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TUESDAY, OCTOBER 24, 2023

Local health authority faces challenge to use less independent labour

By William Crooks
Local Journalism Initiative

In the face of upcoming Quebec government legislation set to prohibit the use of independent labour in the Townships by 2025, the CIUSSS de l'Estrie-CHUS has yet to show a reduction in its reliance on such labour. As of the mid 2023-2024 fiscal year, the hours clocked by independent workers at the CIUSSS increased to 185,000 – 100,000 hours more than the previous year at the same time.

This comes after Marc-Antoine Rouillard, Assistant Director of Human Resources, Communications, and Legal Affairs of the CIUSSS expressed confidence back in February about the organization's trajectory in reducing its dependence on placement agencies by the stipulated 2025 deadline, especially as it aligns with the upcoming Bill 10 affecting 'bordering territories' like the Townships.

Sherbrooke MP Christine Labrie released a statement Monday morning regarding the use of independent labour at the CIUSSS.

"It's discouraging to see that not only are we failing to free ourselves from agencies, but we are also moving

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Spooky sights spruce up Spied Street



WILLIAM CROOKS

Halloween approaches and frightening decorations can be seen adorning houses on Lennoxville's Spied Street

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Weather



TODAY:
A MIX OF SUN
AND CLOUD

HIGH OF 11
LOW OF 5



WEDNESDAY:
CLOUDY

HIGH OF 16
LOW OF 11



THURSDAY:
A MIX OF SUN
AND CLOUD

HIGH OF 19
LOW OF 11



FRIDAY:
A MIX OF SUN
AND CLOUD

HIGH OF 21
LOW OF 11



SATURDAY:
CLOUDY

HIGH OF 14
LOW OF -2

Pop art, people and parties

DISHPAN HANDS
SHEILA QUINN

It was a rainy day. A slightly stormy one. The kind that makes you want to stay home and curl up, watch movies, read a good book, tinker, make soup, bake, pet the cat. I was organizing an event. My own birthday party, shared with my youngest son – his a week away. Fifty and eighteen. Two ends of two places. I could feel the place. Feel myself climbing onto a barge. I could see him climbing onto his own – far in the distance. I can only watch from a distance in this way. I can't be in the same place as him. Not in this way, no matter how close we are, no matter how much we've been through together.

In this way, in the ways of time, segments, incarnations and decades, we can appreciate where they are. We can consider how we were once in our own version of there, at our own time, on our own doorstep of adulthood – the recognized one where you are allowed to vote, and really make decisions, but also where we kind of glance back over our shoulders wondering where childhood is going.

Now I feel another thing like that. But on Saturday, I didn't have time to reflect too much. Friends and family had descended (my cousins coming from BC, thirteen years and fifteen years since I had seen each of them, friends driving up from NB, Ontario, and all around the Townships. The hall had been set up and decorated the night before (my exhausted boyfriend standing on a footstool, looping polka dot garland between hooks in the ceiling of the Fairview Hall at Brome Fairgrounds), my cousin Lynn setting up all of the chairs, black table cloths shaken and slid across round tabletops, centerpieces set, a snack table laid out and ready. We returned for a few last details on Saturday morning.

My son and I had been talking about this idea of a shared birthday for about five years. Never did I imagine that at eighteen he would still want to celebrate this way, but he was game. Since friends of ours (big celebrators of Hallowe'en) had trained us in the passion of loving a theme, we pondered, and the purchase of a dramatic pop-art inspired coat made everything click. POP ART. Andy Warhol. Marilyn Monroe, polka dots, bold colours, exploding

onomatopoeia, bananas! What was not to love?

The deejay I hoped for was available. Yes, karaoke was possible. The photographer was free (anyone know of Ben in Focus?), and yes, he could set up a photobooth, complete with a printer! Annie of Clough Street Cakes was poised and ready for frosting, her mock-up of our cake the most exciting decoration of the evening – I knew it would be on point.

With my son on board, my boyfriend prepared to help, friends asking how they could help, talking to my Mum about it as we went, new details every week, and the theme rolling, I was feeling pretty good, chipping away as time counted down.

Pop Art made all of the planning more fun.

It made the invitation to partygoers easy.

But would they get into a theme? Did they need to?

I decided that they didn't need to. No one needed to play along. It didn't need to be nice out (I try to not bother Mother Nature – she has enough to worry about). If our core group of friends had a few representatives who showed up, awesome. I wanted the hall to look good and the music to be fun. I squeezed in a hair appointment with Christina, a life-long friend and my former hairstyling instructor – I just wanted to sit in that chair and have someone play with my hair. The rain didn't matter.

With the hall looking great, I felt settled, happy, breathing.

Everything that was ordered arrived on time.

My boyfriend got the deejay up and running (I breathed again).

Friends descended to my home in mid-afternoon, bearing pizza and salad, getting their looks together, and then we were out the door.

People were already arriving, and oh they had indeed taken the theme seriously. I spent the whole night laughing. My boyfriend, great sport that he is, transformed from Town of Brome Lake Waterworks plumbing expert Stéphane Bessette to Stéphanedy Warhol, white wig and black turtleneck included. Folks struggled to recognize each other, wigs and hairstyles, polka dot make-up and even speech bubbles like in the good old ads and comic books, wild colours and authentic Andy Warhol art t-shirts.



SHEILA QUINN

Danny Leonard's kettle corn was a huge hit on site – dill, traditional sweet kettle corn and movie theatre varieties bagged and labelled, out for all to munch on or take home.

We danced. We took a billion photos. The photo booth was a hit. When karaoke got started the whole room was amazed – I kept having to remind people that a whole bunch of talented Knowlton Players folks were there, so that explained the high bar. Rusty, our deejay even got up and wowed the crowd with his vocal talents.

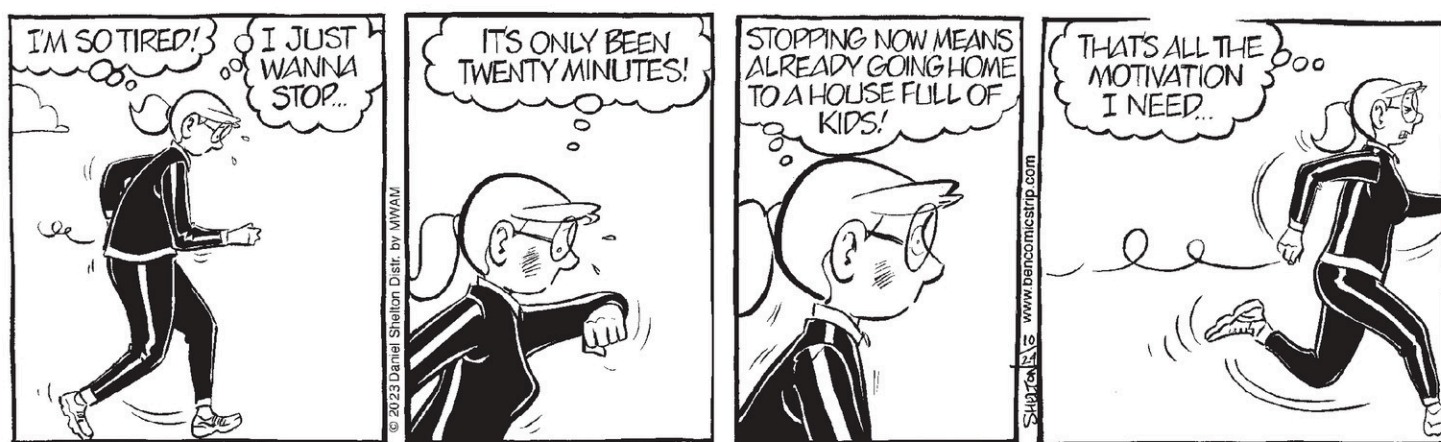
We laughed. We laughed and laughed. I had mini visits with everyone, no big, long conversations, but all of the fun. The answer was that the weather didn't matter. Not putting my hopes on the theme meant that when it turned out that the gang really got into it I couldn't have been more thrilled. The cake was as gorgeous as it was delicious.

My son had fun, a cluster of his best friends present, and time seemed to stand still for a while. We just celebrated, we played. I may have put on a banana costume over my fancy dress and danced to Goodie Two Shoes by Adam Ant. I didn't drink a drop of alcohol – because the buzz was coming from being with so many of my favourite people in the world, all of the chunks of time represented.

And it came from watching my son walk onto his ferry, and I stuck out one powder blue platform boot and took a hand extended to me, and stepped onto my own, the ferry of a new decade, of a new half century.

Celebrate. Have fun with the details, but don't get too stuck on what has to happen. Let it breathe, and then let yourself breathe. Focus on what you want to. Let the music play. Let the laughs begin. Appreciate the people around you. Express your gratitude for them, because they are what makes it all worthwhile, this crazy life.

Ben by Daniel Shelton



Local News

Halloween poses a significant risk to children with food allergies due to the distribution of potentially allergenic products.

Turquoise pumpkins signal safe treats for kids with allergies this Halloween

Record Staff

This Halloween, a brightly colored turquoise pumpkin might be more than just a decorative twist. Allergies Québec, a prominent advocacy group, has launched an initiative encouraging households to paint their pumpkins turquoise or to prominently display the initiative's poster as a symbol of offering goodies like small trinkets or toys instead of candy. This initiative aims to make the spooky festivities more inclusive

for children who suffer from food allergies.

A press release states that every year, Halloween poses a significant risk to children with food allergies due to the distribution of potentially allergenic products. However, the #MyTurquoisePumpkin campaign, now in its 6th edition, hopes to change that. The movement, which began in the U.S. in 2014, has seen remarkable global uptake, with participants from nearly fifteen countries joining in to support allergic children.

Dominique Seigneur, the Director of Development and Communications at Allergies Québec, highlighted the urgency of the issue. "With up to 8% of young Quebec children living with food allergies, and an alarming 18% increase in this demographic, the #MyTurquoisePumpkin initiative couldn't be timelier. Halloween provides a fantastic opportunity for us to raise awareness about this growing health concern," she stated.

The dangers of food allergies are real and can be life-threatening.

Statistics show that up to 75 per cent of individuals with peanut allergies have had accidental exposure. In Canada, there's a growing list of identified allergens. The top ten, responsible for many severe allergic reactions, include peanuts, wheat, milk, mustard, nuts, eggs, fish and seafood, sesame, soy, and sulfites. In total, Canada recognizes over 160 allergenic foods.

This Halloween, Allergies Québec urges households to be part of the solution, making the holiday safer and more inclusive for all children.

Bishop's University engaged with Ainu Delegation from Japan

Record Staff

Bishop's University (BU) recently hosted a significant cultural event, welcoming a group of representatives from Japan's Indigenous Ainu community. On Oct. 20, the delegation from the Nibutani area of Biratori, Hokkaido, presented at the university's McConnell Agora in the Library Learning Commons (LLC).

Originating from Japan's northernmost region, the Ainu delegation, actively involved in the Biratori Town Ainu Culture Promotion Association, shared their efforts in preserving Hokkaido's ancient forests, traditionally the hunting and gathering grounds for the Ainu people. Their mission, focusing on the nurturing, restoration, and utilization of essential flora and fauna pivotal for the Ainu cultural traditions, was

discussed in-depth.

Earlier in May 2023, a cultural exchange took place when the Ainu community hosted a group of Indigenous students from BU. This was facilitated through the Global Skills Opportunity (GSO) grant from Universities Canada under the project "Communicating Across Cultures: Building Intercultural Competencies and Lasting Partnerships in Japan." Another student delegation from the university is slated to visit Nibutani in May 2024.

Following their engagement at the university, the Ainu delegation, accompanied by select students and staff from BU, ventured to Odanak and Kahnawake. Here, they liaised with community members and Elders. To chronicle their visit to Quebec, the Ainu delegation is producing a documentary film capturing their four-day journey.



WILLIAM CROOKS

Ainu Delegation from Japan presented at Bishop's University

Local health authority

CONT'D FROM PAGE 1

away from this goal. I am particularly concerned about the explosion in the use of private agencies for social workers or educators. In social services, especially in youth protection, establishing a trust relationship is fundamental, and this requires stable teams. Using agencies seriously compromises the quality of social services provided to the most vulnerable individuals," Labrie commented.

"We need as many qualified and competent people as we can get to meet the needs of the population," Rouillard explained. It is not currently

possible to fill these roles with public sector employees alone.

The cause of the Townships' lack of public sector employees is "multifactorial", he continued, though he admitted he is not a specialist. One reason is that the population is getting older and requires more complex care. Quebec is suffering a general labour shortage that affects healthcare as well, he added.

We need to work on retaining, making these jobs more attractive, and providing better working conditions, he went on. One positive step they have taken in the Townships is to allow

employees to participate in forming their own schedules. Because schedules are planned so far in advance, more difficult periods for making sure there is adequate coverage, like during the summer, have been handled "with good results". They have also given employees more flexibility in choosing when they can take their vacation. Finally, they have reintroduced surveys to gauge employee satisfaction and get a better idea of where they can improve.

When asked how the CIUSSS would deal with their future inability to hire private contractors in 2025, Rouillard

insisted a major factor would be continuing to make the jobs that need filling "as attractive as possible". The Townships region is better positioned to make up for the lack of staff than other regions, since the percentage of private contractors they use is less (two to three per cent vs. five per cent), he added.

It must be recognized that they face a difficult challenge, he said, but they should be able to meet it together with other regions in a synchronized way. It would be much more difficult if the Townships were the only region facing this dilemma.

If there were a nobel prize for BS.....



DIAN COHEN

The joint announcement by the French Language Minister Jean-Francois Roberge and the Higher Education Minister Pascale Dery is a prime contender.

Using the rationale that speaking French is declining in Quebec, the influx of English-speaking students is a prime reason and taxpayers shouldn't subsidize English-speaking students because they leave after graduating, the government has announced that as of September 2024, tuition fees for out-of-province students who study in English will almost double.

There is no evidence to back the claim that graduates of English universities don't speak or learn French. There is no evidence that

they leave after graduation. The stats simply don't exist.

