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Tim Belford talks four-day work week

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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

New hockey season takes to the ice Friday for the Windsor Wild

Sports - Page 7

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From Coulter Field to the Olympic Games, Cameron Hughes returns to Bishop's

By Michael Boriero

Cameron Hughes has come a long way from his Bishop's University days, where he is often remembered for wearing a purple cape, a hollowed out watermelon helmet, and pumping up the crowd at Coulter Field whenever the Gaiters football team faced an opponent on home turf.

He didn't know it at the time, but his antics on the sideline during those games, and in the stands with the rest of the spectators, would eventually turn into a successful career as a sports entertainer. It all started when his roommate asked him to liven up the football games.

"I will never forget it coming back to my house and carving [the watermelon]

CONT'D ON PAGE 3

"This kind of accident rarely has a single cause"

CNESST delivers report on 2021 Domtar accident



GORDON LAMBIE

By Gordon Lambie

On Wednesday morning the CNESST, Quebec's workplace health and safety standards commission, released its report on the deadly scaffolding collapse at the Domtar mill in Windsor last fall to the public. Based on detailed investigation, the report attributes the incident to two main causes; several shortcomings

in the design of the scaffolding set up, and failure of at least one piece of the structure due to a weight overload, leading to collapse.

"This kind of accident rarely has a single cause," said Maryline Boulianne, inspector with the CNESST, pointing out that the incident took place during routine maintenance on the factory's ten storey digester tank, work that is complex but needed on a regular

basis to maintain the large piece of equipment.

Boulianne reminded those present at Thursday's presentation of the report that the situation last October required a very particular response and created some complications for the completion of her report.

On the night of the accident, Oct. 26, 2021, around 1.30 a.m., during an

CONT'D ON PAGE 3

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HIGH 17
LOW 2



SUNDAY:
SUNNY

HIGH 12
LOW -4



MONDAY:
SUNNY

HIGH 14
LOW -2

My Name is Bernice

A Letter to a Daughter



LINDA KNIGHT SECCASPINA

For years I have been trying to make my eldest daughter, Linda Susan Knight, aware of how much I loved her. I died in the Brome Missisquoi Hospital in September of 1964, the night Linda was confirmed at Trinity Anglican Church. She was taken out of school at 3 p.m., told of my passing, and told to dress up in her confirmation dress and act like nothing had happened.

Sometimes in life you don't have a choice, and I have tried to send her signs to sit, think and remember what we as a family went through and how no one is to blame except life.

Yesterday, her youngest son Perry sent her a link to an article about the Allan Memorial Hospital which was near the Royal Victoria Hospital in Montreal. For years Linda had blocked that name out of her mind not wanting to remember what went on there, and yesterday it clicked—and she remembered. She could not forget about everyone whispering, "The Allan" and her mother's name together in the same sentence when she was a small child.

When I was eight-years-old my mother Gladys Crittenden died of a cancer-related sickness and I was living in Park Extension in Montreal with my father George. As a result, I know how Linda felt when I died— but really, we don't control anything.

Six years later, my father remarried. I got tuberculosis at age 14 and spent years at the Ste. Agathe

Sanatorium because I had lost a lung. When I was sent home to the Eastern Townships years later, I had nothing. They had told my Father I was not going to live, so they burned everything I had — including giving away my beloved piano.

I found a job working at Bruck Mills in Cowansville, Quebec and met my husband Arthur Knight in the Cowansville Post Office. We fell in love, got married Sept. 6, 1947, and built a home on Albert Street that Arthur's father financed. We had a happy few years until I got pregnant with Linda Susan. I had a difficult birth on the hottest day of the year— July 24, 1951, and the forceps had to be used many times to get her out safely which caused her to have petit mal seizures for 28 years of her life.

After her birth I recognized no one— and I wanted to see no one. I was diagnosed with nothing but a 'nervous condition' and sent to the Royal Victoria Hospital in Montreal which was 45 minutes from Cowansville. My mother-in-law Mary Knight looked after Linda and I did not see her again for a year and a half. My husband journeyed as often as he could to see me, but here was a young man who was just as much in the blue as everyone else was. I was told there was no other place to fix me except the Allan Memorial Hospital which was affiliated with the Royal Victoria.

My main treatment took the form of electroshock therapy. I am not here to talk about the good and the bad of electroshock therapy— but, this was the only known treatment for us women who had postpartum depression in the 1950s. All of this was hushed up and no one ever really spoke about it. It just didn't exist.

Things never got better for me, and each time my husband came to see me I screamed for the nurse to throw him out as I had no idea who he was. I knew something was wrong with me, but I had no clue what it was— nor did the doctors.

When my daughter was a year and a half they told my husband

to bring Linda in to see me hoping it would nudge my memory. Linda has always said that she remembers. How could a child remember that night— so young? It must have been a recollection from trauma.

At dinner time she was put on my bed and she touched one of my cards. In anger I tried to strangle her. I just could not take the pressure of being asked questions anymore. The constant drone of voices, the smiling staring faces, and nothing but a desire to slip into a dark and secret place again.

In 1953 a switch flipped and I began to get better and came home. Was I ever the same again? No, not really— but I had another daughter in 1956 named Robin.

She too lost a mother. In 1957 and for the next seven years I had every test and operation known to man because I lost the use of my legs. Years later in 1997 Robin died from Lymphoma. It was decided that I did not die from a heart attack as listed on my death certificate (so people would not talk) but had lymphoma on the spine— but no one knew what it was in the 60s.

These daughters of mine have horror stories to tell you what they saw in hospitals through the years, but it gave them compassion to look beyond that initial glance to who people really are. They always looked for the best in people, no matter if you were a thalidomide child or a neurological patient with frightening bandages.

Yesterday, Linda got the message I was trying to send her after all those years thanks to her son sending that link to the Allan Memorial. I never deserted her, and I loved her, and after years I think she finally gets it. She is finally mourning me. Grief is a most peculiar thing; we're so helpless in the face of it. It's like a window that will simply open of its own accord, and yesterday it did.

This was written through the words of her daughter Linda Susan Knight Seccaspina. In Memory of Bernice Ethelyn Crittenden Knight— 1927- September 1964

Ben by Daniel Shelton



Local News

He had been contacted by Federer's agent only a week before the tournament, and two days later he was on a plane to England.

