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PM#0040007682

MONDAY, AUGUST 30, 2021

Vaccine passport to come into effect Wednesday

Record Staff

Quebec's vaccine passport system comes into effect on Wednesday of this week...

The Province of Quebec reported 612 new cases of COVID-19 on Friday, followed by 604 on Saturday and another 579 on Sunday...

There were no new deaths reported, keeping the total since the start of the pandemic stable at 11,285.

The number of hospitalizations increased to 126 on Friday, seven more than the previous day...

After a slight decline over the course of the last week, the number of active cases in the Eastern Townships climbed back up to 196 on Friday.

CONT'D ON PAGE 3

Fière la Fête back out on the streets



GORDON LAMBIE

By Gordon Lambie

Sherbrooke's annual Fièvre la Fête pride events came to a close on Saturday after a week of online and in-person activities...

march from the Marché de la Gare to City Hall served as the last free, public event.

This year's event involved pre-registration and had a cap of 500 participants in order to respect public health guidelines...

Now in its ninth year, Fièvre la

fête was created as a festive, family-friendly and inclusive event meant to reach across all sectors of the Eastern Townships community.

The 2021 edition also marked a return of Fièvre la Fête to public spaces in the city, after the pandemic forced a digital-only edition in 2020.

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Weather



TODAY:
ISOLATED
SHOWERS

HIGH OF 25
LOW OF 13



TUESDAY:
MIX OF SUN
AND CLOUD

HIGH OF 24
LOW OF 10



WEDNESDAY:
MIX OF SUN
AND CLOUD

HIGH OF 18
LOW OF 5



THURSDAY:
SUNNY

HIGH OF 20
LOW OF 8



FRIDAY:
CLOUDY
PERIODS

HIGH OF 21
LOW OF 10

Back to school with high hopes and a smile



THE SCOOP MABLE HASTINGS

Going back to school can be a challenge in the best of times and summer's end has always brought a reality check to most youth that routine and education go hand in hand. Returning back to school after two years of COVID-19 is likely to be even harder. Understandably, the rhythm is off for most and routine has a new definition more likely defined as "what will be, will be."

Six (soon to be 7)-year-old, Peyton Johnson returned to school this week and she and her mom, Jessie-lee, like many parents made the return a joyous one celebrating the first day back with photos and fun. Peyton attends the Baluchon French elementary school in Potton and she really enjoyed "bubble fest" her first day back, where the teacher set up tables with lots of bubbles, showing the kids different ways to blow the bubbles with straws and strings...

"Needless to say, she came home with her spare t-shirt that day," shared her mom. "She was so excited to tell me about her day!"

When asked what she liked most about school, Peyton was quick to respond.

"My favourite subject is physical education because I really like doing exercises," she said. "I'm happy to be with my friends again and I really like my teacher," she added.

Kids need school for both obvious and maybe less obvious reasons. The Pandemic has certainly robbed us all of in person social contact and even with the necessary health precautions put in place at any given time, it is vital for most of us to have contact with others for our own mental well-being. Kids are certainly no exception to this need.

While I am no expert and this article

is truly just a sharing of someone who raised three boys long ago when Covid was unheard of as well as someone who spent over 30 years working with children, I wanted to throw my oar in the water so to speak with a few tips that may be useful to some.

Talk to your child(ren) about the benefits of structure and routine and make them a part of their own "back to school plan or school-year schedule." Routines can be the key to success and the recipe to a positive outcome. The increase in screen time as a means of staying connected and feeding on "life" in the outside world during the pandemic has, in my viewpoint certainly affected the youth. Screen curfew and downtime is likely going to have to be a new rule or one with tighter parameters. Bedtime is vital for all of us not just our children. Explain the benefits and necessity of sleep and throw in the expression "beauty sleep" as most young girls a hip to beauty tips. Good nutrition and cutting down on unhealthy snacks or those that can lead to skin issues is another topic for discussion. A half hour of physical exercise each evening prior to homework whether shooting hoops,

taking a bike ride or going for a family walk might be beneficial.

The all important schedule that your young person should be involved in writing up must include ample homework time, social and friend time, family time and personal time. These are great discussion topics for parents and their children to have and will build commitment and respect especially if the contents of the schedule has been discussed with the youth taking his or her thoughts into consideration. During Covid we must emphasize the old adage, "We are all in this together."

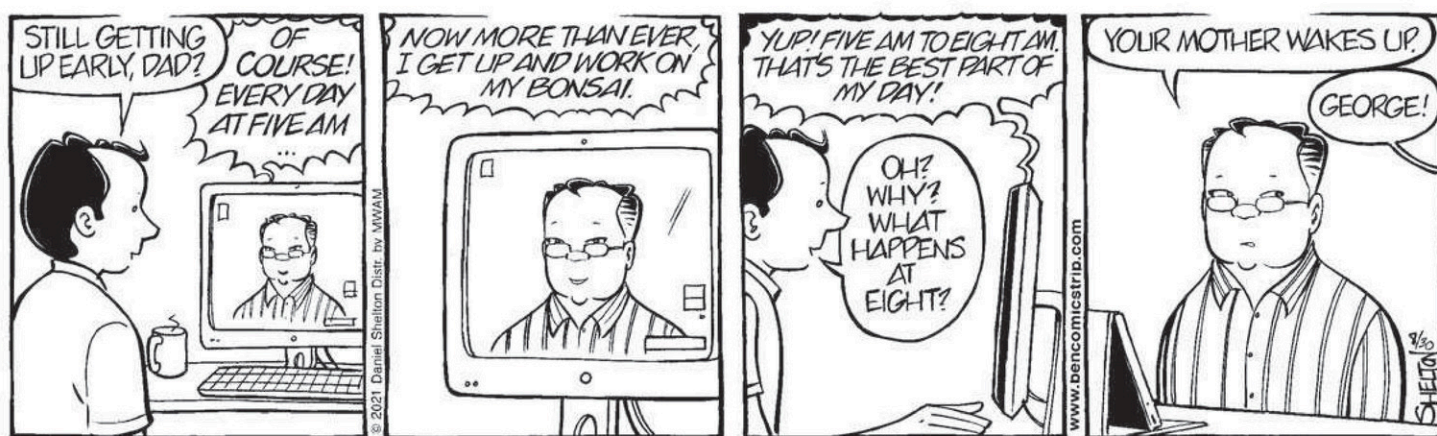
As parents returning to work likely you feel that necessity for more sleep and in reading this can easily compare your child's needs to your own needs as an adult so the realization that the next month is going to be an adjustment period for all is likely clear. One thing Covid has taught most of us is that health and wellness is vital for all.