What does exist is evidence that the presence of these students has a significant economic impact. In 2019-2020, in addition to tuition fees, the 50,000+ students from outside Quebec who studied at Montreal educational institutions generated an estimated \$722.3 million in spending, according to a study by the Board of Trade of Metropolitan Montreal. This spending helped boost GDP by \$427.4 million and generated \$52.5 million in direct and indirect tax revenues, the Board notes.

It's difficult to know where to begin to call BS on this new CAQ ploy, which is simply a continuation of the anti-English stance of Quebec governments from another era.

Without doubt, it's a money grab from Anglo universities. Not only will tuition fees of undergraduates double and go into government coffers, but the government will also take a bigger bite out of the fees charged to post-graduate students. Alex Usher, an internationally recognized expert on higher education and public financing says, "the point of this measure is to make Quebec universities – but in particular McGill, Concordia and

Bishop's – financially unattractive to non-Quebecers. The goal is not for the province to make money from additional revenues ... it is, specifically, to deprive anglophone universities of revenue both by lowering their tuition fee income

there are only four provinces which were net importers of students (Newfoundland and Labrador, Nova Scotia, Quebec, and Ontario), and combined, their "net" number of importees is about 16,000 students – 1.5 percent of the national student body, or 2.2 percent of the student body in those specific four provinces."

It is unclear how much this hit will cost the anglo universities because the effect of the out-of-province policy will take a few years to kick-in (current students are grandfathered.) Presumably they will seek more international students to make up for the losses. If they succeed, international students will simply replace out-of-province ones and likely continue to speak English on the streets of Montreal and Sherbrooke.

If they don't succeed...

What does this portend for the CAQ's 2022-2027 Strategy To Support Research And Investment In Innovation? "Research and innovation are front and centre in the Quebec government's economic vision ... Quebec has established a scientific research base of international calibre. Links have been forged between stakeholders in the research and innovation ecosystem. Quebec is positioning itself as a leader in innovative fields such as artificial intelligence and quantum technologies."

*There is no evidence to back the claim that graduates of English universities don't speak or learn French.
There is no evidence that they leave after graduation.
The stats simply don't exist.*

and from reducing their share of the enrollment-driven funding formula." The new pricing model for students from outside Quebec will mainly affect students from other Canadian provinces. There will be no increase in tuition for students from France who wish to study in Quebec. Under a longstanding reciprocal deal, they will continue to pay the Quebecer rate because they speak French – even if they study at an anglophone university. Meanwhile out-of-province students at English schools will pay double even if they're francophone.

If we need more evidence that this measure is a direct attack on English speakers, consider this:

- French universities have been more than holding their own. According to recent Bureau de coopération interuniversitaire (BCI) data, the number of international students at Quebec's three English-speaking universities has fallen slightly in recent years and the share of international students going to French universities has risen.

- international students are the only thing that is keeping the total number of students in Quebec from falling. Demographics is not just about ageing Boomers. The number of Canadian students, whether local or from other provinces, has fallen about five per cent in the last seven years while international students studying at a Quebec university has risen by more than 50 per cent.

- we are talking about a miniscule number of students that cause imbalances from financing "others" – according to Usher, "in total across Canada in 2020-21

Without doubt, it's a money grab from Anglo universities. Not only will tuition fees of undergraduates double and go into government coffers, but the government will also take a bigger bite out of the fees charged to post-graduate students.

What does this portend for the CAQ's immigration strategy? Of the expected 50,000/year, the economic category will represent the largest proportion, making up over 65 per cent of newcomers. Within this category, Quebec expects to welcome up to 29,500 skilled workers and up to 4,300 business immigrants, which include the self-employed, investors and entrepreneurs. If they need to be French speaking before they get here, 94 percent of the world's inhabitants need not apply.

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EASTERN TOWNSHIPS RESOURCE CENTRE

1923 in the Eastern Townships

By Jazmine Aldrich

We at the ETRC can hardly believe that October is almost over and 2024 is just around the corner. As we embrace the last quarter of 2023, let's reflect on a slice of life in the 1923 Eastern Townships, 100 years ago.

In East Angus, an exciting feat of engineering was making its first appearance. The Taschereau Bridge, which replaced the Brompton Pulp and Paper Company's bridge over the St. Francis River, was inaugurated on August 1, 1923. It was named for the Quebec Liberal and 14th Premier, Louis-Alexandre Taschereau, who served in that role from 1920 to 1936. The bridge cost nearly \$200,000 (almost 3.5 million, today) and was funded by the Government of Quebec as well as the Brompton Pulp and Paper Company. Decades before the Quiet Revolution, the inauguration ceremony began with a blessing of the bridge by the Monseigneur Alphonse-Osias Gagnon – at that time, Auxiliary Bishop of the Catholic Diocese of Sherbrooke. A banquet was held, following the inauguration ceremony, and Premier Taschereau addressed the gathering about his reservations regarding the Government of Canada's proposition to prohibit the sale of Canadian pulp to the United States. Mr. Taschereau certainly knew his audience!

Meanwhile, from August 17th to 27th, 1923, the Boy Scouts' 2nd Sherbrooke Troop were headed to camp in Ayer's Cliff. The direction of the camp was under former District Scoutmaster, Peter M. Dennis, with Troop Leader Lynn Trussler serving as assistant director. The tents were supplied by the army courtesy of Colonel John J. Penhale. Aside from their regular scout training, the camp included swimming, campfire singalongs, hikes, fishing, baseball, and plenty of other activities. The camp was open to all scouts of the

Eastern Townships, ranging from other Sherbrooke troops to Coaticook scouts, and even some boys who were not yet scouts but were potential recruits. A modest price of \$5 per child for 2nd Sherbrooke Troop scouts and \$6 for all others was charged. Parents and friends were encouraged to visit the camp and witness the fun being had. Saturday, August 25th was reserved as a special sports day where three silver cups were up for grabs, along with first- and second-prize ribbons. In an announcement published in the Sherbrooke Daily Record on July 31, 1923, it was asserted that "the camp is undoubtedly going to be a success" and a success, it was.

Over 2,500 people attended the unveiling of the war memorial in Lennoxville on December 16, 1923. The granite cenotaph with its bronze tablet bore the names of forty-seven soldiers who gave their lives during the First World War. At the unveiling ceremony, the 53rd Regimental Band played "Onward Christian Soldiers." The Mayor Henry Washburn S. Downs delivered the opening address and Lieutenant-Colonel Reverend Arthur Huffman McGreer, Principal of Bishop's College, delivered a dedication address. Reverend Father Leblanc gave an address in French. Reverend Canon Robert William Ellegood Wright said the prayer of dedication and Brigadier-General Dennis Colburn Draper unveiled the monument. The war memorial was originally located in what was known as the Square, though not the Square Queen that we know in 2023; the Square in 1923 was located at the intersection of Main Street (now Queen) and Belvidere (now College). The cenotaph was moved to its present location next to the Borough Office (at that time, the Town Hall) in 2000 and further inscriptions have since been added to honour those who fought in the Second World War, as well as in Korea, Vietnam, and Afghanistan.



P998 EASTERN TOWNSHIPS RESOURCE CENTRE GRAPHIC MATERIAL COLLECTION

War memorial in the Square in Lennoxville, near the intersection of Main Street (now Queen Street) and Belvidere Street (now College Street). The photograph was probably taken shortly after the unveiling of the monument in December 1923. Those familiar with the Lennoxville of 2023 may recognize the building in the background, which presently houses the Golden Lion Pub



P099 BOY SCOUTS OF CANADA. SHERBROOKE DISTRICT COUNCIL FONDS

Boy scouts pose for a photo at the 1923 Scout Camp in Ayer's Cliff



P232 SOCIÉTÉ D'HISTOIRE ET DU PATRIMOINE DU HAUT-ST-FRANÇOIS COLLECTION

Inauguration of Taschereau Bridge in East Angus on August 1, 1923

EDITORIAL

"From 1990 to 2018 in Canada, the number of cars on the road went up by 10 per cent, while the number of light-duty trucks went up by a factor of three (from 3.4 million to 13 million)," the Foundation found.

SCIENCE MATTERS

It's time to regulate ads for SUVs, trucks and gas-fuelled cars

By David Suzuki

You've probably seen the ads: people in sport utility vehicles and trucks escaping the noise and chaos of the city to explore pristine wilderness. These vehicles buy freedom, and get you closer to nature!

The ads are everywhere — because they work. A U.K. study found advertising significantly increased demand for the polluting vehicles while drowning out messaging encouraging people to choose "greener" options such as cycling and public transit. While global car sales dropped slightly in 2022, SUV sales increased, as they have for years. The International Energy Agency reports that SUVs made up 46 per cent of global car sales in 2022.

A 2021 Équiterre study found that the automobile industry is Canada's top advertiser, accounting for 21 per cent of total digital advertising investment in 2018 — much of it for "light-duty" trucks, including SUVs, crossover utility vehicles, pickup trucks and minivans. David Suzuki Foundation research found that in 2020 and 2021, 80 per cent of new vehicle sales in Canada were light-duty trucks, compared to 54 per cent in 2010.

"From 1990 to 2018 in Canada, the number of cars on the road went up by 10 per cent, while the number of light-duty trucks went up by a factor of three (from 3.4 million to 13 million)," the Foundation found.

The majority of SUV owners aren't using them to explore nature — especially not in the benign way advertising promises. Most are driving to work or shopping, stuck in a gridlock of other vehicles inefficiently transporting individuals in massive, polluting — and unsafe — machines.

Light-duty trucks such as SUVs contribute significantly to rising greenhouse gas emissions. According to the IEA, although oil use in conventional cars remained roughly the same between 2021 and 2022, global SUV oil consumption rose by 500,000 barrels

a day, "accounting for one-third of the total growth in oil demand."

SUVs consume 20 per cent more oil than an average medium-size car, the IEA reports, and "combustion-related CO2 emissions of SUVs increased by nearly 70 million tonnes in 2022. Altogether, the 330 million SUVs on the road today emit nearly 1 billion tonnes of CO2."

Gas-fuelled SUVs also pollute air, water and soil with their emissions and "tire wear particles," affecting humans, fish and other organisms. And, while many people buy them because they think they're safer, they're larger, heavier and offer poorer visibility than conventional cars, making roads more dangerous for everyone.

The Foundation's research found SUV drivers often prioritized their own safety regarding accidents and weather conditions but showed little concern for known impacts on pedestrians, cyclists, drivers and passengers in other vehicles. SUVs and trucks also harm increasing numbers of wildlife. Vehicles kill more than 350 million vertebrates a year in the United States alone.

Using SUVs and trucks as the advertising depicts — such as off-roading through stream beds or forests — destroys habitat. And SUVs are more expensive and contribute more to household debt than conventional cars — which themselves cost far more than alternatives such as public transport and active transportation like cycling and walking. Larger vehicles also drive up taxpayer costs by creating more wear and tear on roads and infrastructure, and increase urban congestion because of their size.

Although electric vehicles made up 16 per cent of global SUV sales in 2022, they're not the solution. Electric trucks are more efficient and emit less pollution and greenhouse gases than gas-powered, but they're heavier, thanks to battery weight, making them more dangerous. Mining for minerals the batteries require is not as destructive as oil extraction and production, but it's a serious problem



— especially for larger vehicles that use more minerals.

The answer is to leave behind the strange notion that every person should have tonnes of metal and materials to move them around. We need better options, including improved public and active transportation.

Many governments have banned advertising for cigarettes and other destructive products. Let's also ban advertising for these behemoths and all gas-fuelled vehicles.

Gas-guzzling vehicles have long been

part of the push to sell lots of cheap fossil fuels, making the oil industry the most profitable in history. Changing the way we get around is one of the best ways to combat pollution and climate change. Advertising for trucks and SUVs is a roadblock to progress.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with David Suzuki Foundation Senior Writer and Editor Ian Hanington.

Learn more at david Suzuki.org.

Letters

DEAR EDITOR, SHERBROOKE RECORD

Last week's announcement by the Quebec government that tuition will be increased for out-of-province and international students attending English-language universities in Quebec as a way of protecting the French language is just one more example of how xenophobic and narrow-minded the CAQ has become. As the son of an immigrant who came to Montreal in the 1940s to study medicine at McGill (on a full scholarship), where he also met my Quebec-born mother (another McGill student), I find this latest Quebec plan especially loathsome.

You see, my dad (Dr. Harry Farfan) chose to stay in Quebec after he became a doctor. He learned French and practiced orthopedics here his entire 40-year career. He spent his professional life helping his thousands of patients (French and English); fighting in court for those injured in the workplace; and expanding his surgery skills. He was especially interested in the lumbar spine, and it was in that area that he devoted his clinical research, making a name for himself across Canada and internationally, thereby bringing credit to the hospitals with which he was affiliated, as well as to his adopted city, province and country. It was also here in Quebec that he founded the International Society for the Study of the Lumbar Spine (ISSLS), recognized to this day as the preeminent body in the world devoted to the lumbar spine. He refused many offers to move outside of Quebec to practice medicine.

The implication, then, that students coming to Quebec for their education in English are somehow a threat to the survival of French, and that these people should be penalized with even higher tuition than they are already paying, is garbage. These people should be thanked for coming here, not punished, and perhaps those who are so worried about the survival of French should rather watch less American TV and make more babies instead of victimizing others.

Like many other students, Dad stayed in Quebec because he wanted to. He could have gone anywhere, but he wanted to give something back for the education he received. He raised his family here. And he spent his life helping his fellow Quebecers, advancing science, and elevating the quality of the medical profession in this province. He also, incidentally, paid more in taxes than he would have done in any other jurisdiction in Canada. Quebecers are damn lucky he stayed, and 30 years after his death his family are still hearing from people he helped.

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

Member
ABC, CARD, CNA, QCNA

Local Sports

Curling is a sport that combines strategy, skill and teamwork. An ideal, affordable winter activity from October to April that is enjoyed by people of all ages and abilities.

Newport's Community National Bank on the Ice in Stanstead

Employees from the Community National Bank in Newport made their way north to participate in a curling clinic on Saturday Oct. 21.

