. He had ruled for 47 years.

In 2000, Canadian magician-illusionist Doug Henning died of cancer at the age of 52.

In 2002, "Atanarjuat," the first Inuit-made feature film, won six Genie Awards.

In 2007, Nortel Networks said it was cutting 2,900 jobs around the world, and would shift another 1,000 positions to countries with lower labour costs.

In 2010, the New Orleans Saints defeated the Indianapolis Colts 31-17 in Super Bowl XLIV.

In 2011, the Canadian Museum of Immigration at Pier 21 in Halifax opened its doors as the country's sixth national museum. From the late 1920s to the early 1970s, Pier 21 was Canada's front door for more than one million immigrants, refugees, troops, wartime evacuees, war brides and their children.

In 2015, Brian Williams said he was temporarily stepping aside as anchor of "NBC Nightly News" after telling a false story about being in a helicopter hit by a grenade in Iraq 12 years earlier. NBC later suspended him for six months without pay and in June announced he would not return as "Nightly News" anchor, but would continue breaking news reports at the cable network MSNBC.

In 2016, the Denver Broncos' No. 1-ranked defence was dominant in a 24-10 win over the Carolina Panthers in Super Bowl 50. Peyton Manning became the first quarterback to lead two teams to Super Bowl wins (Indianapolis, 2006) and register his then-NFL record 200th career victory. Denver linebacker Von Miller was named MVP.

In 2019, Prime Minister Justin Trudeau denied an incendiary allegation that his office pressured former attorney general Jody Wilson-Raybould to help SNC-Lavalin avoid a criminal prosecution. The Quebec engineering and construction giant faced legal trouble over allegations it paid millions of dollars in bribes to get government business in Libya, which would be a crime under Canadian law. The Globe and Mail reported that SNC-Lavalin repeatedly lobbied Trudeau's aides for a deal to avoid prosecution but that Wilson-Raybould resisted when the PMO leaned on her to make it happen. She was later moved to Veterans Affairs.

In 2019, a blockbuster deal from the Toronto Raptors as they tried to keep pace in the NBA's Eastern Conference. They acquired Marc Gasol from the Memphis Grizzlies in exchange for Jonas Valanciunas (YOH'-nus val-an-CHOO'-nus). C-J Miles, Delon Wright and 2024 second-round draft pick were also heading to Memphis.

In 2020, two groups of Canadian evacuees from Wuhan, China, touched down on Canadian soil after severe

weather and political meandering caused multiple delays. A flight carrying 176 passengers arrived at Ontario's Canadian Forces Base Trenton after refuelling in Vancouver. About 50 more Canadians who arrived in Vancouver on an American chartered flight were told to disembark and board another plane that would take them to Trenton for a mandatory 14-day quarantine over concerns about the novel coronavirus. Officials said some permanent residents and Chinese nationals with Canadian visas were allowed to escort 34 Canadian minors returning home.

In 2020, the federally owned company in charge of building the Trans Mountain pipeline expansion said the project is now estimated to cost \$12.6 billion – a 70 per cent jump from the estimate made three years ago by the previous owner, Kinder Morgan.

In 2020, Toronto Raptors President Masai Ujiri joined Justin Trudeau on a trip to Africa, as the prime minister tried to gain support for Canada's bid for a temporary seat on the United Nations Security Council. Ujiri said he was planning to travel to Africa to promote his foundation, which uses basketball to educate and enrich the lives of youth, and joined the trip on Trudeau's invitation.

In 2021, Quebec surpassed 10,000 deaths from COVID-19 since the beginning of the pandemic.

In 2021, Ontario logged its first case of a contagious COVID-19 variant that was first detected in Brazil. Toronto Public Health said the patient had recently returned from travelling to Brazil and was sent to hospital.

In 2021, veteran quarterback Tom Brady led his team to victory in the 55th Super Bowl. The Tampa Bay Buccaneers fiercely defended their home turf, routing the Kansas City Chiefs 31-9. Brady was named MVP for the fifth time in his career to go along with his seventh Super Bowl title.

In 2021, Jackie Vautour, who battled against the federal expropriation of land from Acadian families to create a national park in the late 1960s, died at 92. He was remembered by some New Brunswickers as a symbol of the francophone minority's resistance. Vautour died after being hospitalized with liver cancer and pneumonia.

In 2022, Canada pulled off a surprise medal performance in the mixed team ski jumping competition at the Olympics. The Canadian team of Alexandria Loutitt, Matthew Soukup, Abigail Strate and Mackenzie Boyd-Clowes placed third, with Boyd-Clowes securing the bronze on Canada's final jump. Canada had never won an Olympic medal in any ski jumping discipline. Kim Boutin also blazed her way to a bronze medal in women's short-track speedskating.



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