

Sherbrooke pediatrician raises \$1,500 for shared runs organization

Record Staff

On Sunday, around 2 p.m., Sébastien Roulier, a pediatrician and ultramarathon runner in Sherbrooke, concluded his second annual 24-hour running challenge around Lac des Nations, however, he was unable to best his mark from last year.

Roulier set a new standard in the Guinness Book of World Records in 2021, running 185.5 km, or 53 laps, around Lac des Nations while simultaneously pushing people with reduced mobility using a specialized wheelchair apparatus. He was attempting to break his own world record.

According to a press release, the event, which ran from Sept. 24 to 25 in support of Sherbrooke Shared Races, an organization that meets once a week to connect runners and people with reduced mobility, concluded with Roulier completing 47 laps or 166 km.

"Tendonitis in my Achilles tendon, muscle pain in my legs and pain in my arms affected my pace. Despite these difficulties, I found the courage to keep going and always make another lap to the end. My motivation was sitting in the chair I was pushing," Roulier explained.

He had his mind set on eclipsing the 200 km mark, but injuries along the way impacted his final result. A race is

CONT'D ON PAGE 6

The Townships Sun reaching out to the region's young voices



COURTESY TOWNSHIPS SUN

The Townships Young Voices team celebrates at their first video shoot. Standing are Marie Moliner, Rachel Garber, Rebecca Welton, Cécilia Alain, Abbigail Whitcher; sitting are Léa Côté and Scott Stevenson.

By Gordon Lambie

As it approaches its fiftieth anniversary, The Townships Sun magazine is taking active steps to try to reach a new, younger audience. Beginning next month, the magazine will be running a program

called Townships Young Voices, which seeks to promote and support writing and creativity in local people aged 12-29.

"We're offering young people aged 12 to 29 an opportunity to develop their creative voice and eye, and have their work published in a magazine,"

said Rachel Garber, the editor of the Townships Sun in a press release accompanying the announcement.

Speaking with The Record, Garber shared that although the Sun has enjoyed a 20 per cent increase in subscriptions over the last year, the

CONT'D ON PAGE 3

Vote Vicki-May HAMM. You can count on me, I will invest my time and energy in what's really important for you. Parti Libéral du Québec.

The Record e-edition

There for you
24-hours-a-day
7-days-a-week.
Wherever you are.

Access the full edition of the Sherbrooke Record as well as special editions and 30 days of archives.

Renew or order a new 12-month print subscription and get a 12-month online subscription for free or purchase the online edition only for \$125.00

Record subscription rates (includes Quebec taxes)

For print subscription rates, please call 819-569-9528 or email us at billing@sherbrookerecord.com

12 month web only: \$125.00
1 month web only: \$11.25

Web subscribers have access to the daily Record as well as archives and special editions.

Subscribing is as easy as 1,2,3:

1. Visit the Record website: www.sherbrookerecord.com
2. Click e-edition.
3. Complete the form and wait for an email activating your online subscription.

Weather



TODAY:
CHANCE OF SHOWERS

HIGH 14
LOW 7



THURSDAY:
CLOUDY

HIGH 11
LOW 1



FRIDAY:
SUNNY

HIGH 15
LOW 2



SATURDAY:
SUNNY

HIGH 17
LOW 4



SUNDAY:
MIX OF SUN AND CLOUD

HIGH 15
LOW -1

HAND IN HAND

A migratory community arts festival



Literacy in Action (LIA), a non-profit organization serving the English-speakers of l'Estrie, is organizing a three-day creative, cultural and core literacy festival! The very first edition of the festival will combine community art, emerging artists, storytellers, live music and food. Mark your calendars! We will start things off on Saturday Oct. 15 in Bury, venture off to Stanstead on Oct. 22 and close on Oct. 29 in the one and only Richmond, Quebec.

WORKSHOPS

Leading up to the festival, community members are invited to participate in our special edition of LIA's Arts & Scraps workshop series with the Eaton Valley CLC (Community Learning Center), the Sunnyside CLC and the Richmond, Danville and Drummondville CLC not to mention various other community spaces in all three towns. These FREE workshops will invite participants to create with felting needles, wood-burners, button makers, archive images and so much more. We will use these tools to connect to migratory patterns such as bird, fish, and animal migration, the impacts of the Anglophone exodus on our communities and our personal histories of movement (im/migration and/or displacement on/in Abenaki Territory).

These themes will help us explore our stories and experiences while providing a chance to connect with others in and around our communities. Hands-on learning opportunities allow us to play with new concepts and fresh ideas that are key to literacy skill development at all stages of life.

"We often say literacy skills help us

navigate the world around us, but it is also that literacy skills help us communicate with each other, to imagine and create the world we want to be part of" says Joanna Bateman, Executive Director of Literacy in Action.

For this special edition of Arts & Scraps, though we will work with new tools and materials, we will still aim to create with what we already have (scraps!), reducing the impact on the earth and our wallets. We were thrilled to have been able to source materials such as fabric, suitcases, small easels, and old maps from the Centre for Creative Reuse (CUCCR) at Concordia University in Montreal.

ARTISTS

The festival will also feature work exploring our theme of migration from our Community Artists-in-Residence, Hayley Bernier, Meghan Dove, and Tosha Callaway. Tosha started as our student-artist-in-residence with the Fine Arts Department of Bishop's University and the Community Art Lab of the Foreman Art Gallery. You can get a free sneak peek at Tosha's work in the display cases next to the Foreman Art Gallery in Lennoxville until Oct. 6! We thank our community supporter, ELAN (English-Language Arts Network) for helping to make this happen.

If you want to know more about the work of these emerging artists, they will be running FREE workshops during Culture Days on Oct. 1 at Phelps Helps and on Oct. 2 at the Richmond County Historical Society Museum and the Bury Municipal Library.

MUSICIANS

Roy MacLaren and Marie Marceau will share their incredible musical talents during all three festival days, Oct. 15, 22 and 29, 2022.