The Border Curling Club in Beebe (Stanstead) Quebec, is situated right on the US/Canada border a few feet from Derby(Derby Line) Vermont.

The Club serves both countries in a bilingual environment.

The clinic participants spent over two hours learning to slide, sweep and curl with three excellent instructors.

Curling is a sport that combines strategy, skill and teamwork. An ideal, affordable winter activity from October to April that is enjoyed by people of all ages and abilities.

Whether you are a seasoned athlete or complete beginner, our club offers a welcoming and inclusive environment for everyone to enjoy.

The club provides equipment for folks wishing to try it out.

Attend our Opening Bonspeil for free Oct. 27- 28.

To learn more about our club and how to join, visit our website : www.bordercurling.com

or contact us at bcrcental@bordercurling.com



Submitted by Nicole Poitras

PHOTOS COURTESY



PUMPKIN CARVING PHOTO CONTEST

ARE YOU A MASTER PUMPKIN CARVER?

The Record would like to see your Halloween pumpkins.

Send us a selfie holding your pumpkin for a chance to win a prize.

The contest is open to all ages. The winner will be chosen by our esteemed panel of pumpkin judges based on a combination of skill and creativity.



Last year's winner Avery Brouillette

Send your pumpkin selfies to classad@sherbrookrecord.com by the end of the day Tuesday, October 24.

The photos will be published in the paper on October 27.

Death

**Frederik
-Willem
"Frits"
DIEPEN**

1944 - 2023

*Knight in the
Royal Dutch*



Order "Oranje-Nassau." Born in Bergen Op Zoom on December 9, 1944 in Netherlands, died on October 18, 2023 at La Maison au Diapason, after a long battle with cancer, resident of Bromont, husband of Ms. Angèle Cornelis Diepen, son of late Frederik Diepen and late Simone Smits.

Besides his wife, he is survived by his children, Frederik J. Diepen (Triessen, Liechtenstein), Jamey N. Diepen (Toronto, Canada), and Roderik A. Diepen (Montréal, Canada), his grandchildren Willem Diepen, Ella Diepen and Aiden Diepen, and other relatives and friends.

Visitation will be held at Complexe funéraire BROME-MISSISQUOI, 402 rue de la Rivière, Cowansville, QC, 450-266-6061, complexebm.com. A service to honour "Frits" will be held on October 26 at 2 p.m., followed by a reception.

As an expression of sympathy, memorial donations may be made to La Maison au Diapason.

BROME-MISSISQUOI

Funeral Complex

402, rue de la Rivière, Cowansville QC

PHONE: 450-266-6061

complexfuneraire.ca

Death

Amy THORNELOE

1989 - 2023



Amy "Bunny" Katrin Thorneloe passed away peacefully on October 19, 2023, at the age of 34.

Beloved daughter of Steven and Karen of Lennoxville, and little sister to Eric (Donna) of Brisbane, she lived much longer than ever expected, almost all of that time at home.

Recently, she had moved into a private home in Sherbrooke where she received the best of care, but was unable to fight off another bout of pneumonia.

Amy attended the Lennoxville Elementary School, the Dixville Daycare Centre in Lennoxville, and then the École du Touret in Sherbrooke, where she loved floating in the heated pool. Though she never grew to be very big, her main passion was eating, especially dessert. She also loved hearing the children's song "Mary Had a Little Lamb," which would always command her full attention, and she would expect to hear all six verses.

Amy was predeceased by her grandparents Richard and Aubéline (Lessard) Thorneloe of Marbleton, and Earle and Carol (Jameson) Hobbs of Lennoxville, and by her aunt Sharon (Heath) Thorneloe. She is survived by her aunts and uncles Bill Thorneloe (Karen MacLeod), Ken and JoAnn (Thorneloe) Edgcombe, and Marilyn Hobbs Turner, as well as many cousins.

Our family is so thankful to all those who helped care for her over her lifetime, especially Shannon Thorne in her early years, and later on, Ethel Page. We are also especially grateful to Pascale Boulet and Danielle Létourneau who took over her complete care in her final months, and to Dr. Élyse Grégoire, the CLSC caregivers, and the Centre de Réadaptation de l'Estrie.

Visitation will be held at the Cass Funeral Home, Lennoxville on Sunday, November 12 at 10:00 a.m., with a short service at 11:00 a.m., followed by a luncheon at the funeral home, and interment of ashes at Malvern Cemetery.

In lieu of flowers, donations in memory of Amy to the Association québécoise du syndrome de Rett, the Dixville Foundation, or the charity of your choice, would be greatly appreciated by the family.

CASS FUNERAL HOMES

3006 College St.,
Sherbrooke, QC

PHONE: 819-564-1750

FAX: 819-564-4423

www.casshomes.ca

In Memoriam

STURTEVANT, Merlyn (nee Dougall)

- In loving memory of our mother, grandmother and sister who passed away 17 years ago on October 24, 2006.

*The world may change from year to year
And friends from day to day,
But never will the mother, grandmother, and sister we loved*

*From memory pass away.
Sunshine passes, shadows fall,
Love's remembrance outlasts all;
And though the years be many or few,
They are filled with remembrance of you.*

Fondly remembered by

MICHELINE AND WESLEY

JÉRÉMIE AND ELLIOTT

JUNE



Do just one thing



by Danny Seo

Parents who set up a little sandbox in their backyard as a place for their kids to play unknowingly may be setting up the perfect environment for insects to nest and build colonies as well. Rather than reaching for chemical pesticides to keep your sandbox insect-free, head to your pantry. Generously sprinkle cinnamon all over the sandbox and rake it through the sand. Cinnamon is a safe and natural insect deterrent, and it smells nice, too! If you need a lot of cinnamon for an extra-large sandbox, look for generic brands or inexpensive bulk containers at your local warehouse club store. Sprinkle away!

Date Book

TUESDAY, OCTOBER 24, 2023

Today is the 297th day of 2023 and the 32nd day of autumn.

TODAY'S HISTORY: In 1926, magician Harry Houdini gave his last performance at the Garrick Theatre in Detroit.

In 1945, the charter establishing the United Nations took effect.

In 1987, the Teamsters union was readmitted to the AFL-CIO, 30 years after its expulsion.

In 2002, authorities arrested John Allen Muhammad and Lee Boyd Malvo in connection with sniper attacks in the Washington, D.C., area.

In 2003, the last commercial Concorde flight was made.

TODAY'S BIRTHDAYS: Sarah Josepha Hale (1788-1879), writer/publisher; Bob Kane (1915-1998), writer/illustrator;

Jiles Perry "The Big Bopper" Richardson (1930-1959), singer-songwriter; Stephen Covey (1932-2012), author/educator; Bill Wyman (1936-), musician; F. Murray Abraham (1939-), actor; Kevin Kline (1947-), actor; BD Wong (1960-), actor; Monica (1980-), singer; Wayne Rooney (1985-), soccer player; Drake (1986-), actor/rapper; Jalen Ramsey (1994-), football player.

TODAY'S FACT: In 1901, teacher and adventurer Annie Edson Taylor celebrated her 63rd birthday by becoming the first person to survive a trip over Niagara Falls in a barrel.

TODAY'S SPORTS: In 2014, computer scientist Alan Eustace broke the world record for a free-fall parachute jump from the stratosphere, free-falling from a height of 135,898 feet.

TODAY'S QUOTE: "There will be

days when I walk in an arena and people will cheer and then there might be days when I walk in an arena and people might boo, but it all sounds the same to me because it's all just noise that lets me know that I'm relevant." - Drake

TODAY'S NUMBER: 3 - jersey numbers in the four major American professional sports leagues that are retired throughout the league. The No. 42 worn by Jackie Robinson (who died on this day in 1972) was retired by Major League Baseball in 1997; the No. 99 worn by Wayne Gretzky was retired by the NHL in 2000; and the No. 6 worn by Bill Russell was retired by the NBA in 2022.

TODAY'S MOON: Between first quarter moon (Oct. 21) and full moon (Oct. 28).

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

BURY

Halloween Party on Friday, October 27 at 7 p.m. at the Centre Communautaire de Brookbury, 571 Brookbury Road, Bury. Games, judging of costumes and treats. Admission \$2 per person with or without costume. Come and have fun. For info call Brenda at 819-884-5984.

IVES HILL

Annual Turkey Supper and prize giving of Sherbrooke-Compton Plowing Match on Friday, October 27 at the Ives Hill Community Hall at 7 p.m. RSVP before Tuesday, October 24 by calling Felicia Kirby 819-572-2413.

LENNOXVILLE

HCC Senior Luncheon will be held at noon on Thursday, October 26 at Hope Community Church, 102 Queen St., Lennoxville. Everyone welcome. Entrance from parking lot. Please call Elaine at 819-563-8700 or elebourveau@videotron.ca to reserve your place.

LENNOXVILLE

Halloween Dance with Blue Moon Trio (Philip Patton) on Saturday, October 28 at 8 p.m. at the A.N.A.F. Unit 318 (The Hut), 300 St. Francis, Lennoxville. Admission \$10. Prizes for best costumes. Everyone 18+ are welcome.

LENNOXVILLE

The St Francis Valley Naturalists' Club presents: The Massawippi Foundation, projects in conservation. Hélène Hamel, Executive Director of the Massawippi Foundation, and Jessica Adams of Nature Nerding will discuss this foundation's conservation goals of protecting lands while allowing for recreation and providing nature education in primary schools. Wednesday, October 25, 7 p.m., Amédée Beaudoin Community Centre, Lennoxville. Admission is free. Note: this is a scent-free event.

LENNOXVILLE

LIA's Migratory Roots Festival is coming to Lennoxville! Thursday, October 26 from 5 p.m. to 7 p.m. at Uplands, and Saturday, October 28 from 3 p.m. to 7 p.m. at the Lennoxville Library! Featuring

art and stories by community members like you and works by local emerging artists-in-residence. Free events: All are welcome! Find more details at facebook.com/literacyinaction or give us a call at 819-346-7009.

LENNOXVILLE

Open Mic Night at Black Cat Books (168-E Queen St., Lennoxville) on October 27, 5-6 p.m. UK scholar and writer Ceri Morgan is hosting this event as part of her Fellowship project entitled, "Heartlands/Pays du coeur: Geohumanities and Quebec's regional novel." If you have a short piece of writing that is set in the Townships that you are willing to read aloud, please RSVP Black Cat Books - spaces are limited! 819-346-1786 or boutiqueduchatnoir@gmail.com

LENNOXVILLE

Book Launch & Author Signing on October 28, 2-4 p.m. Former resident Charles W. (Bill) Cox will be present at Black Cat Books (168-E Queen St., Lennoxville) for the Sherbrooke launch of his book entitled, "Wash Behind Your Ears, Billy: The Greatest Story Ever Told About Me by Me," which is a collection of memoirs as well as published and unpublished journalism pieces, spanning Cox's many careers pre- and post-retirement from the Canadian Border Services Agency. Info: 819-346-1786 or boutiqueduchatnoir@gmail.com

LENNOXVILLE

Second annual Grace Village Care Foundation Book Sale, October 26, 27 and 28 at the Lennoxville United Church Hall, 6 Church Street, Sherbrooke. Hours are Thursday, October 26: 3 p.m. to 7 p.m., Friday, October 27: 10 a.m. to 7 p.m., and Saturday, October 28: 10 a.m. to noon. Fill a bag for \$5 on Saturday from noon to 1 p.m. Book donations gratefully accepted at the United Church Hall, Tuesday, October 24 and Wednesday, October 25 from 10 a.m. to 6 p.m.

LENNOXVILLE

Final Friday Soup Lunches are here! You are all invited to St. George's, 84 Queen St., Lennoxville on Friday, October 27 for the monthly meal of homemade soups, rolls, cheese and dessert. \$10 entry. Serving is from 11:30 a.m. to 1 p.m. Proceeds are in support of the Bicentennial Restoration Fund.

AYER'S CLIFF

Royal Canadian Legion Br. #128 regular meeting will be held on October 26, 7 p.m., at 176 Rosedale St., Ayer's Cliff. Preparation of poppy boxes at 1 p.m. on the same date and address.

Tough conversations can't be had over text

Dear Annie

TUESDAY, OCTOBER 24, 2023

Dear Annie: I had always been told that communication has three major elements: words, tone and body language. Having retired from a technology-driven company, I am keenly aware of misunderstandings between people that can be created beginning with emails and texts.

I remember creating a rule for myself that, if it was an important matter, if it involved emotions or if it was rather complex, then it really should be communicated in person or at least by phone.

How many times have we caught ourselves thinking that we understand how the person who originated a text message feels? Is that even possible? – In Person

Dear In Person: I could not agree with you more. When communications involve feelings or emotions, then a face-to-face meeting is always best. If you can't do that, a phone call is way better than a text or email. Thanks for writing.

Dear Annie: As a farmer myself, I'd like to offer suggestions for the elderly couple with livestock, the one whose brother is concerned for their safety. First, the brother is right to recognize there are potential problems and to ask for a solution.

Many rural communities have 4-H, FFA and Pony Club for youth. The clubs are under the guidance of experienced adults.

Perhaps the elderly couple could share their wisdom with young people while getting help with the animals in return. Assistance after school or on weekends could ease the concerned brother's mind. The older folks would have a sense of purpose and be safer. – Upstate Deb

Dear Upstate Deb: I am a firm believer that the older generation has a lot to share with our younger generation. I am printing your letter in hopes that it continues to encourage these types of programs – not only on the farm but in many businesses and charities around

the world. We all have things to learn from each other.

Dear Annie: Let me add one more response to the subject of intermittent fasting by telling you my story. I started the year at 183 pounds. Fasting and eating every other day, combined with a regular exercise program, has reduced my weight to the low 160s after six months, where it is stabilizing with me eating every day now. I have also lost three inches on both my waist and hips.

As a result of this regimen, I now desire to eat smaller meals, occasionally only one a day, and I no longer binge eat. I also find that my digestion is better, and my energy level is good as well.