Cameron Hughes

CONT'D FROM PAGE 1

out and my roommates were like 'what's wrong with you?' and it started my career. I was always a bit crazy in high school but [...] it made me realize how to work crowds and how to be fearless," he said.

Hughes was fresh off a trip to London, where he attended Roger Federer's final match before his retirement at the Laver Cup, when he spoke to The Record on Wednesday. He was there, as always, to put on a show for the crowd, ripping off a dozen Federer t-shirts in over a minute.

"The Friday event itself was intense because the matches were long and the emotions and by the time I performed I was so nervous because you only have 75 seconds, you know what I mean? And you're like the music better work, and the video better work," Hughes explained.

He had been contacted by Federer's agent only a week before the tournament, and two days later he was on a plane to England. According to Hughes, this is just his life and it has been for quite some time now. He is often given last-minute notice to appear at various sporting events.

Now, settled into a cozy boutique hotel in Bromont, Hughes is eager to get back to his roots. He is giving a speech on Thursday at Bishop's University, as well as introducing eight other alumni. He will also be giving out a special prize to one lucky student: half a semester's tuition.

"It is the first time in years," he said about travelling to the region. "I

was the guest speaker for orientation week for 10 years in a row, which was one of the greatest hours of my year. Landing in Montreal, driving down to the Townships, and being a part of that was super special."

It also gives him a chance to reconnect with his family living in the Eastern Townships, as well as old friends from his time at Bishop's in the 1990s. And he is reflecting on his early sports entertaining days, too, which didn't take off until he was recruited by the Ottawa Senators.

An Ottawa native, Hughes attended a Senators game with no particular motive other than to enjoy some hockey. However, he quickly noticed his section was flat and low energy, so Hughes did what he does best, he started to go wild, dancing, chanting, and hyping the crowd.

"I give them huge credit because I got up, I didn't call them and say 'hire me' because that usually never works, and they saw me, they saw what I did, and they kept playing music. They came up to me after and said 'do you want to come back and keep doing this?'" Hughes said.

The Senators kept bringing him back to games to bring life to the crowd, sucking Hughes in with free apparel, jerseys, sticks and other gear. The next year they started to pay him "a few hundred bucks," per game, but when they asked him to be exclusive, Hughes politely declined.

He realized he could use his talent to not only bring energy to a sporting



COURTESY

event, but to inspire folks to be confident, make people laugh, and bring a smile to someone's face. He has since travelled around the world, moonlighting at several major events, tournaments, and games.

Hughes has performed at over 1,500 events including two Olympic Games, five NBA Finals, three Stanley Cup Finals, the US Open tennis tournament, and Just For Laughs. And he even hosted the Grey Cup halftime show in Montreal, which he noted in his book, King of Cheer.

"I convinced them I was bilingual, which is pretty funny in itself, and I hosted the halftime, literally me, at centre field, in the Olympic Stadium in Montreal, and 60 seconds before I

was supposed to go on I bent down to get a bottle of water and my pants split open," said Hughes.

While he owes a lot to the Senators and Bishop's for his professional career, Hughes said his inspiration has always been his mother, who passed away when he was 17 years old. She always taught him to be true to himself. And he continues to appreciate each and every day.

"The day you're not grateful is the day you don't show up to get on the plane. I get to do what I love and make people smile, laugh, and bring some energy. When you see a guy like Roger Federer appreciate it or a fan you've never met, you know it was worth it," Hughes said.

Domtar

CONT'D FROM PAGE 1

extended factory shut-down to allow maintenance work to be carried out in the mill's digester, a team from a specialized company was finalizing the assembly of the upper part of a self-supporting rosette-style scaffolding with 16 levels that rose to almost 128 of the tank's 185-foot height.

While this assembly work was taking place on the upper levels, three maintenance contractors entered the digester to continue their work at lower levels. Two of these workers started work on the seventh level, creating a load exceeding the maximum for the support post. Under that load, the post broke, causing the scaffolding to collapse along with the workers on it. The workers were fatally crushed under the weight of falling rosette scaffolding components and several other workers were injured in the collapse.

According to the inspector, the upper levels of the scaffolding "fell like an elevator" in a complete section, while the lower levers crumbled below. This significantly slowed down the rescue operations since teams had to enter through an upper hatch and

then deconstruct the scaffolding to make their way to the bottom.

The fact that the section of the structure that collapsed was already in pieces when inspectors arrived on the scene also means that there is no way to be sure of some significant factors that may have contributed to the fatal accident.

"This is a report based on design and not on construction," Boulianne said, emphasizing that although a careful simulation of the entire scaffold was put together by a specialized firm and used to analyse multiple different possibilities, there are some places where the facts of the matter will always fall short. "We must be careful not to fall into the trap of speculation," the inspector emphasized.

Among the concerns raised in the report were the use of multiple different kinds of scaffolding from different suppliers and the lack of an inspection prior to the use of the structure.

Mélanie Côté, the CNESST's Director of Prevention and Inspection pointed out on several occasions that the

report's role is workplace safety and not criminal investigations, and none of those representing the commission offered any theories of guilt or responsibility in the case. Boulianne noted that there is nothing to prevent the use of this public report in a future investigation, however.

Outside of that avenue of follow-up, however, the inspector said that information from the report will be shared with the province's construction industry and schools of engineering to help prevent future workplace accidents.



Dany Bernier
SAINT-FRANÇOIS candidate
Conservative Party of Quebec
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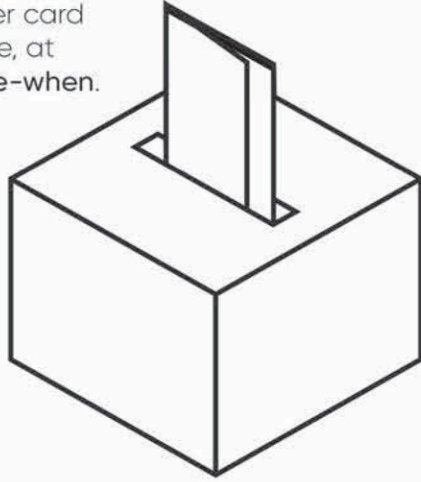
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- Patrice Raza, Official Agent -

2022 Provincial election

Vote on October 3, from 9:30 a.m. to 8 p.m.