To all of the youth out there returning to school, don't be too hard on yourself and talk to your parents. When things seem discouraging, blow bubbles...according to little Peyton Johnson, this will work wonders for your morale!



COURTESY

Ben by Daniel Shelton



Local News

Now that the centre has been open for more than six months, Saint-Louis is noticing a pattern. They get more foot traffic in the summer, as people stream in for fresh water, and a brief respite from the sun.

Ma Cabane notices slight increase in activity

By Michael Boriero

Ma Cabane, a day centre for the homeless and vulnerable in Sherbrooke, has seen an increase in numbers over the past few weeks, but the team of interveners does not see any correlation to the recent heat wave.

According to the centre's director, Marc Saint-Louis, they had a record day not too long ago. They saw 70 different people walk into the building seeking water, snacks, and a place to rest. It is normally about 40 to 50, Saint-Louis said, and a lot of times it is people doubling up.

With the weather pushing 40 degrees in the province, Ma Cabane reached out to one of its main donors, Fondation Rock-Guertin, for a steady water bottle supply. The only problem with the centre is they were unable to set up their cooling system in time.

"It is a little unfortunate because we have an air conditioning subsidy, but they were supposed to set it up two weeks ago and they didn't come so

we're going to get it next week, and it will be good for next year," he said.

Now that the centre has been open for more than six months, Saint-Louis is noticing a pattern. They get more foot traffic in the summer, as people stream in for fresh water, and a brief respite from the sun. They also take advantage of the laundry and shower station in the back.

"The showers are very useful and the washing area, too, it's all functional. The showers are being used every day, about 5 to 6 people every day, sometimes a bit more," said Saint-Louis.

However, in the winter, their visitors spend more time in the building, sheltering from the cold, and indulging in hot coffee, and tea. The issue heading into the cold months this year, though, is the creation of Quebec's vaccination passport system.

Saint-Louis told The Record that most of his visitors are indifferent towards the pandemic and vaccines. The region's public health authority did make an appearance outside the

centre on two occasions, though, and they went to Partage St-François, a local homeless shelter.

"The first time they came here, they vaccinated about 30 people, and the second time they didn't end up there, it was 22 people, and there were first and second doses. I don't know how it went at Partage, but here we can say about 30 people were double-vaccinated," he said.

Ma Cabane will not require visitors to carry around a vaccination passport, or the VaxiCode mobile application — many of the city's homeless have no access to mobile phones. The staff will continue to wear masks, and disinfect their hands, Saint-Louis explained.

When asked about the situation for homeless and vulnerable seeking shelter in local establishments or restaurants, Saint-Louis acknowledged that this could be problematic. The pandemic already affected the homeless population during the provincial lockdown.

"Well here there is no problem, but for sure it will be problematic for these

people in other places because for the most part even if we do print their vaccine passport, three-quarters of them will lose it within a week," said Saint-Louis.

However, he has considered printing the passports out and then laminating the paper for those who are fully vaccinated. Most of them won't have a passport, so they won't be able to walk into certain establishments for rest or to use the bathroom, he continued.

The interveners at Ma Cabane have previously engaged in vaccine discussions with their visitors, but Saint-Louis said it teetered off a bit because it always turns into an argument with a few individuals. He added that he hasn't made it mandatory for his staff, either.

Honestly, even if I wanted to make it mandatory, look, it's hard enough to find people to work, I need everyone here, so it's hard to tell someone they can't come in because they are not vaccinated, it wouldn't work here," he said, adding that he believes most will get both doses.

Richmond launches family policy

Record Staff

The Town of Richmond launched its new family policy last week, turning the page on more than two years of preparatory work by a volunteer citizens' committee to begin a new chapter of family-centric development in the community.

In a press release announcing the new policy, the town points out that an action plan associated with the document will work to try to attract youth and family to Richmond over the next five years through a range of different focused interventions. Among these are a focus on improving quality of life for young families and youths, improving access to and availability of informal gathering spaces, downtown development, and favouring approaches that will encourage young

people and families to remain in the area.

"This is a plan that will get our community mobilized and which shows the importance we place on quality of life," said town councillor Cathy Varnier, who is responsible for matters relating to youth and families. "This is also an opportunity to get citizens involved in the decisions that will impact their lives and to build a future that they see themselves in."

Several different local organizations participated in the creation of the new policy alongside the town, and it is hoped that the document and associated action plan will lead to further such collaborations in the future.

Depending on the restrictions related to the COVID-19 pandemic, the town hopes to be able to announce

initial projects associated with the action plan for 2022.

The text of the action plan is

available (in French only) on the town's website at <http://www.ville.richmond.qc.ca/en/famille/>



COURTESY

Mayor Bertrand Ménard with municipal councillor Clifford Lancaster, Richmond MNA André Bachand, municipal councillor Cathy Varnier and family policy committee member Siu-Min Jim.

Sherbrooke swears in new police chief

Record Staff

Following the recent retirement of Danny McConnell, the City of Sherbrooke swore in Pierre Marchand as the new chief of police late last week.

In a press release issued following his swearing-in ceremony, the city attributed the choice of Marchand to his more than 30 years of experience in policing, including more than ten years as a manager in the investigations division for the

Longueuil Police Department. More specifically, since November 2016, he held the post of chief inspector of the Community Investigations Department. During his career, he also acted as an inspector of specialized crimes and serious crimes, captain of investigations of the North / South district and head of the Mixed Regional Squad (ERM) for street gangs in the Montérégie. He has also held various officer positions including Detective Lieutenant and Detective Sergeant.

Vaccine passport

CONT'D FROM PAGE 1

88 were in Sherbrooke, 37 were in the Haute-Yamaska, 22 were in the Pommeraié area, 17 were in the Granit, 14 were in Memphremagog, 10 were in the Val Saint-François, five were in the Haut Saint-François, two were in the Coaticook area and one was in Des Sources.

There were no new deaths, and the number of people hospitalized

in the region decreased to five, one of whom was in intensive care.