Our cave dwelling and hunter gatherer ancestors could not find food every day; therefore, they automatically practiced intermittent fasting. This is how we evolved, and it can be a very healthy way of eating.

Also, researchers did a study where they reduced the food available to lab rats. They found that when they ate less, they were healthier and learned to navigate mazes better. Apparently, feeding them every day was detrimental to their health by "overfeeding" them, contrary to their natural way of life in the wild, which is intermittent eating – and therefore intermittent fasting. – Feeling Better

Dear Feeling Better: As the old expression goes, there are 200 roads to Rome, and you have found a road that works for you. Thank you for sharing your story, and congratulations on finding a program that is helping you reach your goals.

"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.



Thank you for saving moments, funding breakthroughs and saving lives.



™ The heart and / icon on its own and the heart and / icon followed by another icon or words are trademarks of the Heart and Stroke Foundation of Canada.



LIGNE POUMON-9

1 888 POUMON-9



To help you quit smoking

CELEBRITY CIPHER

by Luis Campos

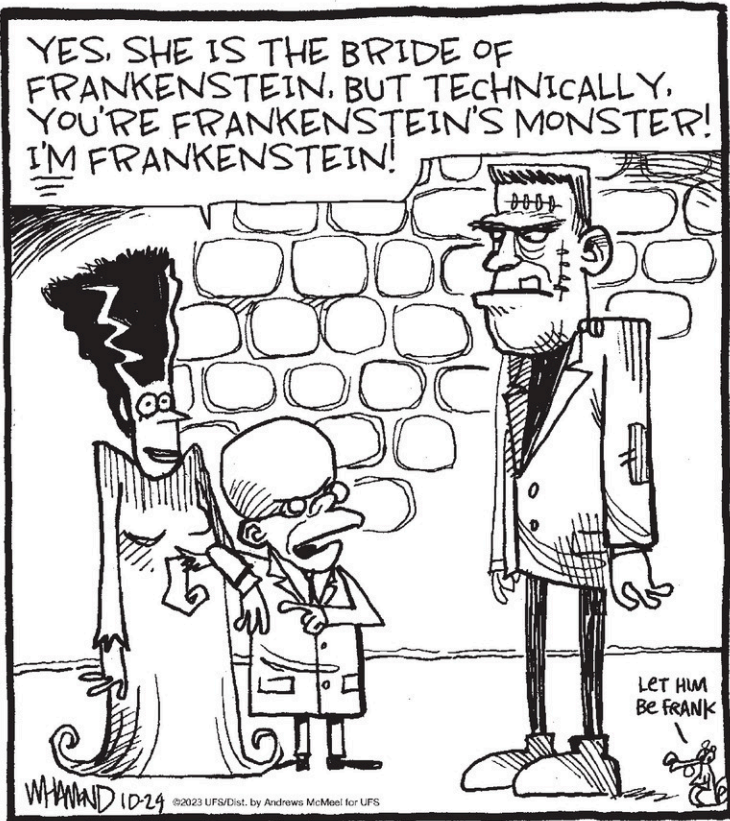
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" E ' Z T B I E J I F N N X F T I M D O B U D K G E U U
D M O E B Z K D M O B U . . . L K T ' B O J O C O B
D K K I B K H J - T V D K Z E U U F J X M T I M O B ."
- X B F G O

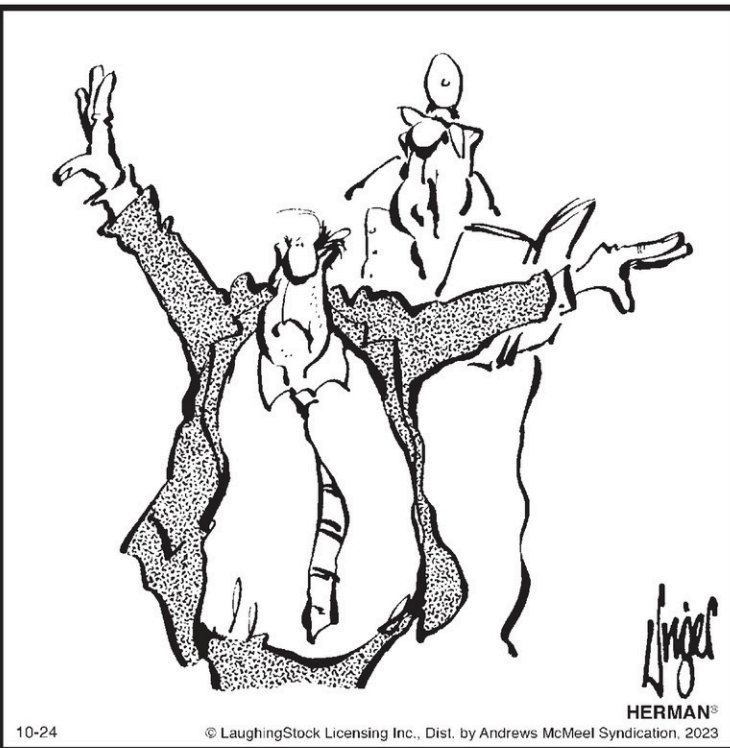
Previous Solution: "I'll never quit playing country music, or at least acknowledging it, always, as the cornerstone of what I am." — Dwight Yoakam

TODAY'S CLUE: M s j e n b e H

REALITY CHECK

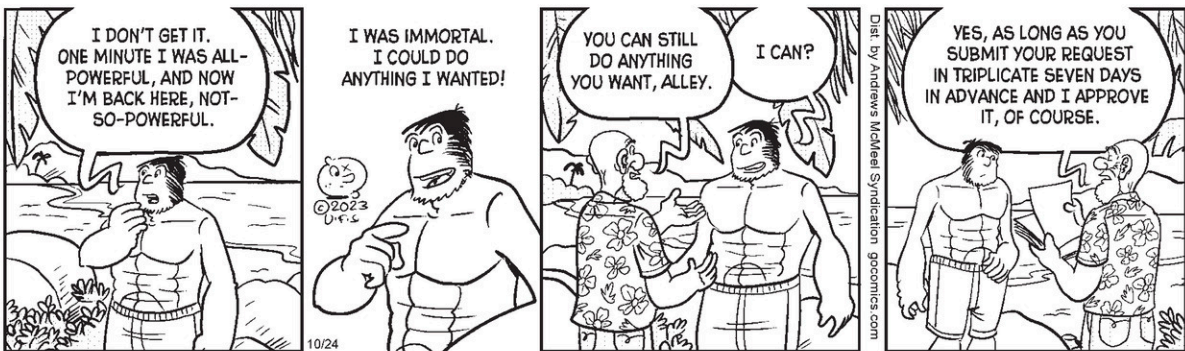


HERMAN

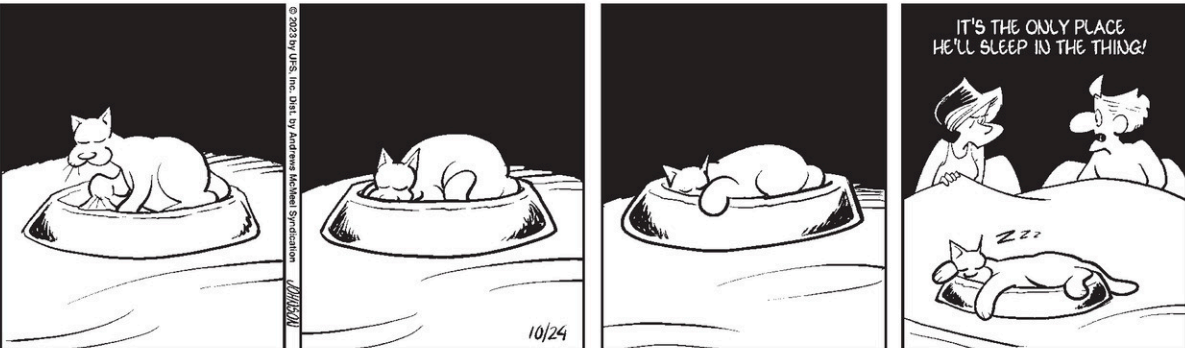


"You've got Dutch elm disease."

ALLEY OOP



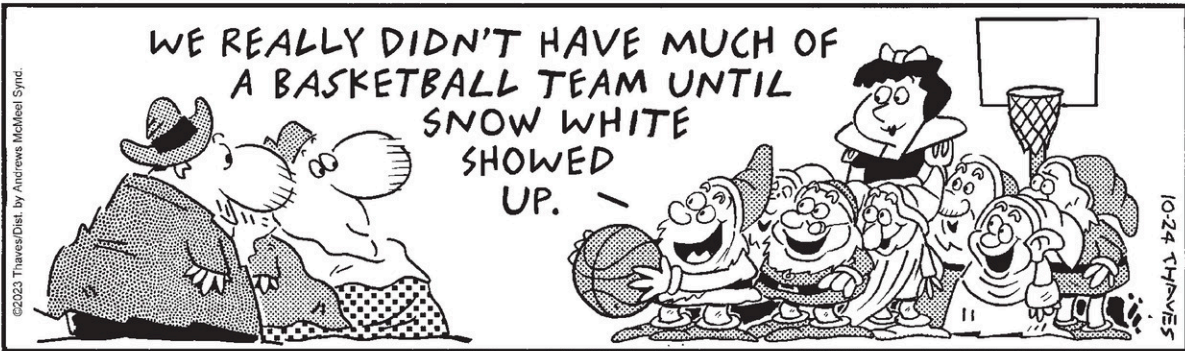
ARLO & JANIS



THE BORN LOSER



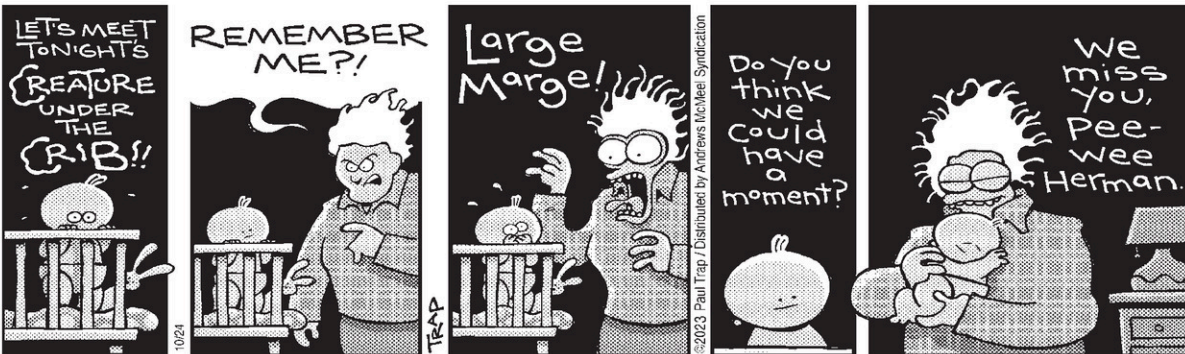
FRANK AND ERNEST



GRIZZWELLS



THATABABY



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When you choose products with the Health Check symbol, it's like shopping with the Heart and Stroke Foundation's dietitians, who evaluate every participating product based on Canada's Food Guide.
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REACT NOW!

Diabetes Québec
Information and donations:
(514) 259.3422 or 1.800.361.3504
www.diabete.qc.ca

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

275 Antiques **275** Antiques **275** Antiques **275** Antiques

LICENSE PLATE COLLECTOR looking to buy Quebec license plates. Please send pics via text or call Daniel 450-278-0517.

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..

USED BOOK SALE

Second annual Grace Village Care Foundation Book Sale, October 26, 27 and 28 at the Lennox-ville United Church Hall, 6 Church Street, Sherbrooke. Hours are Thursday, October 26: 3 p.m. to 7 p.m., Friday, October 27: 10 a.m. to 7 p.m., and Saturday, October 28: 10 a.m. to noon. Fill a bag for \$5 on Saturday from noon to 1 p.m. Book donations gratefully accepted at the United Church Hall, Tuesday, October 24 and Wednesday, October 25 from 10 a.m. to 6 p.m.

SUDOKU

DIFFICULTY RATING: ★★★★★

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

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PREVIOUS SOLUTION

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

HOW TO PLAY:

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

THE RECORD

CARRIER WANTED IN RICHMOND for early November

to deliver The Record
(Monday to Friday)

If interested,
please contact
819-569-9528
between 9 a.m. and 3 p.m.
or email
billing@sherbrookerecord.com

PHOTO OF
YOUNG
CANADIAN
SOLDIER

Join
THE
RECORD
in saying thank you to
our veterans

They were sons, daughters, brothers, sisters, husbands, wives, fathers, mothers, friends and neighbours.

They were a new generation of teachers, doctors, lawyers, farmers and businessmen who set aside their hopes and dreams to fight for our freedom.

The Record would like you to join us in paying tribute to the many Townshippers who served their country in time of war.

Send a photo of a veteran(s) in your family at the age they were at the time they served and a brief description, to allow Townshippers to say a collective thank you.

The Record will publish a special section November 9 on Townshippers' contribution to the war effort.

Send photos before November 2 to
classad@sherbrookerecord.com

If your business or organization would like to recognize veterans in the special section, please contact one of our sales representatives at 819-569-9525

NEA Crossword Puzzle

Your Birthday

TUESDAY, OCTOBER 24, 2023

thing and stay out of sight. You'll gain ground if you maintain focus and follow your heart. Refuse to let anyone bully you.

TAURUS (April 20-May 20) - Don't hesitate; take the initiative and reach for the stars. You've got what it takes to make a difference and to sink your teeth into something that brings you joy.

GEMINI (May 21-June 20) - Don't give away your secrets or allow others to interfere with your plans. Work undercover, and you'll find it easier to reach your objective quickly. Stay ahead of the game.

CANCER (June 21-July 22) - Juggle your schedule to suit your needs. Talk to experts, consider your options and align yourself with people who can help you reach your goal. Alter your home and lifestyle as needed.

LEO (July 23-Aug. 22) - Stay calm, avoid chaos and live within your means. Refuse to let others dictate what's best for you. Keep your life simple, under control and heading in a positive direction.