Check the address of your polling station on the **yellow** reminder card sent by mail or on our website, at www.elections.quebec/where-when.



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Most places where you can vote on October 3 are accessible. To learn more about the accessibility criteria for each place, visit www.elections.quebec/where-when. If your polling place does not meet your needs, contact your returning officer to request permission to vote at another place in your electoral division.

On October 3,
let's reverse the trend.
Let's all vote.

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Work to begin on new residence and wellness centre at Stanstead College

Record Staff

Stanstead College announced the start of construction for a new junior girls residence and wellness centre on Wednesday. The cost of the project is estimated at \$7.5 million.

A ground-breaking ceremony took place at the site of the new construction on Saturday, Sept. 24, with Stanstead College board chair Jonathan Cowen on hand along with Head of School Michael Wolfe, Associate Head of School Joanne Carruthers and Property Committee chair Martin Béasse.

According to a press release issued by the school alongside the announcement, the project will be financed through donations from alumni and friends of the school as well as school's investments. With a contract for construction awarded to Conceptions Desrosiers of Magog, the new facilities are scheduled to be ready for students by September 2023.

The residence and wellness centre will be the latest additions to the Stanstead College campus, which has seen record enrolment over the past two years. In 2019, the College opened Cowen House for Grade 12 students and closed its junior girls residence in Colby, the school's main building. Since then, Webster House has been the home of all Grade 7 to 11 girls.

With the addition of a new girls prep hockey team last year, the demand for spaces for young girls has

further increased.

"When we closed the junior girls dorm in Colby, we knew we would need to build a new junior girls residence eventually," Carruthers said. "That time has come."

The new junior girls residence will have 26 beds for boarders and spaces for 12 day students as well as three apartments for house directors.

"I can't wait to see new traditions that will be made and passed on for generations of junior girls in this new and modern residence," said Director of Advancement Jesse McRae at Saturday's ground-breaking.

The new residence will be built on the southern edge of campus near the former site of the school's health centre, which was demolished last spring. The new wellness centre will be constructed adjacent to the residence.

The school says that the new wellness centre will reflect a "more holistic approach to student wellbeing," with a staff that includes two nurses, a full-time counsellor, an athletic therapist and an occasional doctor. The facility will include living areas for two nurses and their families and a third area for an on-call nurse. It will also include beds for 10 students as well as a concussion assessment room.

Stanstead College is an independent boarding and day school for boys and girls in Grades 7 through 12. The school has a current enrolment of 267 students from Canada and around the world.



COURTESY

Stanstead College Associate Head of School Joanne Carruthers, board Chair Jonathan Cowen, Head of School Michael Wolfe and Property Committee Chair Martin Béasse

The Border Report

We do our little part to help kids find their way onto fulfilling paths. Many other organizations are working alongside us to do the same.

We tip our hat to the Lampe Foundation



The Eastern Townships is a very special place to hail from. We have a rich and diverse history that has a unique anglo/franco twist to it. Phelps Helps believes in Townshippers and everything they have to offer the rest of the world. We try to teach our students that they have an important perspective and that they need to stretch out beyond our little village, dream big and let their voices be heard. There is no better way to make your community proud.

We do our little part to help kids find their way onto fulfilling paths. Many other organizations are working alongside us to do the same. One that we have particular appreciation for is the Lampe Foundation. It is a non-profit organization strongly committed to supporting students of the Eastern Townships. They have secured funding for a number of essential scholarships. These scholarships allow students to pursue and continue pursuing educational pathways that will enrich their lives, the lives of their families and in turn the health of our community.

Worth noting are a few upcoming scholarship deadlines: Oct 30 is the deadline for the Tillotson Foundation Health Award. The

recipient must be pursuing a nursing program at Champlain College on a full-time basis and must intend to eventually practice in the Eastern Townships. The award is valued at \$1,000. Students from the Coaticook MRC or its neighboring regions will be given precedence. There is an identified need for nurses in our area and we are so pleased that Lampe Foundation will support a student that has committed to this heroic career.

Another opportunity coming to a close on Oct 30 is the One-room Schoolhouse Scholarship for Elementary Education. This scholarship links a student of today to the legacy of teachers who educated generations of Townshippers in tiny, wood-stove-warmed school houses. The recipient must be enrolled in full-time Elementary Education at either Bishop's University or University of Sherbrooke. A successful applicant must have already obtained 90 credits and students from the Eastern Townships will be given priority, however, all Canadians are welcome to apply.

We are very fortunate to collaborate closely with this exceptional organization. Phelps Helps and the Lampe Foundation partner to give away four scholarships each year

FRONTIER ANIMAL SOCIETY

Featured pet: Luka

Although Luka rhymes with Lucky, Luka hasn't had the best of luck lately.

Sadly, Luka was surrendered into our care when his former owner moved and was not able to bring Luka with him. Unfortunately, it's a scenario that plays out a lot here in Quebec.

Two-year old Luka is a wonderful cat with a calm and gentle nature. He is affectionate and loves human attention. When being pet and fussed over, Luka will show his appreciation with lots of purring and gentle head butts.

Although it's never easy, Luka made the transition from a home to a shelter with relative ease so he should adapt to his new home pretty quickly. He would be fine sharing a home with another calm and friendly female cat.

If you are looking for a sweet young cat with whom to share your life, one who will be a friendly and loving companion, lovely Luka is a great choice.

To inquire, please give our cat adoption coordinator Linda a call at 819.868.2684 or send an email to frontieranimalsociety@gmail.com



to well-deserving local students. Of these scholarships, two are for high school graduates pursuing post-secondary education and the other two are reserved for students currently enrolled in post secondary education. If you or anyone you know may benefit from any of these scholarships, please visit, www.lampefoundation.org or reach out to us at info@phelpshelps.ca for more

information

Phelps Aide Phelps Helps was founded in 2012 and has grown organically from a single high school tutoring program to six unique programs, providing the Stanstead area with free educational and career support. For more information or to volunteer, please email us at info@phelpshelps.ca, visit our website www.phelpshelps.ca or call our offices at 819-704-0799



The winners of last year's Lampe awards

COURTESY

EDITORIAL

Cutting out Monday or Friday could be the best of both worlds; you get a little more time with your family, one less commute and still get the job done. Or would you?