VOLUNTEERS

We are very proud to be working with fantastic people and organizations to make this in-person event happen. There are so many ways to be part of this exciting adventure. Sign-up for workshops and/or become a festival volunteer by calling

us at 819-346-7009 or emailing yolanda.weeks@lia-estrie.org.

FOOD

All workshops will provide light dinners for participants and the festival will feature yummy treats for all (with dairy & gluten-free options!).

LANGUAGE

The workshop series in each town will be held in English. French translation will be available for festival attendees.

SCHEDULE OF EVENTS

Arts & Scraps: Special Edition Workshops

(note that registration for these workshops is closed but drop-ins are welcome!)

Tuesday

Oct. 4 at Pope Memorial Elementary school, 523 Rue Stokes, Bury), 5-7 p.m.

Wednesdays

Sept. 28 at 441 Dufferin Street in Stanstead, 5-7 p.m.

Oct. 5 at Colby-Curtis Museum, 535 Rue Dufferin, Stanstead, 5-7 p.m.

Thursdays

Sept. 29 and Oct 6 at Richmond Legion, 235 Rue du Collège N, Richmond, 5-7 p.m.

Culture Days Artist-run Workshops

Oct 1: Hayley Bernier at Phelps Helps (272 Rue Dufferin, Stanstead), 1-3 p.m.

Oct 2: Hayley Bernier at the Richmond County Historical Society Museum (1161 QC-243, Melbourne), 1-3 p.m.

Sunday, Oct 2: Meghan Dove at the Bury Municipal Library (569 Rue Main, Bury), 5-7 p.m.

Migratory Community Arts Festival

Oct 15: Bury Municipal Library (569 Rue Main, Bury), 1-2 p.m.

Bury Armory (563 Rue Main, Bury), 2-4 p.m.

Oct 22: Haskell Free Library & Opera House (1 Church Street, Stanstead), 1-2 p.m.

The Chrysalis (246 Dufferin, Stanstead), 2-4 p.m.

Oct 29: Richmond County Historical Society (1161 QC-243, Melbourne), 1-4 p.m.

This project has been made possible in part by the Government of Canada



Global Excel is proud to support local organizations that enrich our shared community.

Doing business around the world, proudly established in the Eastern Townships.

Ben by Daniel Shelton



Local News

According to Nancy Robichaud, the city's chair of the culture, recreation, sports and outdoors commission, the program is instrumental in keeping the arts community alive.

SPS arrest man for breaking and entering, assault

Record Staff

The Sherbrooke Police Service (SPS) arrested a 30-year-old man on Monday evening after the suspect broke into a private residence and physically attacked a family.

The incident occurred around 5:30 p.m. The SPS received a phone call alerting them that a man had broken into a house on Albani Street in Rock Forest. According to a press release, the suspect attacked a woman and her children before the father stepped in to defend them.

The woman was able to contact

the local police, and when she told the 30-year-old attacker that the SPS was on their way, the man fled from the scene. However, the suspect was quickly caught outside by police officers. The victims suffered minor injuries and nervous shock.

They were not taken to the hospital, though, the SPS explained in its press release. The suspect, now in police custody, was not expected to appear in court on Tuesday. He faces charges for assault, breaking and entering, as well as mischief.

New entrance to Bishop's now open



COURTESY BISHOP'S

Motorists headed to the Bishop's University campus can now use a new entrance, open as of Sept. 26. The entrance is located just past Coulter field heading out of Lennoxville.

Sherbrooke calls on artists to submit bursary applications

Record Staff

The city of Sherbrooke is inviting local artists to submit applications to its artists' bursary program, which boasts a \$75,000 budget and aims to support career development.

The application portal will close on Oct. 31. The city wants to elevate the voices of the artist community and advance those who live, work, or study full time in Sherbrooke. However, there is a maximum allocated amount

in grants. A professional or group can apply for \$10,000.

"It is the artists who give colour to our streets, our restaurants, our museums, our schools, our theatres. This is why we try to provide them with various forms of support at all stages of their creation," said Sherbrooke Mayor Évelyne Beaudin, noting art is the heart of quality of life.

Meanwhile, an artist or group of artists in the process of becoming professional can apply for \$5,000 grants, and emerging artists or groups

can apply for \$1,000. The program covers the cost of professional development, research and creation, as well as mass dissemination.

The artist, author or artisan applying to the program must practice one of the artistic disciplines recognized by the Conseil des arts et des lettres du Québec. Last year, the city handed out 13 grants ranging from \$900 to \$10,000. The grants are scheduled to be awarded in spring 2023.

Artists interested in the bursary program can visit sherbrooke.ca/

artist-bursaries for more information. According to Nancy Robichaud, the city's chair of the culture, recreation, sports and outdoors commission, the program is instrumental in keeping the arts community alive.

"This grant program paves the way for the sustainable development of our community of artists. It allows us to support artists at various stages of their development, whether they are in emerging practice or have reached professional status," Robichaud explained.

The Townships Sun

CONT'D FROM PAGE 1

publication is still only reaching the older generation in the area.

"It's a community magazine and we should be reaching everybody in the community," the editor observed, explaining that the idea for Townships Young Voices (abbreviated to TYVoices) grew out of the idea that young people might be more inclined to read the magazine if they saw their own perspectives within its pages.

The project kicks off with free zoom workshops beginning in October, led by established writers from varied walks of life.

"Art and photography for a magazine" is the topic of the first series of three workshops, beginning Tuesday, Oct. 4. The leader is Cécilia Alain of Sherbrooke, a young graduate of Bishop's University, and former editor of The Mitre. Her studies were in English, Film Studies and Fine Arts.

The "writing fiction for a magazine" series begins Oct. 6, with tips and experience offered by Rebecca Welton, short-story writer and editor of the anthology of community writing and

artistry, Hope and Resilience in the Time of COVID.

In the "writing poetry for a magazine" workshops that begin Oct. 7, participants will hear from Jan Draper, a former English teacher at Champlain College-Lennoxville and coordinator of the Write Here, Write Now! workshops for Bishop's University's Lifelong Learning Academy.

Scott Stevenson will be leading the "writing non-fiction for a magazine" series that begins Tuesday, Oct. 18, drawing on his significant writing experiences with both newspapers and magazines.