VIRGO (Aug. 23-Sept. 22) - Short trips, conversations and a change for the better are within reach if you broaden your horizons and network with like-minded people in your community. Don't procrastinate if action is necessary.

LIBRA (Sept. 23-Oct. 23) - Listen, and you'll keep the peace. Changing how you allocate money will encourage a lifestyle that puts your mind at ease and enables you to follow what makes you happy. Use your imagination.

Answer to Previous Puzzle

H	W	Y		P	E	C	K		S	I	T	E
A	H	A		A	X	L	E		U	S	E	R
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W	E	E	D		P	E	R	T		E	T	A

- ACROSS**
- 1 Lid fastener
 - 5 Golf peg
 - 8 Exec's helper
 - 12 Lascivious look
 - 13 "Give — — rest"
 - 14 Actress — Moreno
 - 15 Actor — Penn
 - 16 On cloud nine
 - 18 Lovers' meeting
 - 20 President — Hoover
 - 21 Ology
 - 23 "How — — love thee?"
 - 24 Dominate
 - 28 Turns, as a jetliner
 - 31 Turnstile
 - 32 Calendar abbr.
 - 34 Once owned
 - 36 Before now
 - 37 Spy org.
 - 38 Cornbread
 - 39 Crisp cookie
- 42 Bravery**
- 44 Keep from entering**
- 46 Hydro**
- 47 Opulent house**
- 51 Barrel parts**
- 55 Was plentiful**
- 57 — fixe**
- 58 Soothsayer**
- 59 Heated feeling**
- 60 DEA agent**
- 61 Clutched**
- 62 "— you're talking!"**
- 63 TV award**
- DOWN**
- 1 Emcee
 - 2 Ripening agent
 - 3 Do in
 - 4 Thoughtful
 - 5 Game outcome
 - 6 Engrave
 - 7 Made less severe
 - 8 "Lawrence of —"
 - 9 Venue
 - 10 Commotion

- 11 Diplomat's specialty**
- 17 Helen of —**
- 19 Screening org.**
- 22 Catchall abbr.**
- 24 Links org.**
- 25 Tattered duds**
- 26 School in England**
- 27 Secular**
- 29 "Slow down!"**
- 30 Hit some high notes**
- 33 New Mexico town**
- 35 Billy — Williams**
- 38 Almond confection**
- 40 Ridiculous**
- 41 No —, no gain**
- 43 — and downs**
- 45 The Thinker sculptor**
- 47 Make pulpy**
- 48 Have — — in one's bonnet**
- 49 Christmas**
- 50 Detective — Wolfe**
- 52 Driver or Sandler**
- 53 Word**
- 54 Cabinet mem.**
- 56 Moisture**

1	2	3	4		5	6	7		8	9	10	11
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TUESDAY, OCTOBER 24, 2023

Why not help your spouse?

By Phillip Alder

Many so-called - self-proclaimed? - authorities say that it is inadvisable for husbands and wives to play bridge together. However, some married couples have been successful over the green baize.

H.L. Mencken claimed that husbands never become good, merely proficient. However, a thoughtful wife made an excellent play on today's deal to help her husband defend correctly.

East-West were using a gadget that enjoys some popularity in the tournament world: the mini no-trump, showing a balanced hand with 10-12 points. Players love the adrenaline shot from walking on the high-wire.

South should have doubled for penalties with his promising hand containing seven probable defensive tricks.

Against two spades, West led the diamond jack: three, 10, ace. Declarer cashed two top trumps before playing his club. West, who knew East had two clubs for his no-trump opening, won with the ace and led her second diamond to East's seven. When her husband cashed his diamond king, which card did West throw?

The obvious choice is the heart two. However, knowing East was nervous

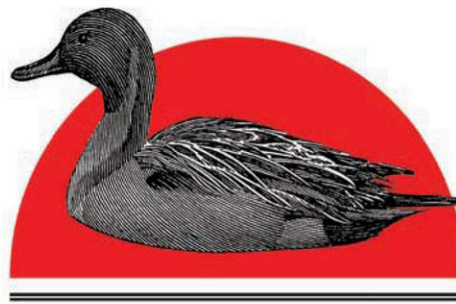
North		10-24-23	
♠ 6 5			
♥ J 10 7			
♦ Q 5 3			
♣ K J 10 9 8			
West	East		
♠ 10 9	♠ Q J 2		
♥ 8 5 4 2	♥ K Q 9		
♦ J 2	♦ K 10 9 8 7		
♣ A Q 7 6 3	♣ 5 2		
South			
♠ A K 8 7 4 3			
♥ A 6 3			
♦ A 6 4			
♣ 4			
Dealer: East			
Vulnerable: North-South			
South	West	North	East
			1NT
2♠	Pass	Pass	Pass
Opening lead: ♦ J			

that declarer might have a club left, West wanted to set East's mind at rest on that score. She discarded the club queen.

This discard could be made only if West knew South was now void in clubs. Also, it told East that South held the heart ace, because West would have bid with 11 points.

East cashed the spade queen before exiting with a diamond. South couldn't stop East from collecting two heart tricks to defeat the contract.

A single card can be worth a thousand words.



TUESDAY, OCTOBER 24, 2023

OPEN 7/7

THRIFT STORE 408 DU SUD, COWANSVILLE

Local family feels ripple effects of Quebec tuition hikes

By Ruby Pratka
Local Journalism Initiative

A British Columbia family with aspirations to settle in the Eastern Townships is asking hard questions after the CAQ government announced plans to double tuition fees for out-of-province students.

Clay and Dianne Bassendowski are based in Dawson's Creek, B.C., but have a holiday home in Knowlton - where they hope to retire - and attend Sherbrooke Phoenix games at every opportunity. Although they're not fluent in French, Clay Bassendowski said they "love the language" and become better versed in it with every visit. Their 17-year-old daughter, an aspiring math teacher, learned earlier this fall that she had been accepted to Bishop's University in Lennoxville, realizing a long-held dream.

That was before Oct. 13, when higher education minister Pascale Déry announced that tuition fees for out-of-province students at Quebec universities would double starting next September.

When the Bassendowski family heard the announcement, they "were in shock," Clay Bassendowski said. "She found out she was accepted, and we learned about this the same week.

CONT'D ON PAGE 3

Christmas Craft Fair at Emmanuel United launches the season



LOUISE SMITH

By Louise Smith

The weather was not the best, but spirits were high in the hall of Emmanuel United Church in Cowansville. Vendors had a wide variety of items for sale, and customers admired all the goodies available, but this season is different than others. Disposable income is down for most people. Costs for rent, food and everything seems to be going up, but income for those working and for those who are retired is not increasing with the cost of living. Also, many older shoppers are looking

to downsize or to limit the number of purchases that they make. Vendors made sales and customers exchanged smiles with sellers, but the drop in the volume of sales was noticeable.

One of the vendors, Lena, has been selling knitted and craft items for many years. All her profits go towards cancer research. Cancer has affected many members of her family, and she wants to make a difference by funding cancer research. People who know her donate materials that she can use to make her crafts.

Most of the vendors will be at the

Craft Fair at Heroes' Memorial School on Saturday, Nov. 18. This will be another opportunity to support local crafters.

The next church event at Emmanuel United will be a double ticket. On Saturday, Dec. 2, from 11:00 a.m. to 1:30 p.m., there will be a Christmas soup and dessert luncheon. There will also be a new table of gently used goods that day. Then, in the afternoon at 2 p.m., Knowlton Harmony Band will play a Christmas concert in the Sanctuary upstairs. Admission to the concert will be by free will donation.

SEE MORE PHOTOS ON PAGE 2

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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.

October 28

Creek United Church Fall Soup Luncheon, 278 Brill Road, West Bolton, Saturday, October 28, 11:30 a.m. to 1 p.m. \$10/person. Everyone welcome. Info: contact Elenor 450-994-3169.

October 29

Word Café. Bibliothèque Sutton Library invites you to a reading, Sunday the 29th of October at 3 p.m. at the Salon de thé, 4 Dépôt St. in Sutton. Gissa Israël will be reading from Yehudi Lindeman's work.

October 29

Colfax Rebekah Lodge Soup Luncheon, 480 Knowlton Road, Sunday, October 29, 11 a.m. to 1 p.m. Adults: \$20, children (5 to 10): \$10, 5 and under: free. Come and enjoy a hot lunch with family and friends.

November 4

The BCHS's 27th Bring & Bid fundraising auction is back this year on Saturday, November 4 starting at 6 p.m. Join us for an evening of fun and friendly competition. If you would like to make a donation of unique personal artefacts or showcase your enterprise by offering a gift certificate, or for more information, please visit our website at www.lacbromemuseum.ca or call 450 243-6782 #1. We will be receiving donations at the Lac-Brome Community Centre, 270 rue Victoria,

on Thursday and Friday, November 2 & 3 between 10 a.m. and 4 p.m.

CHURCH BULLETINS

ALL SAINTS ANGLICAN CHURCH - DUNHAM

All are welcome! Come join us at All Saints Anglican Church - Dunham at 10:30 a.m. for a Holy Eucharist Regional Service on October 29. A Pot-Luck Luncheon will follow our service in the Church Hall. For Parish Information, please contact Richard at 450-877-8661. For Pastoral Support, please contact 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

Service at 9:30 a.m. with worship leader Rev. David Lefneski. Church office: 450-248-3044; email: bedford.pastoral@yahoo.ca The classic doxology, Praise God from Whom All Blessings Flow, VU #541: Praise God from whom all blessings flow; praise God, all creatures high and low. Give thanks to God in love made known: Creator, Word, and Spirit, One. - Bishop Thomas Ken (1637-1711)

CREEK UNITED / ST. PAUL'S UNITED

Sunday, October 29 - Area worship

and music for all including Knowlton-Mountain Valley Creek United and St. Paul's United at 4929 Foster, Waterloo, service at 10 a.m. including baptism. 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

Bienvenue. Welcome. Worship at 11 a.m. with Rev. David Lefneski. Thanks to all who participated in and came to last Saturday's Pre-Christmas Craft Sale. Visits at the CHSLD Cowansville following worship. See the website to sign up for our weekly newsletter. Elevator-accessible sanctuary. Check updates on Facebook (<https://www.facebook.com/emmanuelunited/>). 205 rue Principale, Cowansville. Church office: 450-263-0204; email: capcchurchoffice@bellnet.ca, website: emmanuelcowansville.ca.

ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

Our church offers a bilingual mass on Sundays at 9 a.m. A Eucharistic Adoration takes place on Mondays from 11 am until noon. Welcome to all. Please Note: Enrolment for Catechism classes for the preparation of the sacraments is underway. For more information contact the presbytery at 450-263-1616 or email: madeleine.ferland@unitedesvignes.org

GRACE ANGLICAN CHURCH

All are welcome to our regular 10:30 a.m. Sunday services. 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

Sunday worship services have resumed at Knowlton United Church at 11 a.m. Services are held the first 3 Sundays of each month unless otherwise stated. For further information, please contact Rev. Steve Lawson at 450-242-1993.

ST. PAUL'S ANGLICAN CHURCH

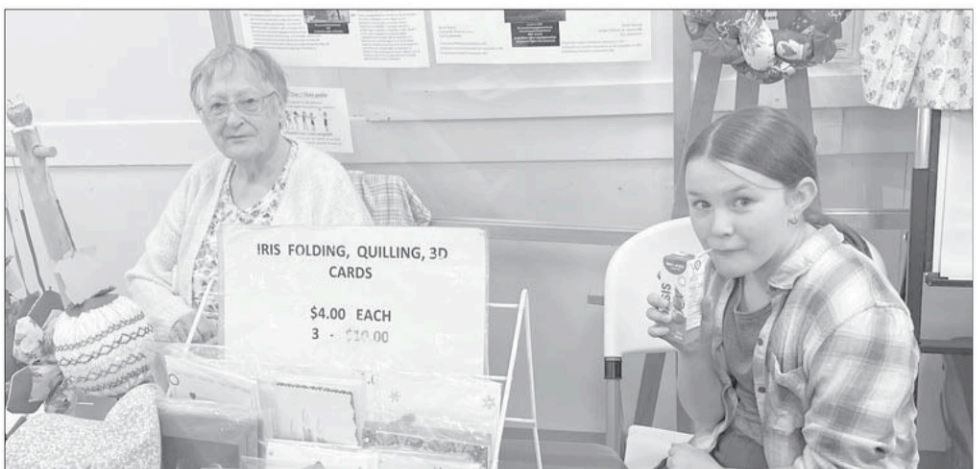
St. Paul's Knowlton has returned to two services [8 a.m. and 10 a.m.] on Sunday mornings. The services are also be livestreamed on Facebook at St. Paul's Knowlton and are available for replay. We are a dynamic diverse community pursuing and serving Jesus in the Eastern Townships. Our mission is to grow 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.

Christmas Craft Fair

CONT'D FROM PAGE 1



PHOTOS COURTESY OF LOUISE SMITH

Premier's Halloween strike date speculation a scare tactic, union leaders say

By Ruby Pratkan
Local Journalism Initiative

Public sector union leaders say there's no plan for a general strike to begin Oct. 31, despite an assertion to that effect last week by Premier François Legault.

"Unions always think they have to go on strike to gain as much as possible, so we're going to expect a strike on Oct. 31," Legault told reporters on Oct. 17, the day after the conclusion of a round of strike votes where locals under four public sector union federations voted in support of a strike mandate by an average of 95 per cent.

Éric Gingras is the president of the Centrale des syndicats du Québec (CSQ) and a co-spokesperson for the Front Commun, the negotiating bloc made up of the CSQ, the Fédération des travailleurs du Québec (FTQ), the Conseil des syndicats nationaux (CSN) and the Alliance du personnel professionnel et technique de la santé et des services sociaux (APTS).

"We don't usually comment on rumours, but unfortunately, we have to comment on this one because it came from the premier," Gingras said. "That [Oct. 31 strike date] is not what is planned."