A four-day work week 'sounds' good



TIM BELFORD

There is no denying it, the advent of COVID-19 has brought many changes to our lives. Mask wearing, avoiding crowds, frequent hand washing and learning to recognize old friends by the way they dress or by eye colour alone, have all become part of our daily existence.

One of the biggest changes for many Canadians has been working at home; no more nasty morning commute, no more lunch packing and no more boss looking over your shoulder, except maybe in a digital way. For many, this has meant a better work/life balance and a chance to make the 'rat race' a little more tolerable. For others, however, it's created a craving for human contact, office gossip and a desire to get back to the desk.

One interesting side effect has been a concerted desire, in some quarters, both personal and official, to think about a four-day work week. Cutting out Monday or Friday could be the best of both worlds; you get a little more time with your family, one less commute and still get the job done. Or would you?

Let's face it, most people would opt for the extra day off but how it would work, in a practical sense, is still up in the air.

A lot has changed since the rulers in Babylon, some 4,000 years ago, determined that a seven-day work week would increase productivity. The fact that it would also likely lead

to an early death, no family life and a really disgruntled work force didn't seem to matter.

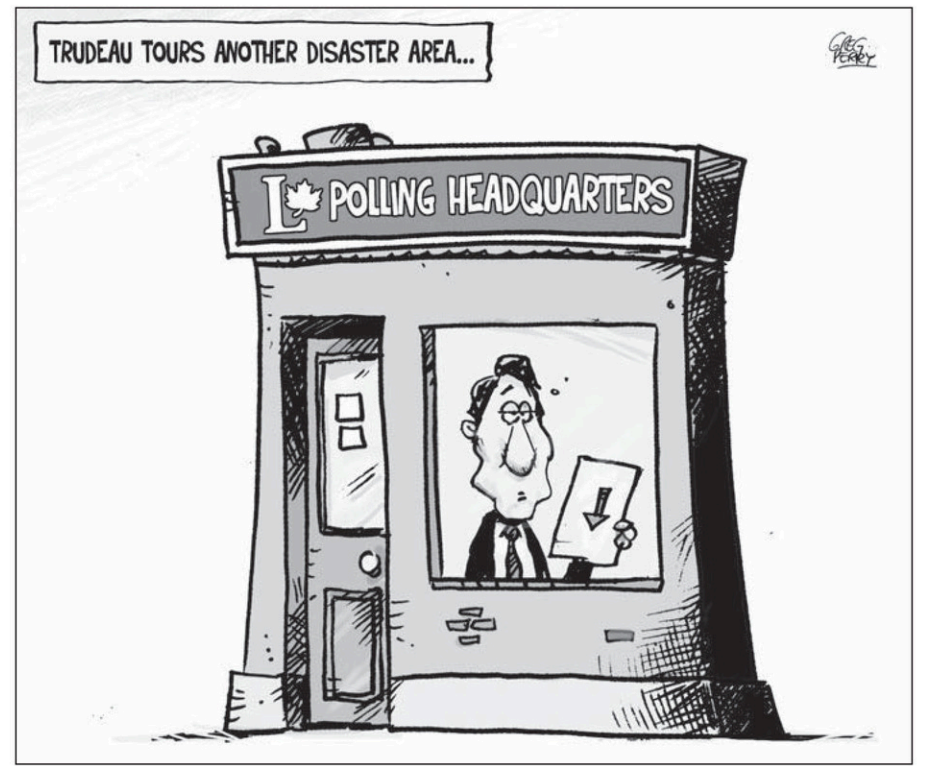
The man credited for the five-day, 40-hour, work week seems to have been Henry Ford. Ford, the inventor of the modern assembly line, apparently didn't come to this decision because of any altruistic feelings toward his work force. Giving his workers two days off, he reasoned, would allow them to shop, relax, raise a family and eventually come to the realization that they needed to buy a car.

In the United States, President Franklin Roosevelt made it official with the Fair Labor Standards Act of 1938. It made the 40-hour work week law and also had something to say about child labour, overtime and job safety. It also came to be the be-all and end-all of how to define a work week.

Today, the debate has already begun. Should the new work week maintain the 40-hour schedule but do it over four days? Employers could accept that, but ten hours a day might sound a bit heavy for a worker. Reducing the week to four days but limiting the day to the existing eight hours is likely a non-starter for management, although 32 hours per week would be just fine with employees.

The unions pushing for the change say why not have people do the 'same' amount of work but over four days. Management's reply to that is simple; if they can do the 'same' amount of work over four days, how much time have they been wasting up to now? They also want to know if workers on a four-day, 32-hour week would still expect an hour for lunch and at least one coffee break?

Just as working from home proved to be a double-edged sword, particularly if you had a couple of children tearing around the 'office' demanding attention or a dog who decided he needed to be walked every hour, an altered work week with fewer days or shorter hours sounds good but getting there won't be easy.



Letters

Democracy - Lower the voting age to 16

One thing that is common during elections is always the worry about voter turnout. Here is a thought worth exploring.

Quebec's Education Act promotes the idea of introducing high school students to democracy via student councils, students serving on Governing Boards, and Article 211.1 states that school boards must provide a form of student representation with the council of commissioners.

Meanwhile, Élections Québec has been putting out guides aimed at educating our youth with pertinent information about programs on democracy. Indeed, the word is: "The youth of today are the citizens of tomorrow" - «Nos jeunes d'aujourd'hui sont les citoyennes et les citoyens de demain.»

Yet, because of their age, these students are not allowed to vote in the municipal, provincial, or federal elections.

So why not lower the voting age to 16?

Consider the fact that turning 16 has special significance in our culture. For example: at 16, citizens can drive, get married and work for the first time without restrictions on the number of hours.

Young people are expected to follow the law but have no say in making it. They are also likely to follow the law regarding taxes. Every year they pay millions of dollars in income taxes but have no representation of how that money was spent. Recall the saying: "no taxation without representation."

In addition to being active taxpayers in society, millions of them volunteer in their communities. Many people under the age of 18 also have "adult" responsibilities - such as being the primary caregiver for a struggling family member, running a business, and making substantial financial contributions to their household.

Many people think that 16-year-olds are unable to make mature and informed decisions about voting, and just vote the way their parents tell them to. Not necessarily so. With the internet, our youth are more educated than ever.