The final workshop, "working with a magazine editor," will be led by Garber herself on Nov. 19.

Marie Moliner, coordinator of the new program, said that all of the workshops will be taking place on the Zoom videoconferencing platform in order to make them as accessible as possible across the entire target area of the historical Eastern Townships, and all of them will run about two

hours, from 6:30 p.m. to 8:30 p.m.

To keep the material available for those who cannot make it to the workshops, some of their content will also be uploaded to a YouTube channel and an associated Instagram account.

"This is such a big shift," Moliner said, pointing out that the project is taking the magazine team in directions they have not tried before. The coordinator shared that they are getting support from Bishop's University on the initiative, as well as from Townshippers' Association.

The second step to the project, after the workshops, is an awards competition aimed at recognizing the young writers and creators for their work. A total of \$750 in prize money has been made available through 10 awards, five will give \$100 and the other five, \$50. All award winners will also be offered the chance to publish their work in The Townships Sun.

The deadline to submit to the awards is Dec. 1, so that workshop participants can put their learning to use, but Moliner made a point of

saying that people are not required to be involved in the workshops in order to participate in the competition.

"The key right now is really to get the word out," the coordinator said, emphasizing a desire to reach as many young writers as possible.

Both Garber and Moliner spoke of the Townships Young Voices project as something that could dramatically change the publication going forward, but they also both shared enthusiasm for that idea rather than hesitancy.

"We have to reflect the community, and we have a very varied community," the editor said. "We want a way of connecting the different parts of the community to each other, whether that's geographically or generationally."

"Surely The Townships Sun will evolve," Garber added. "We're really looking forward to the change."

More details on the program are available at TownshipsSun.ca/Townships-Young-Voices or by emailing TownshipsYoungVoices@gmail.com.

EDITORIAL

Climate disruption is already causing devastation worldwide, and it will accelerate unless we step up our global game.

SCIENCE MATTERS

Climate change, tipping points and economic gain

By David Suzuki

Set aside for a moment the fact that our profligate use of coal, oil and gas and rampant destruction of green spaces are heating the planet to a point where human life will become increasingly uncomfortable, if not impossible. Climate change costs are also mounting, and pollution, habitat destruction and consumerism are profoundly affecting global human health and survival.

Other than fear of change or of upsetting the status quo, there's no rational reason for the slow pace at which the world is tackling the climate emergency. We'd all be healthier, happier and better off economically by quickly employing the many available and emerging solutions, and working on new ones.

A study co-ordinated by the World Meteorological Organization illustrates our predicament and how we might get out of it — but we have no time to lose. UN secretary general António Guterres said the "United in Science 2022" report shows we're "heading into uncharted territory of destruction" with mounting climate impacts.

Although governments worldwide have agreed to try to keep the planet from heating more than 1.5 C over pre-industrial levels, the report concludes that's increasingly unlikely — especially as commitments and actions fall far short of what's needed. It finds a 48 per cent chance that "during at least one year in the next five years, annual mean temperature will temporarily be 1.5° C higher than in 1850-1900."

It also notes emissions continue to rise and "returned to 2019 pre-pandemic levels after a large, but temporary, absolute drop in emissions due to widespread lockdowns." And it points to the danger of climate "tipping

points" that "could have significant global and regional consequences."

"A tipping point is when a temperature threshold is passed, leading to unstoppable change in a climate system, even if global heating ends," the Guardian explains, reporting on another major study that found the world is nearing several "disastrous" tipping points and may have already passed five.

That study identifies nine global and seven regional tipping points, including collapse of the Greenland, west Antarctic and two parts of the east Antarctic ice sheets, partial and total collapse of Atlantic meridional overturning circulation (including the Gulf Stream), Amazon rainforest dieback, permafrost collapse and loss of Arctic winter sea ice.

Collapse of Greenland's ice cap could cause a huge sea level rise, collapse of the Gulf Stream could disrupt rain billions of people depend on for food and abrupt permafrost melting could release methane into the atmosphere, the Guardian reports.

Climate disruption is already causing devastation worldwide, and it will accelerate unless we step up our global game. One-third of Pakistan is deluged in water, Europe has sweltered under punishing heat waves, China and the U.S. are afflicted with drought and parts of Africa face famine.

According to the "United in Science" report, "By the 2050s, more than 1.6 billion people living in 97 cities will be regularly exposed to three-month average temperatures reaching at least 35C."

"The terrifying picture painted by the United in Science report is already a lived reality for millions of people facing recurring climate disasters," Climate Action Network executive director Tasneem Essop told the Guardian. "The science is clear, yet



the addiction to fossil fuels by greedy corporations and rich countries is resulting in losses and damages for communities who have done the least to cause the current climate crisis."

Scientists, activists and others are calling on world leaders to commit to redoubling their efforts when they meet for the COP27 climate conference in Egypt in November, especially on funding for those already suffering under climate change impacts.

Although cost was never an excuse to ignore or downplay climate change, it's become clearer that addressing the crisis is an economic winner. Oxford University researchers found shifting from carbon-intensive fuels could save the world US\$12 trillion by 2050.

And, "United in Science" notes,

"Climate-related disasters are causing \$200m in economic losses a day."

As volatile gas prices, global conflict and the climate emergency illustrate the precarious position of countries with fossil fuel economies, the costs of renewable energy such as wind and solar continue to drop faster than expected.

Acting now is critical and will save lives and money. A better world is possible, but we must come together without delay.

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

Learn more at david Suzuki.org.

Letters

DEAR EDITOR,

Through you I would like to thank Peter Black and Gordon Lambie for their articles in The Record on Monday, Sept. 12.

Peter Black gave us insight into the soul of Premier Francois Legault, of what keeps him in politics. What keeps his "boat afloat." That is his dream of expanding Hydro Quebec's electric power grid in the United States.

Gordon Lambie portrayed something similar in his article about RCMP officer Bob Farnham. What Bob Farnham has given us is a glimpse into the soul of Queen Elizabeth, when he acted as her security when she came to Canada. She wanted a "Common face across Canada."