Local vaccination rates have reached 83.3 per cent for a first dose among those 12 and older, and 76.1 per cent for a second dose. Provincially those percentages reached 86.6 per cent for a first dose and 79.5 per cent for adequate vaccination.

EDITORIAL

Historians and political scientists might agree that the 1995 referendum marked a long but seemingly steady decline in support for independence.

Been around, the Bloc; federal sovereigntist party marks 30 years



PETER BLACK

Louis Plamondon is marking a milestone. The Bloc Québécois MP for Bécancour-Nicolet-Sauvel was first elected to the House of Commons 37 years ago in the election of Sept. 4, 1984.

That anniversary puts the 78 year-old just behind Conservative Thomas Sproule, the 10th longest-serving MP in Canadian history. He is already the longest continuously-serving francophone MP, eclipsing Sir Wilfrid Laurier, who, although serving a total of more than 44 years in the Commons, did lose three of the 20 federal elections in which he ran.

Some readers may recall the 1984 election as the resounding triumph of the Progressive Conservatives under the leadership of the "Boy from Baie Comeau," Brian Mulroney. Plamondon was one of the 58 MPs the party elected in Quebec, an all-time record for Conservatives and one that seems unlikely to be shattered in the current go-around.

Plamondon ran a second time under the banner of Sir John A. Macdonald's party in the 1988 vote, by which time dark forces were at work that would throw the neat square dance of Liberal-

Conservative alternation into disarray.

Mulroney had unleashed the Meech Lake Accord, a pact intended to get Quebec's signature on the Constitution and Charter of Rights and Freedoms Pierre Trudeau had negotiated, but then-Parti Québécois (PQ) premier René Lévesque refused to endorse, infuriated by a perceived betrayal by his provincial allies.

The failure of the pact - essentially the result of Mulroney's miscalculation of allowing a two-year deadline for endorsement by provincial governments - cranked up sovereigntist fervour in Quebec, which then-premier Robert Bourassa struggled to contain.

Mulroney tried to repair the damage with the Charlottetown Accord, which was put to a national referendum and defeated, albeit narrowly, thereby compounding the political carnage and setting the stage for the federal election of 1993 and the white-knuckled Quebec referendum of 1995.

Louis Plamondon and 51 others, many of them former Conservative or Liberal MPs, were elected under the Bloc Québécois banner in the 1993 vote in which Liberal Jean Chrétien would win the first of three straight majorities.

Bloc boss Lucien Bouchard, Mulroney's former Quebec ringer, became leader of Her Majesty's Loyal Opposition, having the second largest Commons deputation.

As a point of trivia, future Bloc leader Gilles Ducesse was technically the first elected MP for the as-yet-unrecognized sovereigntist party, winning a seat in a 1990 byelection in a downtown Montreal riding. As a further point of trivia, Ducesse thrashed future Liberal minister and Montreal mayor Denis



Coderre in that election.

Historians and political scientists might agree that the 1995 referendum marked a long but seemingly steady decline in support for independence. Last year, on the 25th anniversary of the referendum, a poll showed the 18-25 age group was the least likely to vote to split from Canada, at 26 per cent. Only 51 per cent of supporters of Québec Solidaire, the would-be inheritors of the PQ leftist vote, would vote oui in a referendum.

The popularity of the Coalition Avenir Québec government, headed by a former senior PQ minister, is further evidence of the withering of sovereignty as a potent political force.

Yet the Bloc persists, and, thanks to various factors, remains the solid second choice of Quebec federal voters. Under surprisingly popular leader Yves-François Blanchet, the Bloc seems poised, with a minority situation looming - Liberal or Conservative - to again hold at least a significant portion of the balance of power.

It's not too early, perhaps, to raise the scenario, dating back to December 2008, in the wake of Stephen Harper's failure to win a majority in the election that October, less than two years after winning power with a minority in January 2006.

Then-Bloc leader Ducesse, NDP leader Jack Layton and outgoing Liberal leader Stéphane Dion signed a pact to form a coalition government. While the Bloc would not have had a seat at the cabinet table, in exchange for certain concessions, it agreed to support the would-be government for at least 18 months.

The plan fell apart when then-governor general Michaëlle Jean granted Stephen Harper his request to prorogue Parliament to forestall a confidence vote that could have triggered the coalition government.

Whoever forms the next government, Plamondon, the perennial Bloc MP, is bound to set more records for political longevity.

Bishop's celebrates equity, diversity and inclusion

Record Staff

The Bishop's University Students' Representative Council (SRC), in partnership with the Dean of Student Affairs Office and the Advancement Office of Bishop's University, has created a Student Equity, Diversity and Inclusion (EDI) Fund.

Equity, diversity and inclusion as a theme has taken hold at Bishop's University and the world over the past year. The goal of the new fund is to help students take learning beyond the classroom and transform lessons into practice. The creation of a distinct and designated Student EDI Fund will allow for concrete, tangible action in support of initiatives pursued by students. By committing funds to this project,

the Bishop's community hopes to demonstrate its dedication to the value of student-driven, community-building projects that will enhance life at the university for all, with a specific focus on equity-seeking groups.

The Student EDI Fund will empower students, giving them the financial backing and resources they need to bring their projects to life.

To date, \$10,000 has been donated from the SRC. That amount was then matched by the Dean of Student Affairs Office. Moving forward in partnership with the Advancement Office, the SRC plans to continue collecting donations to help build the fund.

A video explaining the significance of the Student EDI Fund is available on Bishop's SRC's social media.

THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2

FAX: 819-821-3179

E-MAIL: newsroom@sherbrookerecord.com

WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER (819) 569-9511
 MATTHEW McCULLY MANAGING EDITOR (819) 569-6345
 GORDON LAMBIE ASSOCIATE EDITOR (819) 569-6345
 SERGE GAGNON CHIEF PRESSMAN (819) 569-4856
 JESSE BRYANT ADVERTISING MANAGER (450) 242-1188

DEPARTMENTS
 ACCOUNTING (819) 569-9511
 ADVERTISING (819) 569-9525
 CIRCULATION (819) 569-9528
 NEWSROOM (819) 569-6345

KNOWLTON OFFICE

5B VICTORIA STREET, KNOWLTON, QUEBEC, J0E 1V0
 TEL: (450) 242-1188 FAX: (450) 243-5155

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Member

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Expos manager confident heading into series against Acton Vale

By Michael Boriero

After starting the regular season with four wins in their first 10 games, the Sherbrooke Expos managed to right the ship, collecting eight wins in the following nine games, and setting themselves up as one of the favourites heading into the playoffs.