Gingras said unions that go on strike are bound by legal restrictions that require ten days of advance notice

before any strike action. "A strike action is not something that we'll announce the night before," he said. He also said union members would most likely engage in a series of brief, time-limited strikes before taking the rare and drastic step of an unlimited general strike. Such a strike would close schools, colleges and daycares around the province, and some health care workers would also walk picket lines, although the Essential Services Act ensures that there won't be service interruptions in the sector. A Front Commun statement released Oct. 18 said "Bientôt en Grève" ("On strike soon") banners will soon pop up across the region. "This is a clear warning to the government that public sector workers are willing to go all the way," the statement said.

"This is a clear warning to the government that public sector workers are willing to go all the way," the statement said.

Gingras said negotiations were ongoing between the Front Commun, which represents a combined 420,000 public sector workers in health,

education and social services fields, and the government. Union leaders have previously told the BCN that a salary increase below the predicted rate of inflation, the imposition of pension penalties for those who retire early and working conditions that they say don't encourage retention are among the major sticking points. "The goal is to get an offer that's satisfying for our members - we don't want to have to reach an unlimited general strike. The next few weeks [of negotiations] will be key," said Gingras.

"The goal is to get an offer that's satisfying for our members - we don't want to have to reach an unlimited general strike. The next few weeks [of negotiations] will be key," said Gingras.

"If we go on strike, people will find that difficult - we know that," he added. "We're fighting so that the public can have the levels of service they're entitled to, so that our members will be able to better serve the public."

Tuition hikes

CONT'D FROM PAGE 3

It's a real emotional roller coaster."

They are now considering other options. Although the family hasn't given up on sending their daughter to Bishop's, "the more we digest it, the more we realize we need a plan B," he said.

"One of the concerns we have is the cost - it's an extra \$40,000 over four years, although living expenses are cheaper, and we are factoring that in," he said. "The other concern is that with 40 per cent of the student body coming from out of province, that's a big part of the university's business model. What happens if in three or four years, the university's business model isn't viable anymore?"

Bassendowski, a former town councillor, said the idea of finding a workaround to make his daughter eligible for in-province tuition via their holiday home didn't sit right with him. "I don't feel we deserve the in-province rate, but we would be happy to pay the same rate that a Quebecer would pay at the University of British Columbia (UBC)," he said. "It's a great thing for students to be able to experience other provinces."

He said the opportunity to perfect her French - and one day teach in Quebec - was part of the appeal of

Bishop's for his daughter. "I don't know why the government assumes that people won't stay," he said. "You go to university, you make friends, you put down roots - I think there's a very high likelihood you will stay."

Political fallout

The announcement has been roundly criticized by opposition parties. Madwa-Nika Cadet, the Liberal Party critic for public finances and the French language, called on Déry to produce data to back up her assertions that out-of-province students don't stay in the province or integrate. She noted that students who do leave after their studies in Quebec can be "ambassadors" for Quebec language and culture elsewhere, strengthening connections within the federation.

Québec Solidaire MNA Christine Labrie's riding includes Bishop's University. She has called on Déry to exempt Bishop's from the fee increase. "Bishop's risks losing a third of their

Madwa-Nika Cadet, the Liberal Party critic for public finances and the French language, called on Déry to produce data to back up her assertions that out-of-province students don't stay in the province or integrate.

student body, and if nothing is done, this policy will lead to job losses. The consequences will hit the region hard, and the policy won't achieve its goal because there will be less money coming in to finance French-language universities."

Labrie said out-of-province students who attend Bishop's, McGill or Concordia "choose to come and live in a francophone province, and I read that as a will to learn more about Quebec.

If they stay, great. If they leave, that means more people in the rest of Canada are familiar with Quebec, and that's also great."

Parti Québécois education critic Pascal Bérubé said his party supported the measure but didn't believe it would have a significant impact on the vitality of French. He said the government should apply the Charter of the French Language to CEGEPs and invest more in French language learning opportunities for temporary foreign workers to reinforce the vitality of the language.



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IN BROME-MISSISQUOI

WEEKDAYS AT 8AM & 6PM WITH JIM FERRIER

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PET OF THE WEEK

Mimi



Mimi is a splendid kitty with sparkling green eyes and a fluffy blueish-grey coat. She is 13 years old and is in very good health. Mimi looks so sad, and her morale is at its lowest since the poor girl was abandoned at the shelter end of July because her family was moving away and didn't want her anymore.

This amiable lady is very calm, demure and quiet; she's not demanding at all. As an indoor cat, Mimi enjoys sitting next to a window to observe nature and adores napping in a comfy little basket. Although she is somewhat skittish and timid at the onset, once she trusts you, Mimi is quite affectionate and loves being gently caressed. With such major upheavals in her life, she is not confident enough yet to let us pick her up and prefers to stay perched high up on a shelf to feel more secure. This sweetheart perks up immediately when you offer her tasty cat treats (it's a great way to make contact with her) as she devours them with much satisfaction.

We are looking for welcoming and caring adopters who will lavish this beautiful darling with lots of TLC! Mimi will be happiest in a peaceful and serene home. Since she has a quite reserved personality, we recommend a home without children or dogs to ensure her wellbeing. This golden girl could cohabitate with gentle and non-dominant cats, however, she would be equally pleased to be the only pet in the household.

Please open your heart and your home to Mimi - this pretty senior dreams of a blissful retirement and truly deserves to know the security and happiness of a loving family.

Write to us at adoptionpcamonteregie@gmail.com if you wish to adopt Mimi. Thanks!

Our adoption fees: \$100.00 senior cats 8 years or older

Includes: sterilization, deworming, vaccination, FIV/FELV test and microchip

Bavarian evening for the BMP Foundation

BCN Staff

The team at the Brome-Missisquoi-Perkins (BMP) Hospital Foundation enjoyed an evening surrounded by numerous donors and partners at its BMP Oktoberfest last Saturday. According to a press release, they had 275 participants and sponsors, and a profit of \$34,000.

For the second year, the BMP Oktoberfest was held under the permanent tent at Domaine de l'Artisan. Owner Michel Thibodeau welcomed participants, and Marcel Picard, owner of Saucisson Vaudois, prepared sauerkraut, sausages and ham. Virgin Hills Coffee Roasters donated apple cake and coffee.

Three microbreweries were on site: Brouemont (Bromont), Knowlton Co. (Knowlton) and L'Autre Brasserie (Bedford).

Event sponsors included the City of Bromont, Excavation STR and St-Pierre et Tremblay, Familiprix Cowansville Judith and François Marziali, Barnes Home Hardware, the City of Brigham, Toitures Smith & Dubois Inc, Au Coeur des Saisons, the City of Bolton-Est, Construction DJL inc., real estate broker Sébastien Kaempf at REMAX and media partner M105.

Raffle tickets were on sale during the event as a fundraiser. Businesses that donated prizes for the draw include the Maison de la culture de Waterloo, Madame Fortin, Ungava, Balka, BMR Bromont, Atelier Bouffe, Brome Lake Books and Brome Bird Care.



DANNY LANDRY

From left to right: Francis Laramée, Executive Director of the BMP Foundation; Maître Patrick Boucher, President of the Board of Directors of the BMP Foundation and Margerie Légaré, General Manager of the Caisse Desjardins de la Porte-des-Cantons-de-l'Est.

used to help fund two decentralized automated cabinets of the BMP Hospital Pharmacy. This project complements an initiative launched by the Department of Health and Human Services in 2013. Decentralized automated cabinets have been installed in several BMP Hospital departments to secure the storage and administration of medications on critical and high-volume care units.

The BMP Foundation wishes to continue to secure pharmaceuticals in two other departments that have a high use of identified hazardous drugs and narcotics: the Birthing Pavilion and the Operating Room. The acquisition of these two decentralized automated cabinets and the training of staff in the use of this new equipment represents a total investment of \$171,000.

Two decentralized automated cabinets

According to the press release, this year, all funds raised at events and solicitation communications will be

LETTERS

Stop The Killing

By Peter M Stone

Friends inviting friends to a party on the beach
 Not knowing that their parents would be out of reach
 Parents not allowed to hold their children in their arms
 While they die because hatred sounded its horrible alarm
 They were only there to party with their friends
 They were killed because of generations of hate
 Not because it was to be their day of fate
 Sadness was felt by families around the world
 Because of century old hatred was hurled
 Religions are supposed to be for the good of the people
 To celebrate with friends and neighbors not to be lethal
 While partying with friends on a beach

Tribute to all that lost their lives in Israel

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BCN RATES & DEADLINES COMMUNITY CALENDAR

Brome County News Community Calendar is reserved for non-profit organizations only. **Deadline is noon on Fridays.** Must be pre-paid. Up to 40 words: **\$8**, 41-70 words: **\$12**, 71-100 words: **\$15**, all prices include taxes. **Special rates:** \$2 off for 2 insertions, 1 BCN and 1 in the Friday Record "What's On" section. Please forward notices to 5-b Victoria St., Knowlton, QC JOE 1VO, email: bcnnews@qc.aibn.com, or fax: (450) 243-5155. Visa and Mastercard accepted.

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ABC
 LiteracyCanada

Local woman wants to bring films to life for blind moviegoers

By Ruby Pratka
Local Journalism Initiative

Since childhood, Monika Nelis Dupont, 24, who lives in Bedford, has enjoyed going to the movies in Cowansville with friends and family. Since she lost her sight due to a degenerative condition five years ago, she finds it hard to follow all the action with sound alone. "When you need to constantly ask [other people] what happened, it's not as much of a communal experience anymore," she said.

Nelis Dupont, an activist and aspiring children's author, has launched a petition on Change.org asking the Princess Cinema in Cowansville to invest in audio description devices. These devices, which are shaped like portable cassette players and include headphones, add an extra audio track to the film so moviegoers who are blind, visually impaired or experiencing sight loss can follow the action.

"If you're watching a film and

you hear suspenseful music, you understand why, but if you're blind, you might not be able to follow the action," she said. "If the film had audio description, I would hear, 'Charlie is creeping down the hall with a baseball bat in his hand,' and so forth. I wouldn't have to ask what was going on...and it [wouldn't] disrupt anyone else," she said.

Nelis Dupont said the closest theatre which regularly shows English-language films with audio description is in Brossard, an hour away. She said she believes more widespread use of audio description devices in local theatres would help bring more blind and partially sighted people and their families and friends back to the movies. Her petition has

received more than 360 signatures as of this writing, and she plans to launch a flyer campaign in the next few months. She said she has yet to receive a response from the Princess Cinema.

"The Princess Cinema is wheelchair-accessible, and that's why I want to support it," added Nelis Dupont, who also uses a wheelchair. "We have wheelchair-accessible seats. We have subtitles. It would be great if we had four or five audio description devices."

Local cinema entrepreneur Yvan Fontaine owns the Princess Cinema and four other theatres in Magog, Orford, Quebec City and the Beauce region. He said he is aware of the petition but does not plan to invest in the devices for the moment.

"It's not that we don't want to do it," he explained. "The equipment is not hugely expensive, but we need to make sure all of our theatres are equipped for it, and that

requires installing transmitters and receivers. We would need to buy and install that equipment and then ensure that the films came with audio description, which not all films do. People don't realize the complexity."

"All of our theatres are wheelchair-accessible, but we have maybe two or three wheelchair users a year," he added. "Just because we are adapted doesn't mean people will come. I don't know how many people have [visual impairments] in Brome-Missisquoi."

He said he and his counterparts at the Association québécoise des propriétaires du cinéma have been asking for greater support from the Société de développement des entreprises culturelles (SODEC), the provincial crown corporation that supports film and TV production. He said theatre owners have asked SODEC for funding to support installation costs and assurances that future Quebec-made films will include French-language audio description tracks. "We've been told that is not a priority for them right now," he said.

SODEC communications director Johanne Morissette was not able to comment at press time.

She said she believes more widespread use of audio description devices in local theatres would help bring more blind and partially sighted people and their families and friends back to the movies.

Horizon pour Elle is an important resource in our area

By Louise Smith

Betty, from Horizon pour Elle, spoke at Emmanuel United Church on Sunday. Horizon Pour Elle works with the Welcome Project at Emmanuel where women leaving the shelter receive linens and other support.


Horizon pour Elle offers shelter and assistance for women, with or without children, who are victims of domestic abuse. It has accommodation for up to seventeen people, but shelter is not the only resource available. The main mission of the organization is to allow women to regain power over their lives.

Horizon pour Elle provides services in person or over the phone, and supports women during any procedures related to their situation. Prevention and awareness is also part of the goal of Horizon pour Elle. Service is available in English and in French.


To access their activity report for the 2021-2022 year, go to their website, www.horizonpourelle.ca. Donations are always needed and are welcome. A donation can be made at Canada Helps at www.canadahelps.org or a cheque can be sent to Horizon Pour Elle, P.O. Box 248, Cowansville, J2K 3S7. The phone number for Horizon Pour Elle is 450-263-5046.



LOUISE SMITH

Brome County
NEWS 

WHERE TO FIND BROME COUNTY NEWS

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<p>BEDFORD: Sonic Gas Station</p>	
<p>COWANSVILLE: Super C Ultramar (605 Bd Jean-Jacques-Bertrand #101) Jean-Coutu Pharmacie Julie Coderre IGA Daigneault Shopping Mall (Downstairs BulletinBoard) BMP Hospital Esso Provisoir</p>	
<p>DUNHAM: BMR Quincaillerie-Dépanneur chez Ben Buanderie (Laundromat) Quincaillerie, J.P. & F. Larochelle</p>	<p>STANBRIDGE EAST: Dépanneur Stanbridge East</p>
<p>FRELIGHSBURG: Tradition</p>	<p>SUTTON: Publisacs</p>
	<p>WATERLOO: Dépanneur Dixie</p>

Adjusting in the field



BEHIND THE LENS

DARREN MURPHY

As a photographer, there's nothing more disappointing than taking what you believe to be great shots, only to find out during post processing many are out of focus. I can't even begin to tell you how many times this has happened to me after a day out in the field. I've scrapped many owl flight shots, along with others, because they were simply too blurry. As I'm sure I am not alone, there are several reasons why this happens to both amateur and seasoned photographers.