Here we have a glimpse into the souls of two illustrious public persons. Thank you Gordon Lambie and Peter Black for your two illuminating articles.

Sincerely enlightened,

JOHN SERJEANTSON
COWANSVILLE

The Record welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste. Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request. Please email your letters to newsroom@sherbrookerecord.com. Preference is given to writers from the Eastern Townships.

THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2

Fax: 819-821-3179

E-MAIL: newsroom@sherbrookerecord.com

WEBSITE: www.sherbrookerecord.com

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

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

KNOWLTON OFFICE

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

PRINT SUBSCRIPTIONS

For print subscription rates, please call 819-569-9528 or email us at billing@sherbrookerecord.com

ON-LINE SUBSCRIPTIONS

QUEBEC:	1 YEAR	108.72	5.44	10.85	\$125.00
	1 MONTH	9.78	0.49	0.98	\$11.25

Rates for out of Quebec and for other services available on request. The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

PM#0040007682

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

Member
ABC, CARD, CNA, QCNA

Mountain bikers flock to Parc de la gorge de Coaticook for new skills park

By Michael Boriero

A new mountain biking skills park has opened at Parc de la gorge de Coaticook following six weeks of construction and over a year of logistical preparations and stacks of paperwork.

The skills park features tabletop jumps, drops, technical climbs, and steep turns. There are six tracks, according to the park's general manager, Caroline Fage, and the project came out to roughly \$150,000 — mostly funded by investments. The park opened on Saturday, she said.

"We had about 50 people using the skills park. The comments were excellent, it's rolling well, the flow is good, and we're seeing a lot of positives, they're saying 'thank you,'" Fage shared, adding a group of mountain biking ambassadors had been pushing for this project for years.

While mountain biking enthusiasts were able to take full advantage of the park over the weekend, it took a while to break ground on the new park due to the lengthy review process by the insurance companies. The park needed to be designed for optimum safety and

low risk.

The park had help from Aménagement Sentiers Verts, a company that specializes in biking tracks and pedestrian walking paths. The company did research on the best area for the skills park, drew up a rough design and hammered out the finer details with the park's leadership.

This type of skills park has become more and more popular, Fage explained, and it allows bikers of all levels — beginner, intermediate and advanced — to practice and build up their comfort levels before heading out into the park's extensive 3 km mountain biking trail.

There are also signs indicating which tracks are suitable for each level: green for beginner, blue for intermediate and black for advanced bikers, she continued, adding the tracks are nearly 500 metres long with easily accessible exits as to avoid the line of fire from incoming bikers.

With the skills park in full operation, Fage was asked whether she expects to see an uptick in traffic at Parc de la gorge de Coaticook, to which she said it is clearly going to be a major attraction going forward. There

has already been positive feedback in person and online.

"We saw the popularity over the weekend. And we see on our social media people saying we'll be going

on the weekend, so I think, yes, it will generate more traffic and interest and people are going to discover our tracks," said Fage, noting it will give bikers a different experience.



COURTESY

'We shouldn't have to push people': Most provinces have not made Sept. 30 a stat

By Brittany Hobson
The Canadian Press

While Canada prepares to honour the second annual National Day for Truth and Reconciliation on Friday, the majority of provinces have not followed the federal government's move to make it a statutory holiday for its workers.

New Brunswick, Prince Edward Island, the Northwest Territories and Nunavut have declared Sept. 30 a statutory holiday.

The other provinces and territories are choosing to observe the day in various ways, while some continue consultations with Indigenous groups and businesses about whether to make it a stat.

Some cities, schools and businesses are also choosing different ways to recognize the day.

New Brunswick was the latest to declare Sept. 30 a provincial holiday.

"While this is a day to commemorate the tragic history of residential schools and honour those who did not make it home, as well as their survivors and families, I would encourage all to reflect and be reminded that reconciliation is not just one day of the year," New Brunswick Aboriginal Affairs Minister Arlene Dunn said in a statement last week.

The day is set to be treated as any other provincial holiday. All essential services, including health care, will continue to be delivered. The holiday

will be optional for private sector businesses, the province said.

Mi'gmawe'l Tplu'taqnn, a group representing Mi'kmaq communities in New Brunswick, said the day is set aside for people to remember and honour victims and survivors of residential schools, including children from First Nations who attended day schools.

"It's no secret our relationship with the (Blaine) Higgs government has been strained. Recognizing this holiday does not reconcile issues or differences with the Higgs government, but it is a step in the right direction," the organization said in a statement.

"By granting this holiday, the Government of New Brunswick is giving New Brunswickers an opportunity to reflect on how we can learn from each other and work together as treaty partners."

The day, originally known as Orange Shirt Day, was established in honour of the experience of Phyllis Webstad, whose gift of clothing from her grandmother was taken away on Webstad's first day at a residential school.

The federal government made the day a statutory holiday for its workers and federally regulated workplaces last year.

For many residential school survivors, including Eugene Arcand, the day will always be known as Orange Shirt Day and efforts at the grassroots level to acknowledge the pain and trauma Indigenous children

were subjected to at residential schools should continue to be recognized.

Arcand, who is from Muskeg Lake First Nation in Saskatchewan, said he never thought he'd see a day dedicated to honouring survivors.

The discovery last year of what are believed to be 215 unmarked graves at a former school site in Kamloops, B.C., forced the country to listen to what survivors had been saying for years.

Since the discovery, numerous First Nations across Canada have begun their own ground-penetrating searches of school sites, Pope Francis delivered a historic and long-awaited apology on Canadian soil for the role the Roman Catholic Church played in running many of the residential schools, and a flag honouring those impacted by the schools was raised on Parliament Hill.

Arcand said these events will provide a better quality of life for future generations of children.

But, he added, it's up to non-Indigenous peoples to educate themselves.

"We shouldn't have to push people. It's important for people to determine for themselves how they want to get engaged," he said in a recent interview in Winnipeg.

"I'm not going to bang my head against the wall for the rest of my life trying to encourage people to engage."

The Saskatchewan government said it has no plans to make the day a statutory holiday for the province.