Last year, the team finished with an even record for the first time in nearly a decade. This year the Expos finished with a 12 wins and 10 losses. According to Sherbrooke Manager Bruno Laurin, there was no secret recipe this summer; the team just needed time to mature.

"The rookies of last year grew up as players and they were better this year. I think our ninth hitter in his second year went for .360 or something like that," said Laurin, sharing that the key was keeping the same core of players, while adding a few more talented pieces.

They nabbed second place in the Ligue de Baseball Majeur du Québec's Louisville Slugger division. Sherbrooke's offensive catalysts Ismael Pena, Kyle Hazel, Yuniur Paumier, and Germin Lopez lit up opposing teams all summer, combining for 60 points scored.

And it wasn't just the usual suspects, either, the Expos had contributions from players up and down the line up, including from Laurin, who finished with a .309 batting average, and Jonathan Raymond, who had a .333 batting average and 13 points scored.

However, one of the major improvements in the second half of the season came on the mound. Sherbrooke's pitchers found their footing at the halfway mark, and the team went from one of the worst defensive teams in July, to one of the best by the end of August.

"I think our pitchers after let's say the first five or six games they adjusted and they really had a strong end of the season [...] we were the team allowing the most runs against, but at the end of the year we ended up among the best," said Laurin.

The team owes a lot of their success to standout pitcher Oscar Rodriguez.

He posted five wins and one loss, which came near the end of the season. And he registered a sparkling 1.30 earned run average, making him one of the league's best pitchers.

Rodriguez was able to play more this season because the team moved into a division that was closer to home for the pitching ace. They also got consistent work from Pena, who was injured most of last season, and the veteran Paumier, a former Cuban national player.

But Laurin understands that is all behind them now. The focus is solely on the post-season, and Sherbrooke will be facing an offensively-gifted Acton Vale Beavers squad. They don't have a deep pitching staff, he said, but they added a lot of weapons on offence.

"The biggest challenge will be to limit their offence to four or five runs a game because from their first hitter to their eighth, they are really strong and they can be five, six, seven hitters in almost every team in the league," said Laurin.

The two teams faced off three times this season, with the Expos winning two games. They defeated the Beavers 16-12 in the second game of the season, then 12-3 nearly a month later. Acton Vale took the final meeting 7-5 at the beginning of August.

The best-of-seven series will test both teams defensively, as they try to figure out the best way to douse two scorching hot rosters. But Laurin is unperturbed. His team has beaten every team in the league at least once, so no one is scared going into the playoffs.

The Expos had 10 players batting .300 or better, and according to Laurin, if they can keep that up it will alleviate the stress on the pitcher. While they are still discussing strategy, Laurin confirmed that their ace, Rodriguez, will lead the team on the mound in the first game.

"We're still trying to figure out a few things because we have a pitcher that left to go begin a job in Toronto, but he is going to come back hopefully on weekends to pitch, but it will most likely be Oscar Rodriguez that will start for us on game one," said Laurin.



VINCENT L. ROUSSEAU

PUBLIC NOTICE

CP enhancing railway safety in your community; prohibiting recreation access near railway tracks

MONTREAL, QC – As part of Canadian Pacific's (CP) commitment to elevate railway safety standards on the Central Maine and Quebec Railway (CMQR) corridor, the use of railway property will no longer be permitted for snowmobile and all-terrain vehicle clubs. These types of recreational activities cannot safely coexist in close proximity to active railway tracks where trains can be expected at any time. The CMQR runs from St-Jean-sur-Richelieu through the Eastern Townships and into the State of Maine. This critical rail corridor is now handling increased volumes of train traffic to and from Port Saint John, N.B., at higher velocity, in support of shippers and Quebec's economy. This change will align the safety practices on the CMQR corridor with the rest of CP's North American rail network across Canada and the United States. CP will reach out to affected clubs directly in the coming weeks.

At CP, safety is foundational to everything we do. CP has operated the safest railway in North America for the last 15 years, as measured by train accident frequency. CP is investing more than \$90 million to upgrade the CMQR track infrastructure and improve safety on this corridor. This is part of CP's commitment to delivering essential goods and services and supporting economic growth efficiently and safely in Quebec and throughout North America.

As a reminder to the public, trespassing, which includes unauthorized operation of snowmobiles and ATVs on railway property, is both dangerous and illegal. All residents should be mindful of the following safety tips when approaching any rail corridor:

- Always be prepared to stop when approaching train tracks.
- Do not attempt to drive around activated crossing gates.
- If a crossing has no flashing lights or gates, look both ways and ensure no trains are approaching before entering the crossing.
- If there is more than one track, always anticipate a train on the second set of tracks.
- It takes approximately 2 kilometers for a train to come to a stop after the brakes are applied.
- If your car stalls on the tracks, get out of your vehicle, exit the tracks and call 911.
- Never walk on the railroad tracks.
- The only legal place to cross a railway is at a marked grade crossing.
- Trespassing on railway property is both dangerous and illegal. If members of the public observe trespassing on railway property, they are encouraged to report it to CP Police at 1-800-716-9132.

For more information on rail safety, visit the Operation Lifesaver website at www.operationlifesaver.ca.

About Canadian Pacific

Canadian Pacific is a transcontinental railway in Canada and the United States with direct links to major ports on the west and east coasts. CP provides North American customers a competitive rail service with access to key markets in every corner of the globe. CP is growing with its customers, offering a suite of freight transportation services, logistics solutions and supply chain expertise. Visit cpr.ca to see the rail advantages of CP.

Contacts:

Residents
Community Connect
Toll Free 1-800-716-9132
community_connect@cpr.ca

Media
Stacy Patenaude
514-977-9936
Stacy_patenaude@cpr.ca



A close-up photograph of a male mechanic with a large afro hairstyle. He is wearing clear safety glasses and a light blue surgical mask. He is dressed in blue overalls over a grey t-shirt and is wearing blue nitrile gloves. He is focused on working on the engine of a car with its hood open. The background is bright and slightly out of focus, showing what appears to be an outdoor setting with trees.

Getting through
a pandemic
takes a good
dose of resilience.



And above all, a 2nd dose of vaccine.

The combined effect of two doses ensures
longer-lasting and better protection
against COVID-19.