People under the age of 18 have the ability to win a Nobel Prize. Think of Malala Yousafzai who fought for girls' education and was shot in the head for her efforts. Consider Greta Thunberg, the Swedish schoolgirl, who raised awareness about climate and the environment.

Then there's Jordan Romero who at the age of 13 climbed to the summit of Mount Everest because he wanted "to inspire kids to be goal-driven and find their own Everest."

That said, research has shown that when 16 and 17-year-olds engage in civics and the voting age is lowered, there is an increase in voter turnout. Voting is a habitual act - people who vote in one election are more likely to vote in the next.

Let's lower the voting age. It is a sound and ethical choice. This may even trigger some parents and family members to get out and vote.

CHRIS EUSTACE
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Local Sports

The Windsor team had a busy 2021-2022 season with a second-place finish overall in the league and a place in the final against the Warwick Cougars.

New hockey season takes to the ice Friday for the Windsor Wild

Record Staff

The Desjardins – Windsor Wild will begin their new season in the regional hockey league this coming Friday, Sept. 30 when the team, led by Sébastien Letarte, will travel to Val-des-Sources to face the Nordik Blades starting at 8:30 p.m.

The Windsor team had a busy 2021-2022 season with a second-place finish overall in the league and a place in the final against the Warwick Cougars.

That final, some may recall, ran the full seven games before the Cougars bested the Wild.

Looking at the 2022-2023 lineup, Most of the players from last season will be back, so the Wild should stay among the top teams in the league.

It will be necessary to see what the other teams have done during the off-season, however, in order

to really prepare for what this new season has to offer.

Local hockey fans will be able to see the team play on their home ice for the first time this season on Friday, Oct. 7, starting at 8 :30 p.m. when they will face off against the Lac-Mégantic Sauro at Windsor’s J.-A.-Lemay Centre.

Season tickets will also be available as of next Friday for people who want to buy them. They come at a cost of \$60 each and can be used at any point in the regular season.

Fans are also encouraged to make the trip to Val-des-Sources in the mean time to help kick off the 2022-2023 season.

More information on the Desjardins – Windsor Wild can be found on the team’s Facebook page throughout the season at www.facebook.com/wilddewindsor



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Death

Death

Elizabeth Ann PAPINEAU-COUTURE

1960 – 2022

Passed away on September 23, 2022, in Sherbrooke, Quebec in her 62nd year after a courageous fight with cancer. She was born May 1, 1960, in Sherbrooke.

She was predeceased by her infant son Richard (who was born and died on June 17, 1984), her parents Louis Gui (July 31, 1922 to July 24, 1992) and Kathleen Unsworth (January

10, 1927 to November 25, 2004), her nephew Todd Brady King (December 24, 1985 to June 16, 1986), and her older brother Louis Mark Papineau-Couture (November 13, 1948 to February 2, 1989).

Master Corporal Louis Mark Papineau-Couture deceased February 2, 1989 following the January 29, 1989 crash landing of the Lockheed Hercules CC-130E of the Royal Canadian Base coming from Edmonton, Alberta when approaching Fairbanks-Fort Wainwright Airport, Alaska in -46 degrees. Elizabeth was the youngest of the family.

Elizabeth leaves her sister Suzanne Papineau-Couture from Montreal, Quebec, the family of the late Louis Mark Papineau-Couture, Ria, her sister-in-law, their children Brian, Michael and Linda and their grandchildren Grace and Beatrix, Elijah, Lukas and Bennett, all from Edmonton, AB; her brother Bernard and his wife Paulette, their children Paul and Kevin (Gina) and their granddaughter Kathleen Papineau-Couture, all from Fredericton NB; her sister Rose Mary and husband Thomas King, their children Stephen, Patrick and granddaughter Chanel, all from Barrie, Ontario.

All of our grandparents, aunts, uncles and many cousins have passed away over the years. Elizabeth will be missed by her family and friends.

The funeral will be held on Saturday, October 1 at 10 a.m. at the St. Patrick Church, 20 Gordon Street, Sherbrooke, followed by the burial at Saint-Michel Cemetery. The family will receive condolences at the church 1 hour prior to the service.

*We have loved you forever and ever and
you will remain in all of our hearts. R.I.P.*

Memorial donations in Elizabeth's memory may be made to the Canadian Cancer Society (Quebec Division) or to a charity of your choice.

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Black & white value

What is black and white, read all over and serves as a great teaching tool? The newspaper, of course.

Teachers can use the newspaper in a number of ways in the classroom to enhance students' education. They can cut several pieces of art from the paper and have young students just learning to write name them, or clip a feature story from the paper and have older students respond to it in an essay. Whatever the activity, newspapers benefit students. When used in the classroom, they improve students' reading, writing and critical thinking skills, inspire them to participate in discussions and debates, and expand their knowledge of past, current and future events.



THE
RECORD

Datebook

THURSDAY, SEPTEMBER 29, 2022

Today is the 272nd day of 2022 and the eighth day of autumn.

TODAY'S HISTORY: In 1789, the U.S. Congress established a regular army, maintaining several hundred troops.

In 1916, The New York Times reported that John D. Rockefeller, the head of Standard Oil, was almost certainly a billionaire, the world's first.

In 1966, the Chevrolet Camaro debuted for sale in U.S. dealerships.

In 1988, NASA launched STS-26, the 26th Space Shuttle mission and the

first since the Challenger disaster of Jan. 28, 1986.

TODAY'S BIRTHDAYS: Miguel de Cervantes (1547-1616), writer; Caravaggio (1571-1610), painter; Enrico Fermi (1901-1954), nuclear physicist; Greer Garson (1904-1996), actress; Gene Autry (1907-1998), singer/actor; Jerry Lee Lewis (1935-), singer-songwriter; Madeline Kahn (1942-1999), actress; Ian McShane (1942-), actor; Lech Walesa (1943-), labor leader/politician; Bryant Gumbel (1948-), TV journalist; Ann Bancroft (1955-), author/explorer; Russell Peters (1970-), actor/comedian;

Zachary Levi (1980-), actor; Kevin Durant (1988-), basketball player.

TODAY'S FACT: Miguel de Cervantes' "Don Quixote" is widely considered to be the first modern novel. It was initially published in two volumes in 1605 and 1615.

TODAY'S SPORTS: In 1951, NBC broadcast a college football game between Duke University and the University of Pittsburgh. It was the first live sporting event to be televised nationwide.