Matthew Glover, director of media

relations, said the government is encouraging residents to take a moment to reflect and discuss the importance of meaningful reconciliation.

Flags are to be lowered to half-mast at all Saskatchewan government buildings.

The Manitoba government recently announced it would observe the day for a second year, while discussions continue about making it an official statutory holiday. Schools and non-essential government services and offices will be closed.

The province said it is continuing consultations with Indigenous and labour groups.

Jennifer Wood hopes that Manitoba will soon enact legislation making the day a statutory holiday.

Wood, who lives in Winnipeg, is a survivor from Neyaashiinigiing Ojibwe Territory in Ontario.

"It will really show that the sincerity of everything that's happened is taken seriously. It's 2022. We cannot continue to sweep anything under the rug. We have to recognize what's happening in Canada, and look at ways on how we can coexist," she said.

The day should be about educating the broader public about the legacy of residential schools, she added.

"It's our time to tell our narrative of the truth of the residential school system."

Sound and fury



DIAN COHEN

With the alternating overcast and sunny skies of autumn in Canada comes the constant sound and fury of politicians in a re-convened Parliament. A similar scenario is playing out in Quebec and is particularly jarring amid the background question of how to deal with inflation.

Case in point: the first Question Period interchange between Conservative leader Pierre Poilievre and Finance Minister Chrystia Freeland was about the government's plans to raise Employment Insurance and Canada Pension Plan premiums starting January 2023. Poilievre accused the government of taking even more money out of Canadians' pockets at a time when inflation is reducing the purchasing power of every dollar. He said the government should cancel all of the increases.

M. Poilievre knows better than to

believe his own rhetoric but he's hoping you don't. He knows, for example, that when he was Minister of Employment and Social Development back in 2015, EI premiums were much higher than they are today or even after the premium hike in January. He knows that the EI account has a deficit of almost \$30 billion, so if premiums are not raised, that deficit has to be covered by other taxes. He knows that the CPP premium increases have been in the works since 2019 and are part of a larger plan to increase our retirement benefits from about \$15,000 today to \$20,000 a few years from now. Before 2019, the CPP retirement pension replaced one quarter of our average work earnings. (This average is based on your work earnings, up to a maximum earnings limit each year.) The plan put in place in 2019 was to increase premiums so that the CPP will grow to replace one third of the average work earnings you receive after 2019. Quebec legislated an identical increase in premiums and enhancement of retirement income for the Quebec Pension Plan.

M. Poilievre also wants the Trudeau government to cancel the increase in carbon taxes that have taken effect every April Fool's Day for the last several years and will continue to be imposed until 2030. Their purpose is to make us think about using less fossil fuel or using more alternatives. It is the government's core policy for reducing

and eventually eliminating the use of fossil fuels whose combustion is destabilizing our climate.

This is a highly complicated issue that lends itself quite easily to political sound and fury. Let's start with the fact that only four provinces (Ontario, Alberta, Manitoba, and Saskatchewan) and two territories (Yukon and Nunavut) operate under the federal carbon tax as it applies to the price at the pumps. These jurisdictions are eligible for a tax rebate on their income taxes. Everyone else - Quebec, Nova Scotia, Newfoundland and Labrador, the Northwest Territories, British Columbia and New Brunswick - has its own carbon pollution pricing system each of which has been okayed by Ottawa. But they don't get the tax rebate because their systems are so different and generally much less pricey than Ottawa's. That fact alone is enough for some politicians to use it drive a wedge.

A further complication comes from Climate Action Tracker - an independent scientific consortium

that tracks government climate action and measures it against the globally agreed Paris Agreement. <https://climateactiontracker.org/countries/canada/>. Here's its latest summary for Canada:

Recent climate policy developments, while positive, are insufficient to address the climate crisis. The country's new and stronger 2030 target is not quite Paris compatible. Its revised climate plan and additional measures announced in the 2021 federal budget are insufficient to meet that target. Canada continues to face challenges in implementing policies.

Ottawa says it will release its plan to reach the 2030 target by the end of March 2022.

At the end of Shakespeare's Macbeth, the disillusioned king says his life was "a tale told by an idiot, full of sound and fury, signifying nothing." Ours will be much more productive if we don't pay much attention to modern day idiots.

Dian Cohen, C.M., O.M., economist
cohendian560@gmail.com

Sherbrooke pediatrician

CONT'D FROM PAGE 1

not always measured in kilometres, the 48-year-old Roulier added, sometimes it is measured by the smiles and the acquaintances encountered throughout the journey.

The director of the event, Marc Therrien, noted it was still a successful weekend, as many runners and co-runners came out to the promenade to participate in the 24-hour challenge. They also raised

roughly \$1,500 for Sherbrooke Shared Runs to maintain its weekly activities.

Therrien is already planning next year's event. The challenge will be set during Quebec's Week for Disabled Persons between June 1 and 7. Meanwhile, Sherbrooke Shared Runs will continue offering its weekly activities on Wednesday mornings until mid-October, and return in spring.



SÉBASTIEN ROULIER

Looking for a career
with purpose?

Join FCC as a Relationship Management Associate.

Put your strong communication and collaboration skills to work to help support customers with custom-made financing and knowledge.

Work with people passionate about agriculture and make a real difference.

Apply today at fcc.ca/careers

Local Sports

Following a difficult 6-3 loss to St-Hyacinthe at home on Friday, the Cantonniers travelled to Sainte-Catherine on Sunday for a road game against the Riverains.

Cantonniers shaking off the cobwebs heading into October

Record Staff

The Magog Cantonniers are off to a rocky start this season in the Ligue de Développement du Hockey M18 AAA, following a tremendous championship performance last spring.

The Cantonniers sit third in the Tack division, and in the middle of the pack in the overall standings, with four wins and four losses. However, they have scored the most goals through eight games with an even 40 – two

more goals than the first place Lac St-Louis Lions.

But despite their prowess on offense, the Cantonniers have struggled to keep the doors shut on defense and in between the pipes. They have been hemorrhaging goals, and that didn't stop when Magog faced the Collège Charles-Lemoyne Riverains on Sunday evening.