**Getting your 2nd dose
of vaccine is a must.**

Death

Death

In Memoriam

Datebook

MONDAY, AUGUST 30, 2021

Today is the 242nd day of 2021 and the 72nd day of summer.

TODAY'S HISTORY: In 1945, British forces ended Japan's occupation of Hong Kong.

In 1963, a United States-Soviet diplomatic teletype "hotline," intended to prevent accidental war, was installed.

In 1967, the U.S. Senate confirmed the appointment of Thurgood Marshall as the first Black Supreme Court justice.

In 1996, Russian and Chechen leaders agreed to a ceasefire, ending the First Chechen War.

TODAY'S BIRTHDAYS: Mary Wollstonecraft Shelley (1797-1851), author; Huey Long (1893-1935), politician; Shirley Booth (1898-1992), actress; Roy Wilkins (1901-1981), civil rights activist; Fred MacMurray (1908-1991), actor; Ted Williams (1918-2002), baseball player; Warren Buffett (1930-), businessman/philanthropist; Robert Crumb (1943-), writer/illustrator; Peggy Lipton (1946-2019), actress; Lewis Black (1948-), comedian; Robert Parish (1953-), basketball player; Cameron Diaz (1972-), actress; Andy Roddick (1982-), tennis player; Bebe Rexha (1989-), singer-songwriter.

TODAY'S FACT: The average U.S. adult spent 7 hours and 50 minutes each day viewing digital content in 2020; it was the first year in which that number surpassed the amount of time the average U.S. adult spends sleeping each night, which is about 7 hours and 36 minutes.

TODAY'S SPORTS: In 1905, Ty Cobb made his major-league debut for the Detroit Tigers.

TODAY'S QUOTE: "The talk of winning our share is not the easy one of disengagement and flight, but the hard one of work, of short as well as long jumps, of disappointments, and of sweet success." – Roy Wilkins

TODAY'S NUMBER: 32 – cases Thurgood Marshall had argued before the Supreme Court before he became a justice. He won 29 of them.

TODAY'S MOON: Last quarter moon (Aug. 30).



Enright, George 1931-2021

Passed away peacefully surrounded by his family on Monday, August 23rd, 2021, in his 91st year. He now is reunited with his loving wife, Helen Pelletier, who predeceased him in 1990. He was the son of the late William Enright and the late Anna Brunelle.

He is survived by his children: Daniel (Shirley), Kathy (Corinne), Mary-Frances (Alan), Ian and Kyle (Penny) as well as 16 grandchildren and 9 great-grandchildren.

George was the brother of the late D'Arcy (late Maureen); Keith (Henriette); the late Joan (late Jim); the late Noreen (Réjean); Ronald (Pierrette); Kathleen (Roger) and Audrey (Brian).

Brother-in-law to the late Madeleine (late James); the late Gabrielle; the late Rolande (late Joseph); the late Lillian (late Gerard) and Robert (Juliette).

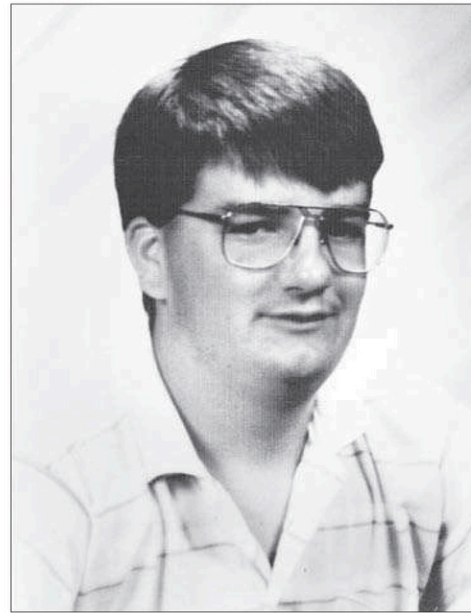
George is also survived by special friend Betty Harding and many nieces and nephews. Given the context of Covid there will be no visitation and a private graveside service will be held for immediate family.

The family would like to plan a post-Covid celebration of life party sometime in the future for extended family and friends.

Many thanks to the staff of the Wales Home for the wonderful care he received during his 9 month stay there.

We respectfully ask that in lieu of flowers, that donations be made to Wales Home Foundation (<https://waleshome.ca/about-foundation>) or Canadian Heart and Stroke Foundation.

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Trevor Cote

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*Death leaves a heartache,
No one can heal.*

*Love leaves a memory,
No one can seal.*

Love Mom and Dad
(Eugene & Lorraine Willey Cote)
Kimberly & Timothy McCarthy
Brittany, Joshua, & Owen Choiniere
Michael, Leanne, Camden, & Aubree
Gene McCarthy



Several options for relief from arthritis in ankles



ASK THE DOCTORS

By Eve Glazier, M.D., and Elizabeth Ko, M.D.

nonsurgical approaches, such as changes in activities, losing weight in order to reduce stress on the ankle joints, physical therapy and the use of a variety of medications to address pain and inflammation. If none of these help, then surgery can become an option.

For some people, a minimally invasive procedure known as arthroscopic debridement can be helpful. A tiny camera is introduced via a small incision into the joint, and surgical tools are used to clear the ankle joint of the loose cartilage and other debris the camera has made visible. It's often done in an outpatient setting, and the individual returns home that same day.

A more intensive surgery, known as arthrodesis, involves the fusion of the bones of the ankle joint. This is achieved by first removing the damaged cartilage and then fixing the joint into permanent position with surgical plates, rods, pins or screws. Over time, the bones of the joint fuse together. This affects range of motion and the individual's gait, but offers relief from pain.

A third option is a total ankle joint replacement. Known as arthroplasty, it's a major surgical procedure. The surgeon removes the damaged bone and cartilage of the ankle joint and replaces it with an artificial joint. This eliminates the source of friction and

pain while preserving range of motion.

Not that long ago, total ankle joint replacement was considered an experimental surgery. However, advances in the design and materials used in artificial ankle joints, as well as in surgical instruments and techniques, have moved the procedure into the mainstream. It's still not as common as hip or knee replacement, and patients must meet a somewhat narrow set of criteria to be eligible. These include being in good health, not being overweight, and with ankle joints free of deformity or misalignment.