TODAY'S QUOTE: "For neither

good nor evil can last forever; and so it follows that as evil has lasted a long time, good must now be close at hand." – Miguel de Cervantes, "Don Quixote"

TODAY'S NUMBER: 777.68 – points lost by the Dow Jones Industrial Average on this day in 2008, following the bankruptcies of the financial services companies Lehman Brothers and Washington Mutual.

TODAY'S MOON: Between new moon (Sept. 25) and first quarter moon (Oct. 2).

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.

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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.

NEA Crossword Puzzle

- ACROSS**
- 1 Army officer
 - 6 Conduit
 - 10 Beer producer
 - 12 Reefs
 - 14 Busy
 - 15 Get snarled
 - 16 German water sprite
 - 18 Lunch
 - 19 Changes direction
 - 21 Went quickly
 - 23 Winter Games grp.
 - 24 Prefix meaning "natural"
 - 26 Make watertight
 - 29 Sour-dough's find
 - 30 Pub pint
 - 32 Subpoena
 - 34 River in Russia
 - 36 Way of Laotzu
 - 37 Dr. group
 - 38 Wagon pullers
- DOWN**
- 40 Explosive letters
 - 42 Overalls front
 - 43 Helper
 - 45 Jalopy woe
 - 47 Not masc.
 - 50 Yields slightly
 - 52 Commuters' home
 - 54 Took a break
 - 58 Igneous rock
 - 59 Make a big effort
 - 60 Give out sparingly
 - 61 Binge

Answer to Previous Puzzle

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

- 11 Actor — Harrison
- 12 Footfall
- 13 Collection
- 17 Remote
- 19 Don Diego de la Vega
- 20 Climber's tool (2 wds.)
- 22 Morning moisture
- 23 Item in a poker pot
- 25 Nine-lived pet
- 27 Speedy steeds
- 28 Maximum
- 31 Untold centuries
- 33 File label
- 35 Grazing area
- 39 Small bite
- 41 Foots the bill
- 44 Fine powder
- 46 Comman-deer
- 47 Valentine mo.
- 48 Test
- 49 Poet's inspiration
- 51 Family MDs
- 53 Dock denizen
- 55 Hitch-cock's title
- 56 Day before
- 57 Poor grade

1	2	3	4	5		6	7	8	9			
10					11		12					13
14							15					
			16			17				18		
	19	20				21			22			
23				24	25			26		27	28	
29					30		31		32			33
34			35		36					37		
	38			39		40		41		42		
			43		44			45	46			
47	48	49		50			51					
52			53				54			55	56	57
58							59					
	60						61					

Your Birthday

THURSDAY, SEPTEMBER 29, 2022

Money matters are a highlight this year. Invest in yourself, your surroundings and your health, not in joint ventures or shared expenses. Flexibility and freedom will be crucial. Keep consumption down and your overhead manageable. Concentrate on what's attainable and walk away from what's impossible.

LIBRA (Sept. 23-Oct. 23) – Consider your attributes, skills and schedule, and adjust your lifestyle accordingly. It's up to you to turn your ideas into something tangible, so don't wait for someone to do the work for you.

SCORPIO (Oct. 24-Nov. 22) – Stick to what you know and do best. Don't give anyone a chance to stand in your way. Think outside the box. An innovative, enthusiastic presentation will muster up authentic support.

SAGITTARIUS (Nov. 23-Dec. 21) – Mull over what you want to achieve, but be secretive regarding your plans to avoid interference. Listen to your heart. Expand your workspace or make room for a project you want to pursue.

CAPRICORN (Dec. 22-Jan. 19) – Put everything in its place and leave nothing to chance. Talks will bring about positive change; however, certain actions may leave a sour taste in your or someone else's mouth.

AQUARIUS (Jan. 20-Feb. 19) – You'll come up with a plan that looks lucrative. Explore the possibilities and consider how to invest safely in something you want to pursue. Follow your dreams.

PISCES (Feb. 20-March 20) – Live and

learn. Take the time to look at every angle of a situation. An emotional discussion can ruin a relationship with someone you count on for help. Choose your words wisely.

ARIES (March 21-April 19) – Pick away at a creative idea until you turn it into something tangible. Keep what you are working toward a secret, and you will save yourself from a lecture by someone who lacks your vision.

TAURUS (April 20-May 20) – Speak confidently and share what you know; the response will help you get ahead. Do whatever it takes to boost your reputation, and you'll gain access to where you need to be.

GEMINI (May 21-June 20) – Take time to get to know your peers, neighbors or community members. Emphasize what interests you, and you'll attract people with connections to something you want to pursue. Romance is in the stars.

CANCER (June 21-July 22) – Develop a talent or skill that is forward-thinking and fitting for this moment. Be abrupt if that's what it takes to get others on board. A change will turn out well, as long as you avoid indulgence.

LEO (July 23-Aug. 22) – Listen carefully, say little and look for an alternative to what someone suggests. Refuse to let anyone play with your emotions or make you feel guilty. Say no to anyone pressuring you.

VIRGO (Aug. 23-Sept. 22) – Express yourself passionately, and you'll make progress. What you contribute will change how others perceive you. Take a different route if it will help you gain insight. Share your feelings.

THURSDAY, SEPTEMBER 29, 2022

Remember that partner is human

By Phillip Alder

There are times when an expert makes an abnormal play that works brilliantly. There is someone in the back of the expert's mind telling him that this is the moment to deviate from the textbook. Today's hand is a good example.

North's three-spade rebid was a limit raise, inviting game. South, with a hand not worth an opening bid despite its 13 points, passed promptly.

West led the club seven: three, ace, five. Back came the club jack: queen, king, six. Reading the club position accurately, West switched to a deceptive heart four. East won with the ace, and declarer dropped the jack. Stopping to count the points, East realized there was no future in diamonds, so he returned the heart five: queen, seven, six. Not anticipating the danger, declarer ran the spade queen. However, East won with the king and played a third heart, which West ruffed to defeat the contract.

Note that if West had switched to the heart seven at trick three, playing high-low, declarer would have foreseen the potential ruff. Then he probably would have played the ace and another spade and not risked the finesse.