Following a difficult 6-3 loss to St-Hyacinthe at home on Friday, the Cantonniers travelled to Sainte-Catherine on Sunday for a road game

against the Riverains. After a roaring start to the second period, scoring two goals in less than a minute, but the Riverains quickly responded.

Guillaume Fillion and Gabriel Courchesne gave Magog the lead in the second, but Collège Charles-Lemoyne ripped it away four minutes later with a dizzying scoring barrage. The Riverains scored three goals in just over a minute, starting with a goal from Ibrahim Sidibe.

Sidibe found the back of the net at the 5:14 mark in the second period,

and then a minute later it was Nathan Quinn's turn, followed by Victor Lanoue eight seconds later. Lanoue's goal held up as the game winner, as the Riverains completed the comeback to defeat Magog 3-2.

Magog goaltender Louka Cloutier and his counterpart on the opposing squad, Samuel Lamarche, both faced 33 shots in the game. The Cantonniers will take on the Collège Notre-Dame de Rivière-du-Loup Albatros, who are undefeated in six games, on Saturday evening.

Toronto Maple Leafs captain Tavares out 'minimum' three weeks with oblique strain

The Canadian Press

Toronto Maple Leafs forward John Tavares will be out a 'minimum' of three weeks due to an oblique strain, head coach Sheldon Keefe announced on Tuesday.

Tavares underwent testing Tuesday while the team practised, leading to the diagnosis of his injury.

He recorded 17 minutes, 14 seconds of time on ice playing in one of the team's two pre-season games on Saturday against the Ottawa

Senators. Keefe said he had been dealing with the issue since that game.

The 32-year-old, heading into his 14th season, played 79 games last season. He recorded 27 goals and 49 assists for 76 points as the Leafs made

the playoffs last year.

Toronto hits the ice for its next pre-season game on Wednesday against the Montreal Canadiens.

The team opens the regular season on Oct. 12 against the Canadiens.

VOTE FOR RESPECT



COLIN STANDISH
Leader of the Party



LYNN MOORE
Brome-Missisquoi



COLLEEN MCINERNEY
Saint-François



MARK GANDEY
Orford



**Parti canadien
du Québec**
Canadian Party
of Quebec

**STOP
BILL 96**



Death



Bryon SHERRER
1958 - 2022

It is with grieving hearts that we announce the heavenly

passing of Bryon Sherrer at his home on Thursday, September 23, 2022, surrounded by his loved ones, his wife Thérèse Lessard, his children Jennifer, Jason and Cynthia, also with his close family and friends.

During his courageous battle with cancer, he exemplified how to live honourably. During the final chapter of his life, he taught those around him to accept the circumstances with grace, dignity, gratitude and humour. We would like to extend our sincere gratitude to the medical caregivers, his family and friends for their support during his journey.

Always in our hearts, Bryon Sherrer - May you rest in peace.

Family and friends will be welcomed on Sunday, October 2, 2022, from 10 a.m. to 1 p.m., at the Désourdy Funeral Home, 4 ch. Vale Perkins, Mansonville, QC, J0E 1X0, 450-292-2304, www.desourdy.ca

DÉSOURDY FUNERAL HOMES
4 Vale Perkins, Mansonville QC
PHONE: 450-292-3204
FAX: 450-263-9557
info@desourdy.ca
www.desourdy.ca



Death



Joyce Brock (née Day)
1933-2022

On Sunday, September 25, 2022, we said good-bye to our beloved Mom (Nanny) Joyce Day-Brock. Mom was in her 89th year and passed away peacefully at the Wales Home. She was the beloved wife of the late Harvey Brock.

This incredible woman will be greatly missed by her four children: Sharon (Luc), Brenda (Robert), Jimmy (Lesley) and Susan (Jim). She will also be missed by her 9 grandchildren and 20 great grandchildren along with her 4 sisters, 7 brothers, many nieces, nephews, other relatives and friends.

A funeral service will be held in the Trenholm United Church on Saturday, October 1 at 2 p.m. followed by the burial at the Trenholm Cemetery. The family will receive condolences at the Church 1 hour prior to the service.

We wish to thank all the staff at the Wales Home Residence for their warmth and kindness during the years that Mom was in their care especially during her final days. Truly a happy environment with wonderful gentle caregivers.

Donations to the Trenholm United Church Fund c/o Jennifer Knowles would be greatly appreciated.

CASS FUNERAL HOMES
295 Principal S., Richmond QC
PHONE: 819-826-2502

FAX: 819-564-4423
www.casshomes.ca



Card of Thanks

McELREA - Carol Ann, Patrick and family would like to thank our good friends and family who remembered us at the time of Eleanor (Mum's) passing. The cards and many warm wishes were all much appreciated. Thank you for the donations in Eleanor's memory toward Complimentary Therapies for residents of the Wales Home. Thank you to all Wales Home personnel who cared for Eleanor (Mum) throughout the years.



Datebook

WEDNESDAY, SEPTEMBER 28, 2022

Today is the 271st day of 2022 and the seventh day of autumn.

TODAY'S HISTORY: In 1066, William the Conqueror, Duke of Normandy, invaded England.

In 1924, the first aerial circumnavigation of the world, conducted by a team of aviators from the U.S. Army Air Service, ended in Seattle, Washington, after 175 days.

In 2000, the Food and Drug Administration approved the use

of the pregnancy-terminating drug RU-486 after more than a decade of controversy.

In 2008, the space transportation company SpaceX launched Falcon 1, the first private spacecraft, into orbit.

TODAY'S BIRTHDAYS: Kate Douglas Wiggin (1856-1923), author; Ed Sullivan (1901-1974), TV personality; Max Schmeling (1905-2005), boxer; Al Capp (1909-1979), cartoonist; Marcello Mastroianni (1924-1996), actor; Brigitte Bardot (1934-), actress; Ben E. King (1938-2015), singer-songwriter; Janeane Garofalo (1964-), comedian/

actress; Mira Sorvino (1967-), actress; Naomi Watts (1968-), actress; Fedor Emelianenko (1976-), mixed martial artist; Hilary Duff (1987-), singer/actress.