Although patients return home soon after surgery, the recovery period is significant. Patients are in a splint or cast for the first month, and they must not put weight on the foot. Complete recovery, which includes extensive physical therapy, takes at least a year. As with all surgeries, short- and long-term complications can occur. The risks and benefits of the surgery vary depending on the age and general health of the patient. It's important to find an experienced surgeon you are comfortable working with, and to be prepared to commit to what is a long and gradual recovery process.

Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health.

Dear Doctor: My 75-year-old husband has had arthritis in his ankles for many years. It's gotten to the point that the pain makes it unbearable for him to be on his feet for more than a few hours. What about surgery? Can you offer some insight as to what can be done?

Dear Reader: Ankle arthritis is a painful and sometimes debilitating condition. It's marked by the steady deterioration of the connective, protective and supportive tissues in one or more of the three bones that meet to form the ankle joint. Symptoms include tenderness or pain within the joint, redness, a sensation of heat, swelling and reduced range of motion.

Treatment typically begins with



Fig.16

> If this feels like a math test, visit mathliteracy.ca or call 1-800-303-1004.



NEA Crossword Puzzle

Your Birthday

MONDAY, AUGUST 30, 2021

Answer to Previous Puzzle

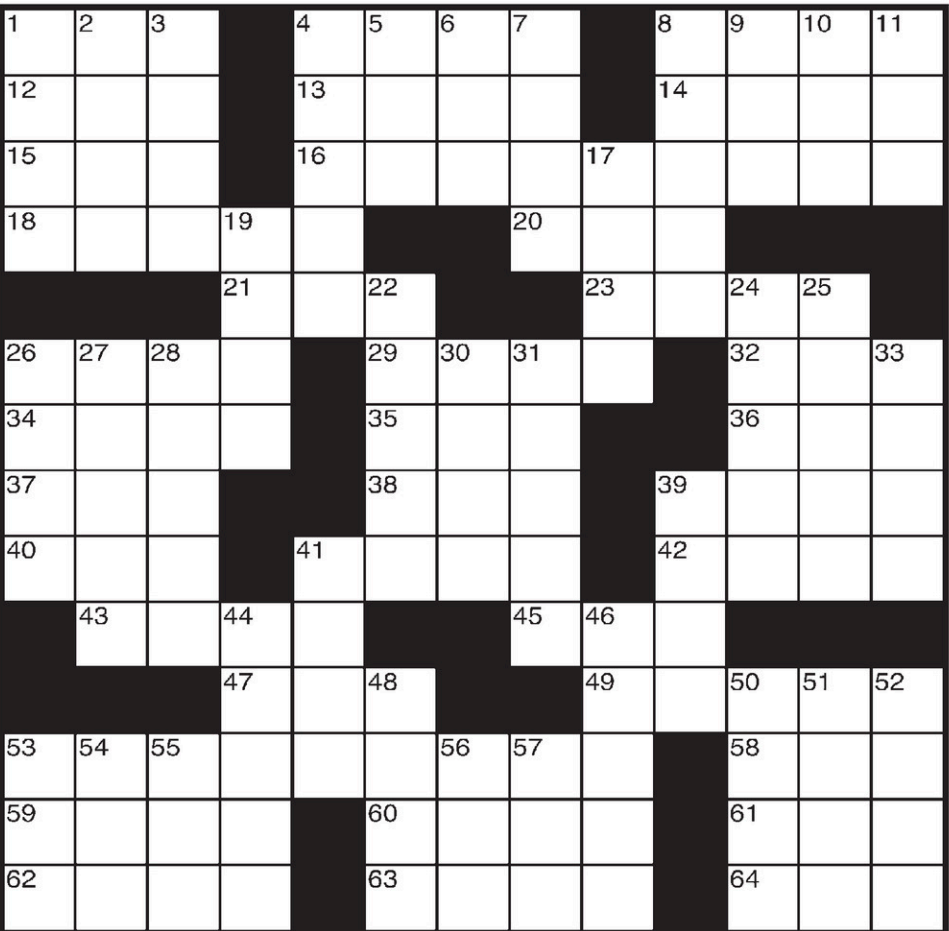


- ACROSS**
- 1 Make top honors
 - 4 Eager
 - 8 Dangle
 - 12 Canine warning
 - 13 Helm position
 - 14 Olden times
 - 15 That fellow
 - 16 House design (2 wds.)
 - 18 Taken — (surprised)
 - 20 Lassie's refusal
 - 21 Hearing organ
 - 23 Shore catch
 - 26 Good, in Oaxaca
 - 29 Move like lava
 - 32 Furrow
 - 34 Single entity
 - 35 Kimono accessory
 - 36 Temper
 - 37 Wet, soft earth
 - 38 Peace offering
 - 39 Invites
 - 40 Slapstick missile

- 41 Stair part
- 42 Undiluted
- 43 Ore hauler
- 45 Over there
- 47 Wordplay
- 49 Viscous
- 53 Having eight sides
- 58 Female antelope
- 59 Sheik's cartel
- 60 Show violent anger
- 61 "My mind — — blank"
- 62 Square of glass
- 63 Imitated
- 64 Extreme degree

- DOWN**
- 1 Ottoman title
 - 2 Baby's bed
 - 3 "Cope Book" aunt
 - 4 "The Trial" author
 - 5 House wing
 - 6 Fair-hiring letters
 - 7 Gas for signs
 - 8 Overexcited

- 9 "You've got mail" co.
- 10 Firearms lobby
- 11 Ike's rank
- 17 Speedway competition
- 19 Small change
- 22 Perch
- 24 Pop up
- 25 Muslim woman's garment
- 26 Displace
- 27 Nunavut native
- 28 Diving duck
- 30 Woodwind
- 31 Full of energy
- 33 Dry run
- 39 Livy's year
- 41 Complacent
- 44 Speedily
- 46 Stared rudely
- 48 Ephron of "Sleepless in Seattle"
- 50 Valhalla host
- 51 Fence support
- 52 Affirmative
- 53 Comics caveman
- 54 Financial wiz
- 55 Finger count
- 56 Short sleep
- 57 Get ripe



Tie up loose ends. Start anew, prepare for what's ahead and leave the past behind. Being a good listener will help you find the best way to aid others. Set your sights on the skills you want to master, and update your qualifications to fit the prospects that interest you most. Explore possibilities and embrace change.

VIRGO (Aug. 23-Sept. 22) - Spend more time learning and planning the best way to get ahead. A change of pace, beliefs or direction will raise your morale but stifle your free time momentarily. Weigh the pros and cons carefully.