Many of today's cameras are made with anti-vibration technology. This has proven to be a real boost for wildlife photographers. Its purpose is to minimize the effects of camera shake by compensating for camera movement. The technology used varies. It may be the body's moving of an optical element in the lens or by adjusting the position of the photo sensor. Regardless of which is applied, the end result is similar -- a gain in shutter speed of between one and three working stops. Don't be fooled into believing this is the magic solution. It definitely helps, but you still need to apply some other tricks to ensure a tack-sharp photo.

The way you hold your camera when shooting is the single most important

element when trying to reduce camera shake. Stand with your feet slightly apart with your arms tucked firmly at your sides. If you have an opportunity to lean against something, like your car or a tree, then do it. Always support your camera with both hands, press your eye firmly against the viewfinder, take a deep breath and push the shutter button. Using camera supports such as tripods or monopods is highly advised. When using either of these in the field, try and keep the center of gravity low for added stability. In other words, only extend the tripod legs or monopod leg as high as necessary. If you shoot from your car or truck, try opening your window and use a bean bag for your support. It works quite well as your car door is acting as a support.

Once you've mastered these image stabilizing techniques, you'll be ready to try shooting from a canoe or kayak. Be forewarned, this is not easy. The movement of the water, wind and even the slightest rocking of your vessel will make your outing more difficult. Personally, I wait for days where the wind is not a factor and try to use what's in the body of water I'm exploring as a shield. For instance, an island in the middle of lake can act as a photo blind, and a place where you can steady your canoe or kayak makes shooting much easier. This applies in a bog or swamp too. High grass cuts the wind and gives you a much more stable base for shooting, not to mention it acts as pretty good cover. When in my kayak, I always use a monopod. I adjust the leg just high enough where the camera height is workable and easy to manipulate. With the image stabilization my Canon lenses have, if the water is relatively calm, chances are I'll have some good clear pics at the end of my outing.

Two summers ago, on Lac Long I had the opportunity to follow a loon family for a few months. After a while,



they got used to my presence and even allowed me to get much closer than usual. One afternoon in particular, I was at the south end of the bog and was happily snapping pictures of the mother, father and two chicks. The water was a little rough and getting that tack sharp image was becoming a futile effort. Luckily, the family headed towards a small island at the end of the bay. I was able to circle around on the south side where the water was calm and anchored myself waiting for them to come my way. The water was a sheet of glass, totally protected from the wind on my side. Within minutes they rounded the corner probably twenty feet away from me. I was ready with my monopod and snapped some of the best loon photos I've ever taken. I knew the pics were good, but I was thrilled when I got home and started post processing in Lightroom. Crystal clear images that I would not have been able to get with the use of my image stabilizer and monopod alone. So, be prepared!

Last week, I had mentioned the Quilliams Reserve as a place to go for wildlife pics. A few people have

private messaged me inquiring about additional places they could launch a canoe or kayak. For those of you who don't know, Lac Orford is another hotspot for camera enthusiasts. There's public access off the highway leading to the town of Eastman. If you launch and follow the shoreline, you'll eventually come to a feeder stream that leads you into the back estuary of this incredible lake. It reminded me of paddling through the bayou in Louisiana years ago. This area is a haven for blue herons, white egrets, osprey, hawks, turtles and a multitude of duck species. These backwaters are very calm, perfect for shooting pics from your canoe or kayak.

Finally, it's usually around November that the Snowy owls begin their trek from the Arctic tundra to parts of eastern Ontario and Quebec. This of course depends entirely on the availability of their favorite prey -- the lemming. If numbers are low, then expect to see the owls back in their favorite hunting grounds nearby. Some arrive early and are much easier to spot in farmer's fields and airport runways due to the lack of snow.

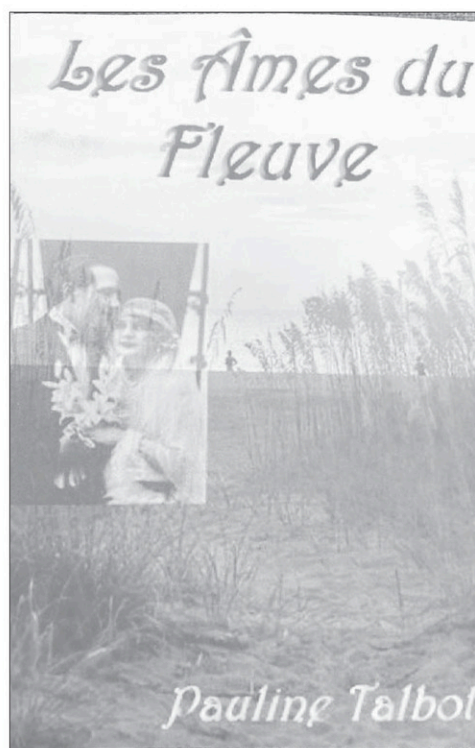
Meet Pauline Talbot, local Cowansville writer

By Louise Smith

At the Emmanuel Christmas Sale there a table with an author and her works amid the Christmas crafts. Pauline Talbot is a retired teacher who lives in Cowansville. Talbot is a poet, a children's author, and the writer of novels too.

She is a self-publishing author, with her first work published in 2020. Talbot's central character in her children's books is Bo-Ti-Beu, a little cow. She purposely uses black and white illustrations so that they can be coloured in. Talbot started out writing poetry and published a book on the seasons. She has since written a novel and is currently working on a sequel.

Pauline's first language is French, but she is bilingual and has already started to translate some of her work. She began with translating her poetry and will soon publish an English version of Bo-Ti-Beu. Brome Missisquoi County is full of talented people.



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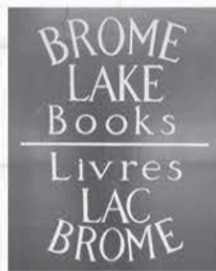


Vicki Smith,
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3 helpful tips to boost your immune system as you age

(NC) As we age, our immune system weakens, which is why older people are more susceptible to getting sick and often take longer to recover from illness than they did before. So, the older we get, the more important it is to give your immune system the support it needs. Here are three ways you can do that.

Eat well

The food you eat is the fuel your body needs to function. Consuming a variety of foods, including plenty of fruits and vegetables, to get all the nutrients you need while minimizing the amount of processed foods you eat will help you stay healthy.

Smoking and drinking alcohol both negatively affect your immune system, so you should avoid or minimize consumption of both if you're looking to boost your immunity.

CONT'D ON PAGE 10

L'Équipe d'accompagnement Au Diapason is offering again this year a grief support group.

If you have recently lost a loved one (spouse, parent, sibling, or child) and not necessarily at the Diapason, and would like to join our support group, please contact us at **450-534-2002** and ask to speak to Pierrette Parent.

Our services are offered **free of charge** to residents of Brome-Missisquoi and Haute-Yamaska regions.

Meetings will begin as soon as we have the right number to form a group.

We also offer individual help.



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Boost your immune

CONT'D FROM PAGE 9

Remember adult vaccines

Throughout one's life, vaccination including adult vaccinations provides effective protection against disease. While many of us are familiar with childhood vaccinations, they don't provide lifelong immunity against every disease. As well, some vaccines are prescribed only for adults.

Adults require helper, or booster shots to maintain immunity for some conditions. And, if you didn't get all your shots as a child, you could still be at risk of infection from vaccine-preventable diseases.

For example, if you are among the 90 per cent of Canadian adults over 50 years old who've had chickenpox – you should consider a vaccine to help prevent shingles. It's a painful disease caused by the same virus that causes chickenpox.

Exercise regularly

Regular exercise improves your cardiovascular health, lowers blood pressure and helps protect against a variety of viruses and diseases.

A balanced diet and regular exercise will also help you maintain a healthy body weight, which in turn helps boost your immune system.

While exercise is important,

allowing your body to rest is equally valuable. Sleep is the tool your body uses to recharge its batteries, including your immune system.



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What all Canadians should know about rising rates of kidney disease

(NC) Let's debunk a myth about kidney disease: it does not only affect people with high-risk factors such as diabetes and high blood pressure. It can affect people who seem otherwise perfectly healthy and fit, including children and teens.

It's estimated that nearly four million Canadians suffer from kidney disease, and about 4,000 die from it annually.

Because kidney disease can progress without any noticeable symptoms, many Canadians are unaware they have any issues until permanent damage has occurred and life-saving treatment is necessary.

For those in later stages of the disease, dialysis is the go-to treatment. It often leaves patients and families physically and emotionally overwhelmed. Dialysis can involve four to six hours of treatment, three to six days per week for the rest of the patient's life, often with distressing side effects. This extensive treatment also uses significant resources and dollars from the health care system.

But dialysis is just a bridge to help people get to the best treatment option: a donor kidney. Almost 80 per cent of Canadians on the waiting list for an organ transplant are waiting for a kidney. Currently, wait times for kidneys from deceased donors are four

years or more, meaning most patients die before receiving a transplant.

However, there is a life-saving alternative: living organ donors. You do not need to be related to the recipient to be a match. If you are healthy enough, you could be a match for a neighbour, friend or stranger.

If you have a medical condition that increases your risk of kidney disease, speak to your doctor about monitoring your kidney function. Find more information about kidney disease and living organ donation at kidneyalliance.ca.



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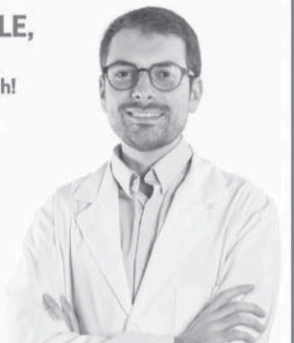
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450-242-2020

3 important vaccines to get this fall

(NC) Fall brings many great things, from the beauty of the leaves changing colour to relief from the summer heat and humidity. It's also the start of flu season. This year, in addition to the annual flu strains that are circulating, there are two other viruses to be wary of: RSV and COVID-19. Here's what you need to know about each.

Seasonal flu

The flu, short for influenza, is not one, but a variety of contagious viruses that circulate year-round. In Canada, flu season starts around October, right when we start spending more time indoors. Common symptoms include headaches, chills and a cough. A fever, muscle aches and general fatigue can also occur. But the flu is nothing to sneeze

at. Every year, approximately 3,500 Canadians die from flu-related complications.

Health officials around the world work together to determine the most threatening flu strains going around and develop a flu vaccine that targets the most prevalent strains. The strains and vaccine formulation change every year, which is why you should get your shot annually.

RSV

Respiratory syncytial virus, or RSV, is a common, highly contagious virus that affects the lungs and airways. RSV is increasingly recognized as a major health threat, particularly to young children, those who are immunocompromised and older adults. Although the virus can affect all ages, its impact on older adults is significant. The virus can cause severe respiratory issues, including pneumonia. This past August, Health Canada approved a new RSV vaccine in Canada for people 60 and over.

COVID-19

As much as we'd all like it to just be a distant memory, COVID-19 variants are still circulating around the world. In fact, it's expected that the COVID-19 virus will continue to mutate and will eventually become part of the strains that make up the seasonal flu.

This year, Health Canada is recommending that everyone five years and older who has completed their initial series of COVID-19 vaccines get a booster shot.

You can get your flu shot and COVID-19 booster at the same time at local pharmacies.

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Hidden treasure no longer – the Nelson Shield at Heroes’ Memorial School

By Louise Smith

Stories from Thursday lecture

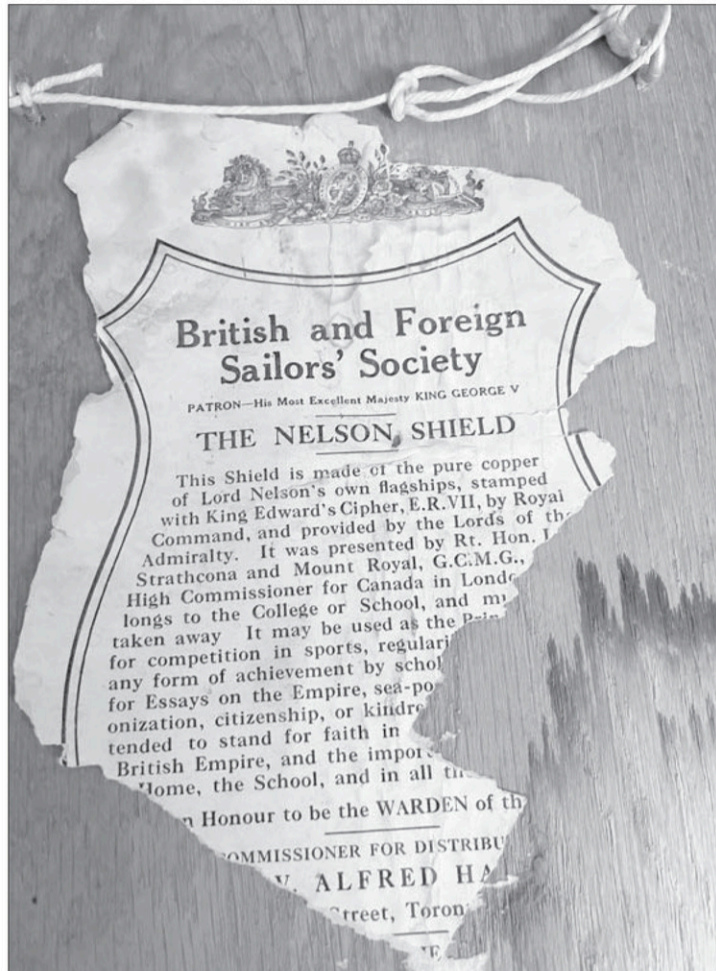
It was time for stories from Cowansville High School and Heroes’ Memorial School last Thursday evening. Norma Dougall Sherrer spoke as a guest about her days as a student in school many years ago. The 1952 year-book was Norma’s grade nine year. She was able to recite all of her homeroom teachers from grade one to grade eleven. Grade one was Grace Shufelt, who later became Grace Howard. In grade two she had Shirley Teel. In grade three it was Ruth Bibby. Grade four was Alice Fulford. Grade five was Mildred Ness. Grade six was Marion Phelps, and Norma had Mary McCutcheon for both grade seven and grade eight. Grade nine was Bernice McClatchie. Grade ten was Doris Welch. Her grade eleven teacher was Gordon Brown. During her time at school she had seven different principals, starting with Mr. Arthurs, Mr. Willis, Major Woods, Merton Tyler, Gordon Brown and ending with Mr. Patch. Major Reubens was her gym specialist and Mlle Brouillette was her French teacher. Home economics was important during her time at school, and she had three different teachers, Mrs. Church, Miss Wright who became Mrs. Boright, and Norma Knowles. Several people in the class reminisced over people and events during their time at school.