TODAY'S FACT: SpaceX's Falcon rockets were named after the Millennium Falcon spacecraft from the movie "Star Wars."

TODAY'S SPORTS: In 1941, Ted Williams hit 6-for-8 in a doubleheader to finish the season with a batting average over .400 (.406), a feat no player since has accomplished.

TODAY'S QUOTE: "I still think my whole career was accidental. I didn't pursue it. I feel like I'm cheating sometimes." - Ben E. King

TODAY'S NUMBER: 6.8 - depth (in miles) below sea level of Challenger Deep, the lowest point on Earth, located at the bottom of the Mariana Trench in the western Pacific Ocean.

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.

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.

NEA Crossword Puzzle

Your Birthday

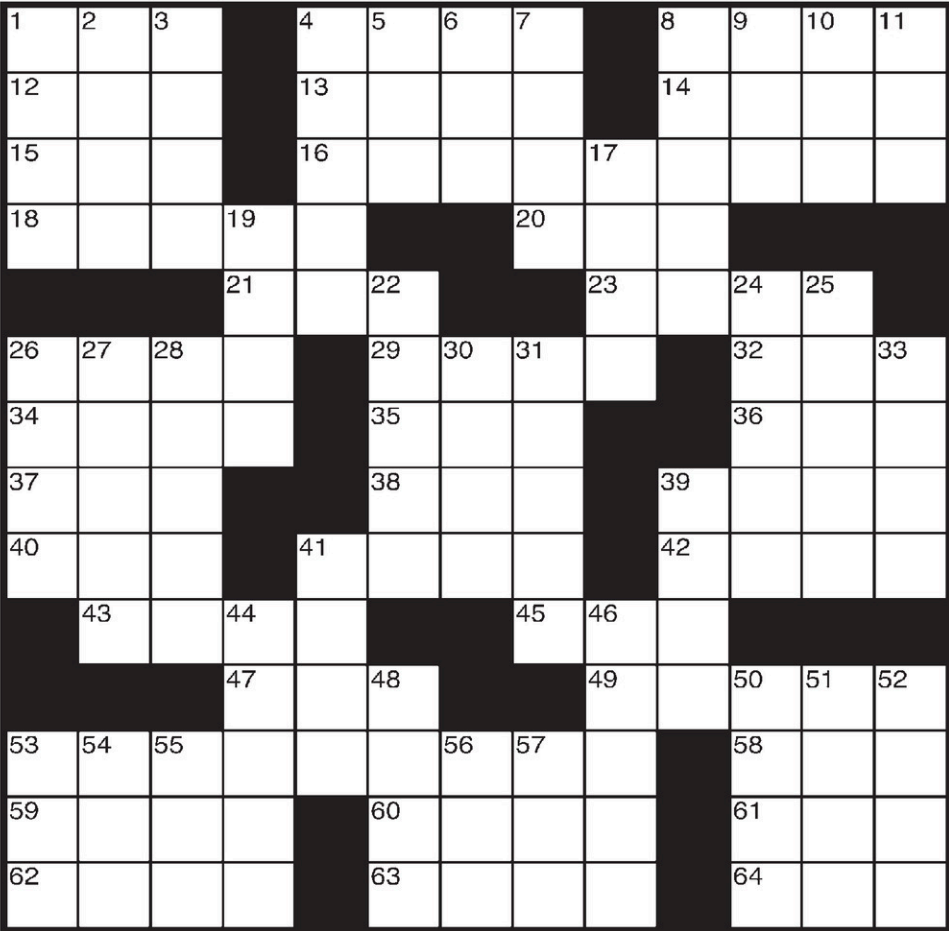
WEDNESDAY, SEPTEMBER 28, 2022

Answer to Previous Puzzle



- ACROSS**
- 1 Ozarks st.
 - 4 Personal history
 - 8 Think tank output
 - 12 Enemy
 - 13 Patrick's domain
 - 14 Regard
 - 15 Cleopatra's snake
 - 16 Law of physics
 - 18 Wet
 - 20 Take legal action
 - 21 — Enterprise
 - 23 Invitation request
 - 26 Nobleman
 - 29 Walking stick
 - 32 Sierra Madre gold
 - 34 Ship's spine
 - 35 Kimono sash
 - 36 Tibetan gazelle
 - 37 List shortener
 - 38 Pirate's swig
 - 39 Fourth down option
- 40 Genetic material**
- 41 Aware of
 - 42 Gets the drift
 - 43 Lhasa —
 - 45 Fabric meas.
 - 47 Smog monitor
 - 49 Social mores
 - 53 Mushroom
 - 58 Sharp bark
 - 59 Breathing organ
 - 60 Norwegian monarch
 - 61 Upsilon follower
 - 62 Motion picture
 - 63 Jaunty
 - 64 Ump's call
- DOWN**
- 1 Distant
 - 2 Sub — (secretly)
 - 3 Military cap
 - 4 Prolific diarist
 - 5 Mammal's requirement

- 6 Title of respect, in India
- 7 Wallet stuffers
- 8 Leafy vines
- 9 Ladle
- 10 Moray
- 11 Astonish
- 17 Antidote
- 19 Zero
- 22 Contempt
- 24 Trend
- 25 Liable
- 26 Was thrifty
- 27 Hartford competitor
- 28 Sum-up
- 30 Just touch
- 31 Spock portrayer
- 33 Cereal grains
- 39 Furtive whisper
- 41 "Sorry!"
- 44 Papyrus is one
- 46 Blue pottery of Holland
- 48 Standing on
- 50 Injection
- 51 Diamond Head locale
- 52 Meat turner
- 53 RN's knack
- 54 Yes, on the Riviera
- 55 Novelist — Beattie
- 56 Fiesta cheer
- 57 Dory mover



Put excessive spending to rest this year, and focus on saving for something special. Rethink your life strategy and what's important to you, and you'll devise a plan that will encourage you to update your skills and learn something that makes you feel good about yourself and your future. Put your best foot forward and work hard.