LIBRA (Sept. 23-Oct. 23) - Conversations will be informative and help you realize your potential. Doing the best with what you have will encourage others to try harder. A group effort will turn out well.

SCORPIO (Oct. 24-Nov. 22) - Put your thoughts in motion. Listen to suggestions, and don't disregard any expert, friend or older relative. Having a broad view of what's possible will help you stay in control.

SAGITTARIUS (Nov. 23-Dec. 21) - Perk up and enjoy what life has to offer. A positive attitude will get you the support you need to follow through with your plans. An opportunity is beneficial only if appropriately handled.

CAPRICORN (Dec. 22-Jan. 19) - A realistic approach to health, fitness and education will ward off illness and poor judgment. An emotional scene over shared expenses or imbalanced or negative partnerships is best dealt with.

AQUARIUS (Jan. 20-Feb. 19) - Share ideas with a loved one, and make sure you are on the same page. Once you have a plan in place, it will be easy to implement the changes you want to make. A financial gain is apparent.

PISCES (Feb. 20-March 20) - Take a moment to experience what's unfolding around you. Be observant, and you will detect if anyone is trying to outmatch or undermine you. Keep your thoughts secret.

ARIES (March 21-April 19) - You've got the means to make a difference. Dive in headfirst. Prepare and organize your thoughts and plans. Do what stimulates your mind, body and soul, and don't look back. Romance is on the rise.

TAURUS (April 20-May 20) - Question anything or anyone that confuses you. Don't let changes made by others lead you down a rabbit hole. Think and do things for yourself, and you'll excel.

GEMINI (May 21-June 20) - A receptive attitude will put others at ease and encourage talks about sensitive issues. Much can be accomplished if you put thought into how you want things to unfold. Use your intelligence.

CANCER (June 21-July 22) - Put more thought into how you want to portray what you have to offer. Taking a unique approach will grab attention and quickly provide insight into who is on your side. Now is the time for action.

LEO (July 23-Aug. 22) - Get in touch with someone you know you can count on for good advice. Discussions will encourage a working relationship that will benefit everyone involved. Speak from the heart to inspire others.

MONDAY, AUGUST 30, 2021

It is the biggest expert advantage

By Phillip Alder

Many times in this column, I have emphasized the importance of counting. When does counting start?

Right - you should always check that you have exactly 13 cards. (Also say your hand distribution to yourself.) Next, count your high-card points. When the play begins, tally the trumps. And if you can, keep track of the opponents' points. Perhaps practice by watching a table playing deals. (Sometimes working out an opponent's hand distribution will be important, but that is rare.)

In today's deal, North's three-spade response showed a maximum pass with support. (Yes, it is much better to use Reverse Drury by a passed hand.) South made a borderline raise to game.

West led the club ace, East playing the queen to show the queen and the jack (or an unlikely singleton queen). West continued with the club four, East winning with the jack and returning a third round.

Declarer ruffed, played a heart to the queen and ran the spade seven. West won with the king, then returned a heart. Declarer drew trumps and cashed his heart ace, dropping West's jack. Declarer had lost three tricks, so he couldn't afford to surrender a

North		08-30-21	
♠ 10 9 7 5			
♥ K Q			
♦ A J 4 3			
♣ 10 9 2			
West	East		
♠ K 2	♠ 6 3		
♥ J 7 6	♥ 10 9 8 4 2		
♦ 10 8 5 2	♦ Q 9		
♣ A K 7 4	♣ Q J 6 5		
South			
♠ A Q J 8 4			
♥ A 5 3			
♦ K 7 6			
♣ 8 3			
Dealer: West			
Vulnerable: East-West			
South	West	North	East
	Pass	Pass	Pass
1♠	Pass	3♠	Pass
4♣	Pass	Pass	Pass
Opening lead: ♣ A			

diamond trick.

The normal play would have been to cash the king, then to finesse dummy's jack. But here that couldn't be right - why?

West had already shown up with 11 points: the spade king, the heart jack and the club ace-king. If he had the diamond queen as well, he would have opened the bidding as dealer. The only chance was to find East with a singleton or doubleton queen.

CELEBRITY CIPHER

by Luis Campos

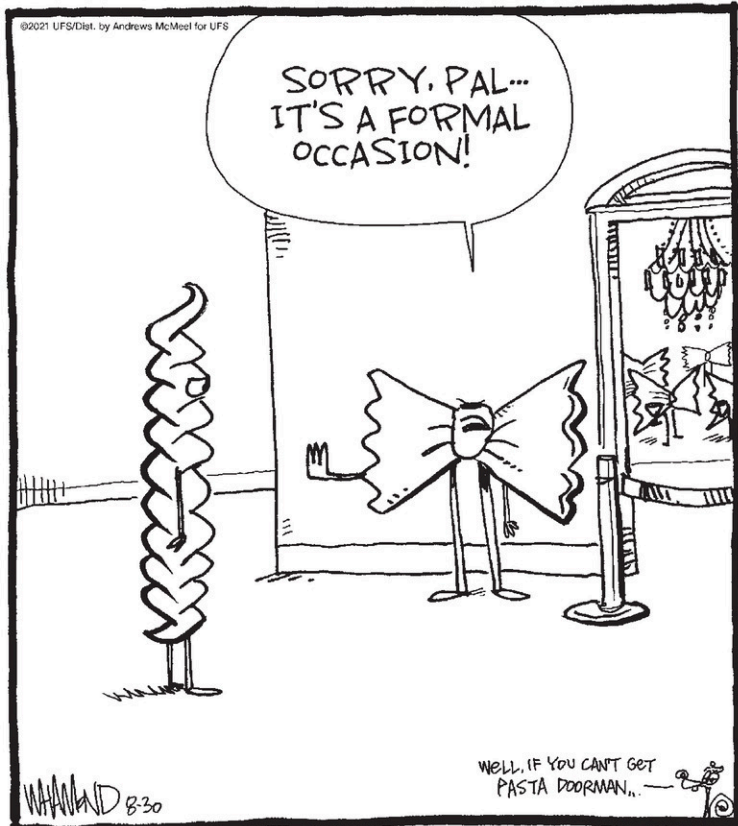
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" M T C P U V Y B X M I T W P P Z M V Y P X U C N
 U G X U M S Y O C N M O Y W P N F C U
 K C S C I F C Y I U G C O Y K P N R Z
 R C H Y A M I F X T X A Y W V H X K U Y Y I M V U ."
 — K Y R C K U H K W A R

Previous Solution: "There's nothing you can really do to prepare to rock. Do you prepare to eat a delicious meal?" — Jack Black

TODAY'S CLUE: *d equals b*

REALITY CHECK



HERMAN



"How many times have I told you not to starch my shirts?"