Apparently, that was a brilliant defense. But now it is time to come

North		09-29-22	
♠ A 10 9 8			
♥ K 8 6 3			
♦ A 4 3			
♣ 6 3			
West		East	
♠ 3 2		♠ K 6 5	
♥ 7 4		♥ A 9 5 2	
♦ J 8 6		♦ 10 5 2	
♣ K 10 8 7 4 2		♣ A J 9	
South			
♠ Q J 7 4			
♥ Q J 10			
♦ K Q 9 7			
♣ Q 5			
Dealer: South			
Vulnerable: East-West			
South	West	North	East
1♦	Pass	1♥	Pass
1♠	Pass	3♠	All Pass
Opening lead: ♣ 7			

clean. That was how West hoped the play would go. But he had a partner who also saw the heart four. Knowing this couldn't be high from a doubleton, East, after winning with the heart ace, returned the club nine! Now declarer could afford to take the losing spade finesse and still make his contract.

The best laid plans o' mice an' bridge experts, gang aft a-gley.

CELEBRITY CIPHER

by Luis Campos

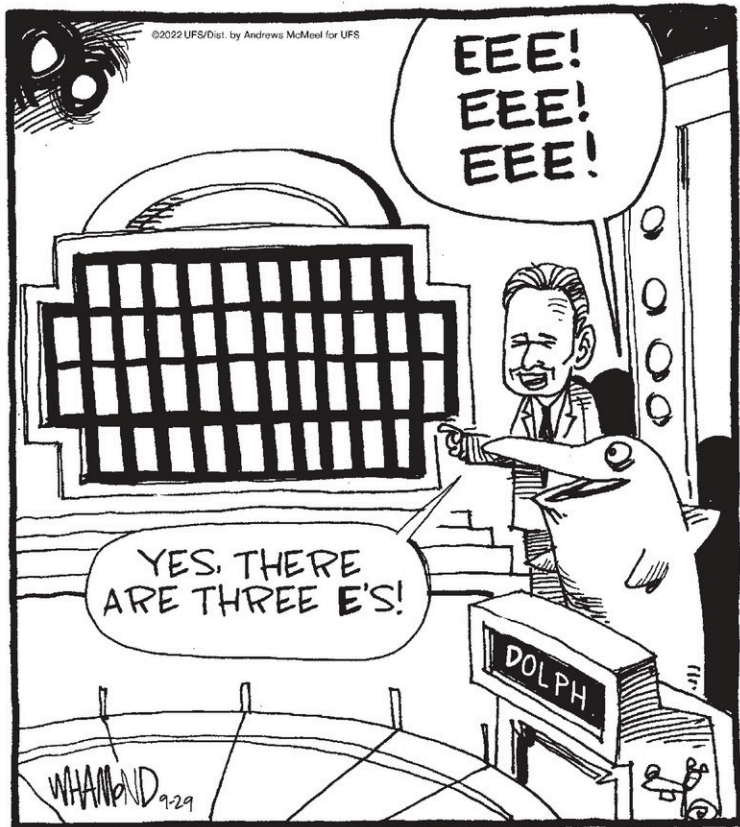
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" F I I R J E K D N Z G F H R N H W S
 R N M Z S D D — N Z M F K S R N M M S D F
 I X N Y Y : F I D S S Y G X S N D G F G D ,
 N Z M Z I F N D G F D K I J Y M W S ! "
 — R G C J S Y M S E S T P N Z F S D

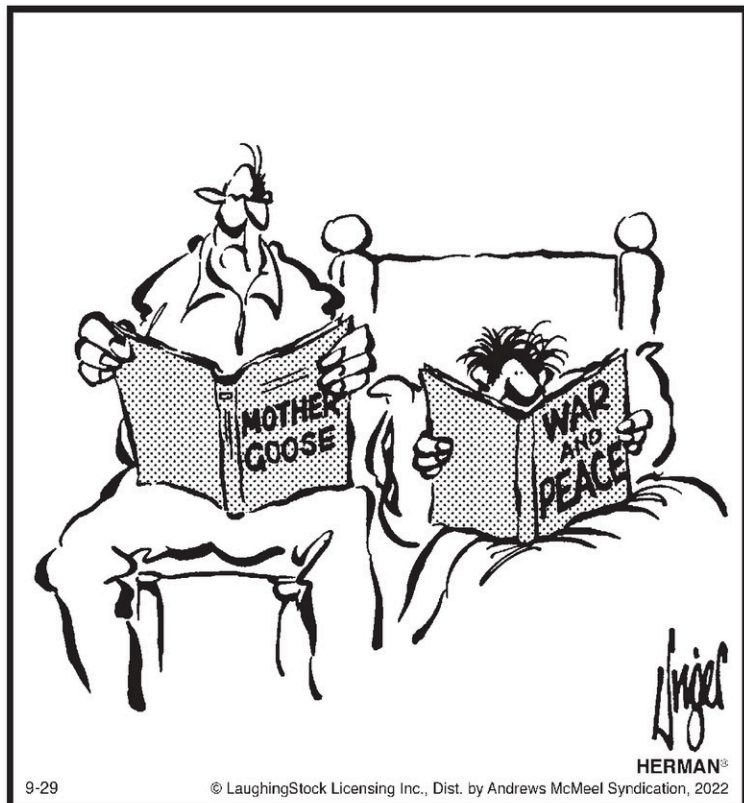
Previous Solution: "We all struggle with our failure to communicate and our failure to reach beyond fear to love people." — Mira Sorvino