They discussed Marion Phelps and Evelyn Beban Lewis’s importance to the wider Brome-Missisquoi. Both of these remarkable teachers lived past one hundred, and they were active in the community for decades. Marion Phelps was a key mover and shaker at the museum in Knowlton. She was quick witted and knew her history! Evelyn was one of the founders of the Heroes’ Memorial Bursary Fund, and she was active in the Trinity Anglican Church, the Women’s Institute and the Order of the Eastern Star. She volunteered to teach music to Kindergarten classes for many years after her retirement. She wrote articles for the Sherbrooke Record until her nineties.

The Nelson Shield

Attendees admired the Nelson Shield, engraved in 1907. The British and Foreign Sailors’ Society gave the shield to schools in Britain and Canada as an annual honour. Norma remembers it being on display in the school when she was a student in the late 1940s and early 1950s.

The shield was found in a cupboard several years ago, and no one seems to know when it was last awarded to a student. Part of the writing on the back has been torn off. What is left reads: “This shield is made of the pure copper of Lord Nelson’s own flagships, stamped with King Edward’s Cipher, ER VII, by Royal Command, and provided by the Lords of the Admiralty. It was presented by Rt. Hon. Lord Strathcona and Mount Royal, G.C.M.G., and High Commissioner for Canada in London. This shield belongs to the college and school and must not be taken away. It may be used as the for



Part of the text on the back of the shield is missing. If anyone knows of another shield, it can help to fill in the missing text.

competition in sports, regular.....or any form of achievement by scholastic means. for Essays on the Empire, sea-colonization, citizenship, or kindred.....intended to stand for faith in God....., the British Empire, and the importance of, the Home, the School, and in all the

It is an honour to be the Warden of the Shield. “

On the front of the shield to the left is a quote from Admiral Nelson: “England Expects That Every Man Will Do His Duty”, signaled to his fleet before the battle on Oct. 21, 1805. The bottom of the shield has a Latin quote, “Palman Qui Meruit Ferat.” It literally translates to “Let whoever earns the palm (reward) bear it.” The quote refers to the Roman custom of awarding a palm branch to a victorious gladiator. Loosely translated it means, “Achievement should be rewarded.”

In 1905, on the centennial of the death of Admiral Nelson, the HMS Victory went under extensive restoration. According to Don Willcock of the Peterborough Museum and Archives, funds for the centennial were raised by selling memorabilia, medals, badges and shields made from Victory’s copper hull sheeting. Victory shields were made available to schools in England and Britain by the British and Foreign Sailors’ Society. The HMS Victory vessel and a portrait of Admiral Nelson is etched out in copper on the shield.

Heroes’ Memorial is celebrating its centennial this year. Anyone who knows more about the shield or of anyone who was named “Warden of the Year” should contact the school.



The Nelson Shield is made from copper from Horatio Nelson’s ship, the Victory. The Victory and a portrait of Admiral Nelson is on the front of the shield.

Do any of the other schools within the Eastern Townships School Board have their shield? If so, perhaps one of those shields has the complete text on the back.

Admiral Horatio Nelson

Admiral Horatio Nelson is important to the history of Cowansville. Nelson died in a sea battle on Oct. 21 in 1805. He had a high number of decisive British naval victories during the French Revolution and the Napoleonic Wars. He is regarded as one of the greatest naval commanders in history.

In 1806, one year after Nelson’s death in the sea battle off Trafalgar, Spain, part of what is now known as Cowansville was renamed Nelsonville by Jacob Ruiter. Ruiter arrived in the area in 1798, opening and operating a flour mill and a saw mill. The area was known as Ruiter’s Mills, until Ruiter renamed it Nelsonville in 1806.

Until recently, the sign outside of Trinity Anglican Church had the parish of Nelsonville on its front. The new sign does not reference to Nelsonville, but an old sign can be seen on the historic plaque in front of the church. The area of land, made into a mini park area, with the Victorian lamp and large painting on the side of the BMO Bank, at the corner of rue Sud (South Street) and rue Principale (Main Street), is known officially as Place Nelsonville. The seniors’ residence directly across from the Bank of Montreal was once the Nelson Hotel. Norma remembers that several teachers used to live in the Nelson Hotel.

Nelsonville remained the name



PHOTOS COURTESY OF LOUSIE SMITH

Trinity Anglican Church, for a long time, had the Parish of Nelsonville on its sign. This is from the historic plaque in front of the church.

of the town until 1876. In 1841, Peter Cowan, a Scottish merchant, who had served in the military before coming to Canada, opened a post office in Nelsonville. At that time, there was a town called Nelson in Ontario, and mail apparently was often misdirected between the towns. In 1876, the town council changed Nelsonville to the town of Cowansville.

Upcoming lecture

This Thursday, Oct. 26, Michel Racicot will present a lecture at Missisquoi Community School, in Heroes’ School, on the history of Heroes’ Memorial and the history of the Missisquoi Community School. Anyone wishing to attend may come for an attendance fee of only four dollars. The class is from 7:30 p.m. to 9:00 p.m. and is in the room across from the staffroom.

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Death

Death

Douglas CHARBY SR.

1945 - 2023

Douglas Joseph Charby Sr. passed away suddenly on Friday, October 13, 2023. He leaves to mourn his wife of 58 years, Estalene (Davis), his sons Douglas (Susan Pereira) and Terry (Liliana Zuniga), as well as his grandchildren, great-grandchildren, brothers and sisters and many nieces and nephews.

As per his wishes, a graveside service will be held at a later date.

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Doris May HASTINGS

1924 - 2023

At the Foyer Sutton, peacefully in her sleep, passed away on October 17, 2023, at the age of 98, Miss Doris May Hastings.

She leaves to mourn her niece Janet Hastings-Dummer (from Georgia, USA) and her dear friend Annie Dudley (late Eugene Jones) from Cowansville, Qc.

We would like to thank all the staff of the Foyer Sutton for the good care and dedication to Miss Hastings.

Funeral will take place at a later date.

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Today in history

In 1260, under Pope Alexander IV, Chartres Cathedral in France was consecrated. Completed in less than 30 years, the structure represents high Gothic architecture at its purest.

In 1537, Jane Seymour, the third wife of England's King Henry VIII, died 12 days after giving birth to Prince Edward. The prince later became King Edward VI.

In 1648, the Peace of Westphalia ended the Thirty Years War and effectively destroyed the Holy Roman Empire.

In 1788, Sarah Hale was born near Newport, N.H. She worked as an editor and writer as well as a women's rights activist. But she is best known for composing the children's poem "Mary Had a Little Lamb," published in 1830.

In 1852, the Toronto Stock Exchange, the largest stock market in Canada, opened for business. It was formed by a group of Toronto businessmen who created an association of brokers to set up a market in industrial securities. They first met informally but eventually established a common meeting place and formal rules and regulations.

In 1858, Canadian pianist and lecturer W. Waugh Lauder was born in Oshawa, Ont.

In 1861, the first transcontinental telegraph message was sent as California Judge Stephen J. Field transmitted a telegram to U.S. President Abraham Lincoln in Washington.

In 1901, Anna Edson Taylor became the first person known to go over Niagara Falls in a barrel and survive. The 50-year-old widow performed the stunt to raise money to repay a loan due on her Texas ranch. But her dreams of fame and fortune failed to materialize and she died in poverty in 1921.

In 1903, the Grand Trunk Pacific Railway received a charter to build a line between Quebec and Winnipeg.

In 1917, a memorial in honour of Alexander Graham Bell, the inventor of the telephone, was unveiled in Brantford, Ont.

In 1926, a beam system of wireless transmission to England was inaugurated in Montreal.

In 1929, "Black Thursday" marked the crash of the stock market in the United States and triggered the Great Depression.

In 1931, Chicago gangster boss Al Capone was given an 11-year jail sentence and fined \$80,000 for tax evasion. He served eight years.

In 1939, nylon stockings went on sale for the first time, in Wilmington, Del.

In 1945, the United Nations formally came into existence. The idea of the UN was to foster an ideal of collective security and thus prevent any future world wars. It describes itself as a "global association of governments facilitating co-operation in international law, security, economic development and social equity."

In 1945, Franklin Carmichael of Orillia, a member of Group of Seven painters, died in Toronto.

In 1972, Jackie Robinson, the first black major league baseball player, died at age 53.

In 1976, Hua Kuo-feng succeeded the late Mao Tse-tung as chairman of China's Communist party.

In 1980, the merchant freighter "SS Poet" left Philadelphia bound for Port Said, Egypt, with a crew of 34 and a cargo of grain. It was never heard from again.

In 1989, U.S. television evangelist Jim Bakker was given a 45-year jail sentence and fined \$500,000 for defrauding his followers. He served five years in prison.

In 1990, the RCMP announced it would allow native officers to wear their hair in braids while in uniform.

In 1991, "Star Trek" creator Gene Roddenberry died in Santa Monica, Calif., at age 70.

In 1992, the Toronto Blue Jays became the first team from outside the U.S. to win the World Series. They defeated the Atlanta Braves four games to two. Dave Winfield's two-run double in the 11th inning knocked in the winning run in the Jays 4-3 victory. The game ended after midnight (ET) and some purists might argue the Series was won Oct. 25.

In 2002, police arrested John Allen Muhammad and Lee Boyd Malvo as suspects in random sniper attacks that killed 10 people in the Washington, D.C. area as they did everyday activities such as shopping and getting gas. (Muhammad was executed on Nov. 10, 2009 while Malvo is serving a life sentence in Virginia.)

In 2003, three Concorde swooped into London's Heathrow Airport, joining in a spectacular finale to the era of luxury supersonic jet travel.

In 2005, U.S. civil rights pioneer Rosa Parks died at age 92.

In 2005, final results indicated that Iraq's constitution was adopted by a majority of voters in the Oct. 15 referendum.

In 2006, Ontario Superior Court struck down a portion of the legal definition of terrorism, ruling it infringed on constitutional guarantees of freedom of religion, thought and association.

In 2007, the U.S. government acknowledged for the first time that the 2002 deportation of Syrian-born Canadian Maher Arar to a Syrian jail was not handled properly.

In 2009, Cathie Gauthier was found guilty of first-degree murder in the killings of her three children as part of a New Year's Eve murder-suicide pact with her husband in their home in Saguenay, Que. (In 2013, the Supreme Court of Canada rejected her appeal.)

In 2017, actor Robert Guillaume, who won Emmy Awards for his portrayal of the sharp-tongued butler in the TV sitcoms "Soap" and "Benson," died at age 89.

In 2018, The Lubicon Lake Band reached a long-standing land claims settlement with the Alberta and federal governments for \$113 million. The Cree band, which was left out of Treaty 8 when it was negotiated by the British in 1899, was also to receive 246 square kilometres of land in the area of Little Buffalo, northeast of Peace River.

In 2018, three insiders from U.S. College basketball recruiting were convicted of fraud by a federal jury in Manhattan. The trial of former Adidas executive James Gatto, business manager Christian Dawkins and amateur league director Merl Code centred on whether their admitted efforts to channel secret payments to the families of top recruits to lure them to major basketball programs sponsored by Adidas was criminal. Prosecutors accused the defendants of defrauding universities, who were unaware of the payments, by tricking them into passing out scholarships to players who should have been ineligible.

In 2018, U.S. regulators approved a plan for the first oil and gas production in federal Arctic waters.

In 2019, British Columbia introduced legislation it said would make it the first province to implement the United Nations Declaration on the Rights of Indigenous Peoples. The legislation mandates the government to bring provincial laws and policies into harmony with the aims of the declaration but does not set a timeline for doing so. The U-N declaration grants Indigenous Peoples the right to redress

or compensation for traditional lands that have been taken, used or damaged without their "free, prior and informed consent."

In 2020, police in Fredericton said writer Richard Vaughan was found dead, 10 days after he was reported missing. The 55-year-old author and video artist, who wrote under the name R.M. Vaughan, was revered in the LGBTQ arts scene.

In 2020, country singer and songwriter Jerry Jeff Walker, who wrote the pop song "Mr. Bojangles," died at 78. He had been battling throat cancer and other ailments for years.

In 2020, federal Conservative Leader Erin O'Toole said Alberta has responded to the COVID-19 pandemic better than the Trudeau government. O'Toole addressed the provincial United Conservative Party's annual general meeting from Ottawa, where he praised the guidance of Alberta Premier Jason Kenney. (O'Toole would later be criticized for his supportive statements after Kenney declared a public health state of emergency in September 2021, due to a surge in hospitalizations that threatened to overwhelm the province's health care system.)

In 2020, the New Democrats won the British Columbia election. Voters gave Premier John Horgan a second term - and a majority - after he took a gamble calling an election during the COVID-19 pandemic.

In 2021, James Michael Tyler, who played Gunther on hit TV sitcom "Friends," died of prostate cancer at age 59. Tyler played Central Perk's manager and was a highly popular character through the show's 10 seasons for his unrequited love for Jennifer Aniston's Rachel.

In 2022, Rishi Sunak won the race to be leader of the U.K. Conservative Party. His only rival, Penny Mordaunt, conceded and withdrew.

In 2022, former Ontario Liberal leader Steven Del Duca was elected mayor of Vaughan. Former journalist Mark Sutcliffe took over Ottawa's top job. John Tory won a third term as mayor of Toronto, Bonnie Crombie secured another victory in Mississauga and Patrick Brown was re-elected as mayor of Brampton. Former Ontario NDP leader Andrea Horwath became the new mayor of Hamilton.



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