ALLEY OOP



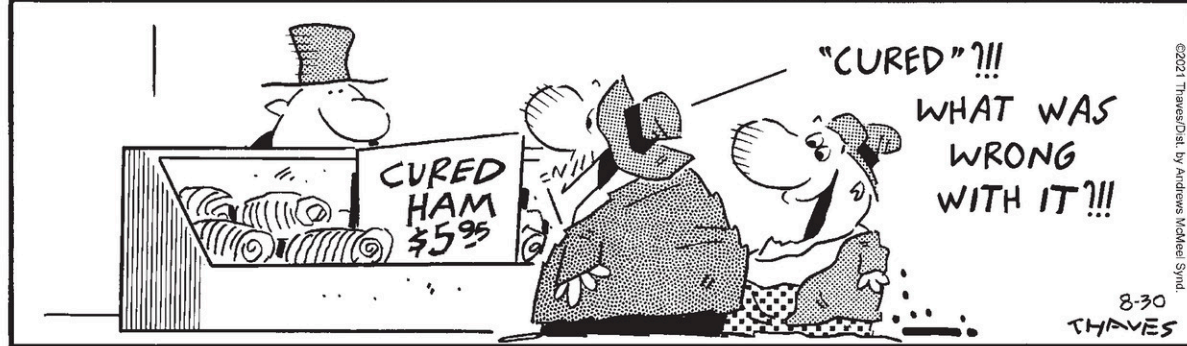
ARLO & JANIS



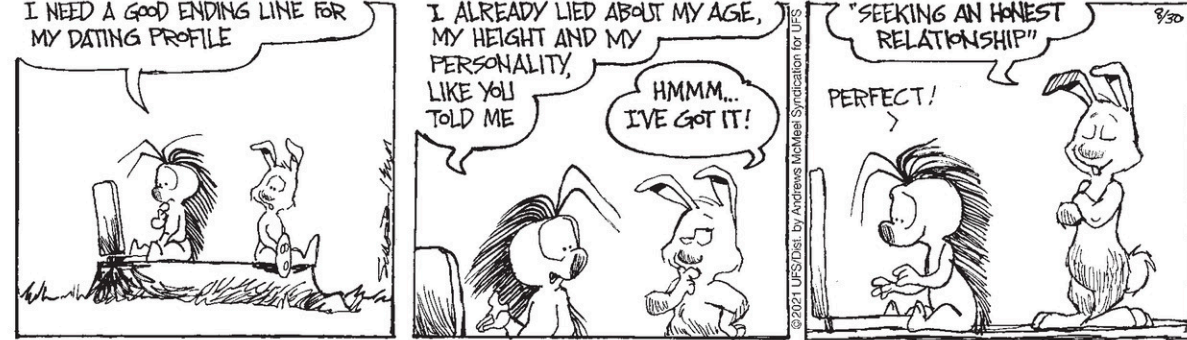
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FRANK AND ERNEST



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MONDAY, AUGUST 30, 2021

Dear Annie: I am a 15-year-old boy, and my family hates me because I am gay. For as long as I can remember, I've known I am attracted to other guys. My parents found out last year and became extremely angry with me. All I feel now is their hatred. They say I am a disgrace. Though they still take care of my needs - food, clothes, shelter, etc. - they say that when I turn 18, I'll be on my own. I am not included in any family outings or welcome at any of my relatives' homes.

I try really hard to get them to love me again. I work hard at school and have excellent grades. I am constantly doing work around the house, but nothing gets acknowledged. I try to apologize for being gay, but they won't hear it.

The only one in my family who still seems to love me is my big brother, but he is in the Army and only comes home a couple of times a year. He has talked to my parents on my behalf, but they don't listen to him at all. I have considered suicide, but I really don't want to die. I just want to be forgiven. Is there anything I can do? - "Riley"

Dear Riley: I know life is very hard

Dear Annie

right now, but I beg you, please, do not hurt yourself. And if you feel that you are going to, dial 911.

If you are not in immediate danger and would just like to talk to someone who understands what you're going through, I highly recommend calling the Trevor Lifeline, at 866-488-7386. The Trevor Project is a nonprofit organization that focuses on suicide prevention among LGBTQ youths, and someone is there to help 24 hours a day, seven days a week. Whoever answers can provide resources for coping with the hardships you're facing at home.

You are beautiful and perfect just the way you are. Hang in there and there will be happier days in your future. I promise.

Dear Annie: A farm that has been in my family for four generations was passed down to me. I love this land. It is not a great investment, I admit, but I don't want to sell it. Instead, I would like for my children to own it when I die. My children don't share the same connection to the farm that I do. I understand that they most likely will want to sell it so they can use the proceeds for something else. I am OK with that.

The problem? My husband insists

that I should put his name on the deed now or provide in my will that he will inherit the farm from me if I die before he does. He insists that I should do so "as a sign of respect." He says that he might need to sell it to pay for his care in old age. I doubt that, because we are reasonably well-off, but I have offered to put the land in a trust so that if he doesn't have enough money to pay for his care, the income from the farm can be used to support him. He is not satisfied. I am worn-out from arguing. What should I do? - Love This Land

Dear Love This Land: It is your ancestral farm, and you should do with it whatever you please. But seeing as you mentioned that money isn't really a concern, have you looked into donating the land? You seem to have such a deep connection with it that you might find joy in knowing it went to a good cause.

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book - featuring favorite columns on love, friendship, family and etiquette - 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.

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Do Just One Thing



By Danny Seo

If you drink coffee but don't compost, do this: Sprinkle your used grounds on your lawn. The nitrogen, phosphorus and minerals in coffee grounds are nutrients that your lawn (and earthworms) will love. The key is to distribute the grounds properly. Scatter them so you don't have huge clumps, and use a rake to spread the grounds and mix them into your lawn's soil.

SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

8/30

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PREVIOUS SOLUTION

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

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



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