TODAY'S CLUE: A s t e n b e d

REALITY CHECK



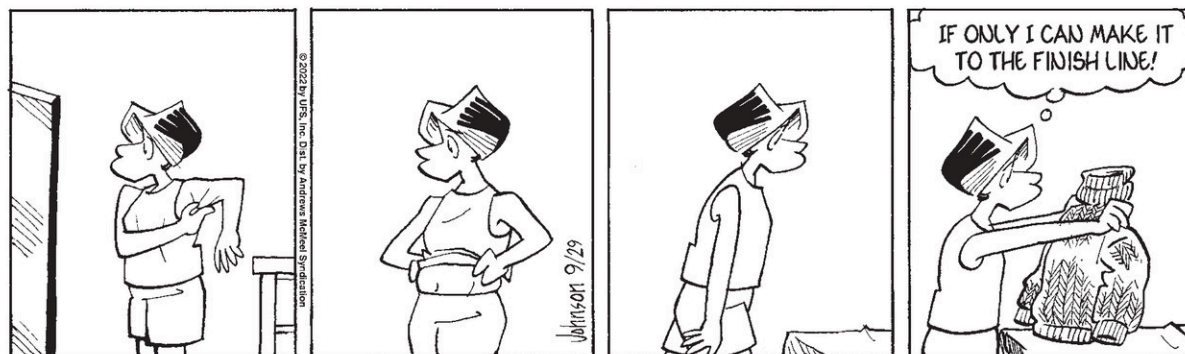
HERMAN



ALLEY OOP



ARLO & JANIS



THE BORN LOSER



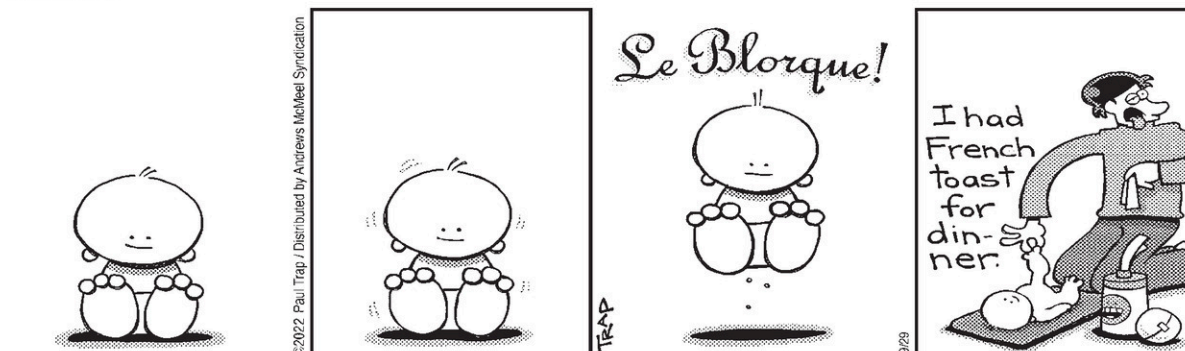
FRANK AND ERNEST



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TOWNSHIPS
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LENNOXVILLE
 This season, Uplands Cultural and Heritage Centre is presenting in its art gallery: Recent Works by accomplished artists Denis Palmer (watercolour, woodcut and ink) and Réjean Côtes (pottery). Hours: Thursday to Sunday, from 10:00 a.m. to 4:30 p.m. Admission is free.

RICHMOND
 Used Book Sale on Saturday, October 1, 8:30 a.m. to 3 p.m., and Sunday, October 2, 10 a.m. to 2 p.m., at the Richmond Community Centre, 820 Gouin Street. Benefit of the R.C.M. Library. Give a second chance to a book to be read.

LENNOXVILLE
 EXTRAS from your garden? Lennoxville & District Community Aid would be pleased to receive any extra fruits or vegetables you may have from your garden. We have 3 different Meals

on Wheels kitchens so you can be sure that these wonderful gifts will be used quickly. Call us at 819-821-4779 to inquire where and when to drop them off. Thank you for thinking of us!

SHERBROOKE
 The Youth Centers of Sherbrooke have gathered for their annual roadblock that helps collect donations that go towards youth activities, interventions, workshops, travel, and much more! If you are around Sherbrooke on October 1, stop by and support the youth centers that work hard to offer resources to youth of the area.

ONLINE WORKSHOPS
 Mental Health Estrie invites you to attend an upcoming free virtual (Zoom) workshop which is open to all and presented in English. "Disordered Eating Patterns & Body Image Concerns" will take place on Wednesday, October 12 from 7 p.m. to 8:15 p.m. with Registered Dietitian, Megan Jenkins. Learn how to move away from diet culture and restrictions while developing a healthier relationship between food, mind, and body. For more information or to register, please visit mentalhealthestrie.com, our Facebook & Instagram pages, email outreach@mentalhealthestrie.com, or call (819) 565-2388.

NORTH HATLEY
 Chicken and Ribs Supper at the North Hatley Legion on Saturday, October 8 at 6 p.m. Reservations please. Call 819-842-2933 after 2 p.m. All welcome. 18+

SUDOKU

DIFFICULTY RATING: ★★★★★

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

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PREVIOUS SOLUTION

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

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

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Getting too cozy during quarantine

Dear Annie

THURSDAY, SEPTEMBER 29, 2022

Dear Annie: When COVID hit, my boyfriend and I – who already lived together – began spending every waking minute together, as we were both working from home. I honestly loved it. I never get tired of him. For the past two years, I love that we have been able to eat lunch together every day, chat with each other between meetings and be in each other's presence 24/7.

Recently, he told me that his company would fund him renting an office at a coworking space, and he is going to do so. I offered to come with him some days, and he said that he would be more productive if he went by himself. I can't help but be offended by this. I get the appeal of having an

actual office space, but why would he want to go back to being apart all day? – Gotten Too Comfortable

Dear Gotten Too Comfortable: COVID put a lot of relationships to the test – especially when the couple lives together. Your relationship thrived. Congratulations!

Just because your boyfriend wants his own space to work does not mean he doesn't love you and miss you throughout the day. In fact, he probably has such a hard time working from home precisely because he's tempted to spend his working hours hanging out with you instead of being productive. A little space is a good thing in a healthy relationship. As a compromise, you can suggest doing lunch with your boyfriend once or twice a week.

Dear Annie: My estranged brother died suddenly. We had not spoken in three years. One of my oldest friends dismissed my grief in words and actions, on the grounds that since he wasn't in my life, I shouldn't feel the loss. He was my only sibling. There were no services, so closure is difficult. I am angry with this friend because she was the only one who didn't acknowledge my loss. What is my best course of action? – Sad and Angry

Dear Sad and Angry: I'm sorry for your loss. Even if your brother was not in your life, siblings share a unique bond. You grew up together. You share blood. Do not let your friend's dismissive words invalidate your feelings. Instead, explain to her that an estranged brother is a brother all the

same, and you need time to grieve.

I also suggest that you plan something to commemorate him – even something small. Plant a tree in his memory. Gather friends and family, and share stories about him. Do something to honor his life and give yourself a sense of closure.

"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.



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- Special "how-to" workshop on oral history

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Canada