LIBRA (Sept. 23-Oct. 23) – Consider where you put your energy and the returns you get for your hard work, and you'll get a clear picture of the changes you can make to improve your life. Action will be key.

SCORPIO (Oct. 24-Nov. 22) – Let situations play out. It's best not to show your emotions or give anyone ammunition to disrupt your life. Listen carefully and gather information. You'll find helpful clues.

SAGITTARIUS (Nov. 23-Dec. 21) – A last-minute change someone makes will give you a reason to take note and make compensations that better suit your needs and lifestyle. Don't believe everything you hear.

CAPRICORN (Dec. 22-Jan. 19) – You'll get an inside view of something that will prompt you to shift how you do your job or the type of work you pursue. A change that entails a learning curve will pay off.

AQUARIUS (Jan. 20-Feb. 19) – Revisit how you feel about your relationships. Maintaining peace will be necessary if you want to avoid emotional instability. Pay attention to money matters and shared expenses.

PISCES (Feb. 20-March 20) – A financial

change is apparent. Do everything by the book, or you may end up owing money. Don't let an outsider represent you. Follow the rules and be transparent in everything you do.

ARIES (March 21-April 19) – Look at the broader scope of a situation, and you'll gain perspective on what you can do to improve things. Rethink your connections and direction, and you'll discover whom you can trust.

TAURUS (April 20-May 20) – Pay attention to partnerships. Don't neglect those who have an impact on your life and plans. Be accommodating and offer common-sense solutions that will buy you time.

GEMINI (May 21-June 20) – Pull things together, do the work yourself and take the credit you deserve for your achievements. Get together with people who stimulate you mentally and encourage you to focus on self-improvement.

CANCER (June 21-July 22) – A pick-me-up will be illuminating. Book a spa day or plan to engage in something that brightens your surroundings or makes your place comfortable. Romance is on the rise.

LEO (July 23-Aug. 22) – If you look for opportunities, you will find something that interests you. Get involved in a conversation that can offer insight into the pros and cons of something you want to pursue.

VIRGO (Aug. 23-Sept. 22) – A unique relationship approach is favored. Your input will make a difference and change how someone feels about you. Take control if you want to have a say in things. Stand up and be counted.

WEDNESDAY, SEPTEMBER 28, 2022

Watch closely and think clearly

By Phillip Alder

A good way to improve your memory for bridge is to take, say, eight cards, shuffle them and lay them out in a line. Look at them for 20 seconds, pick up the cards, shuffle them and try to put them back as they were. (Maybe you will need a friend to write down the sequence for you.) Shuffle up the cards again. Do something else for 20 minutes; then take the cards and try to put them back in the same order.

You could increase the number of cards until you have 13. If you do, you will find it a little easier to sort the cards into suits.

However, it isn't enough just to watch all of the cards. You must draw inferences too. (This game can be so frustrating!)

In today's deal, defending against four hearts, West leads the club jack: three, two, queen. Declarer plays the diamond four: two, 10, nine. Next comes the heart queen: two, three, king. What should West lead at trick four – and why?

In the auction, South might have rebid three no-trump, which would have made. However, North, with a low doubleton, probably would have retreated to four hearts.

From the play at trick one, West

North		09-28-22	
♠	10 8 7		
♥	Q 10 9		
♦	A J 10 8 7		
♣	4 3		
West		East	
♠	K J 9	♠ A 6 5 2	
♥	K 5	♥ 6 4 2	
♦	6 5 2	♦ 9 3	
♣	J 10 9 7 6	♣ K 8 5 2	
South			
♠ Q 4 3			
♥ A J 8 7 3			
♦ K Q 4			
♣ A Q			
Dealer: South			
Vulnerable: North-South			
South	West	North	East
1♥	Pass	2♥	Pass
4♥	Pass	Pass	Pass
Opening lead: ♣ J			

knows that the defenders cannot win a club trick, emphasized by East's dropping of his lowest club. The diamond play strongly suggests that declarer started with K-Q-4. Partner's diamond nine looks like the top card from a doubleton.

To defeat the contract, the defenders have to cash three spade tricks now. West must switch to the spade nine, hoping partner has ace-third or -fourth.

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.

"JW TZZ UHFEMMZW JYHG CEF
ATYZEFW HC PCLLEBYPTHW TBS CEF
ATYZEFW HC FWTPG RWVCBS AWTF HC
ZCXW KWCKZW." — LYFT UCFXYBC

Previous Solution: "Realize that you're not immortal and you've got to take care of yourself. And then laugh it off and fly away." — Marc Maron

TODAY'S CLUE: *Λ sɪnbə ʌ*

REALITY CHECK



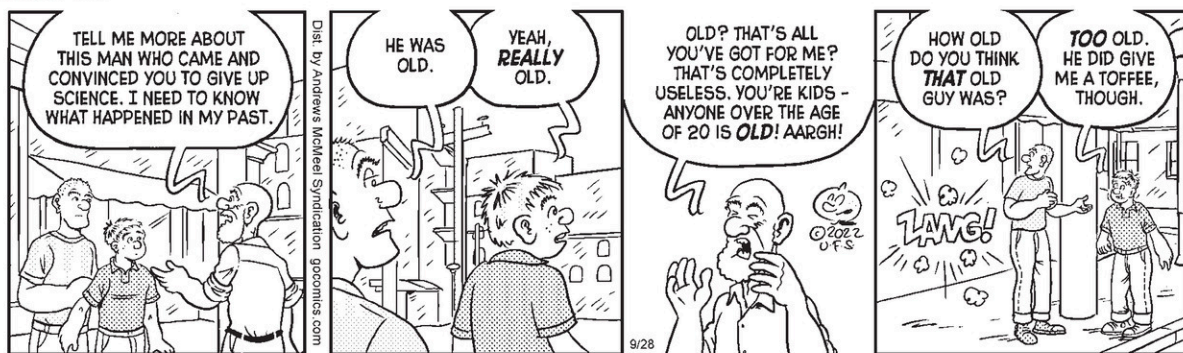
HERMAN



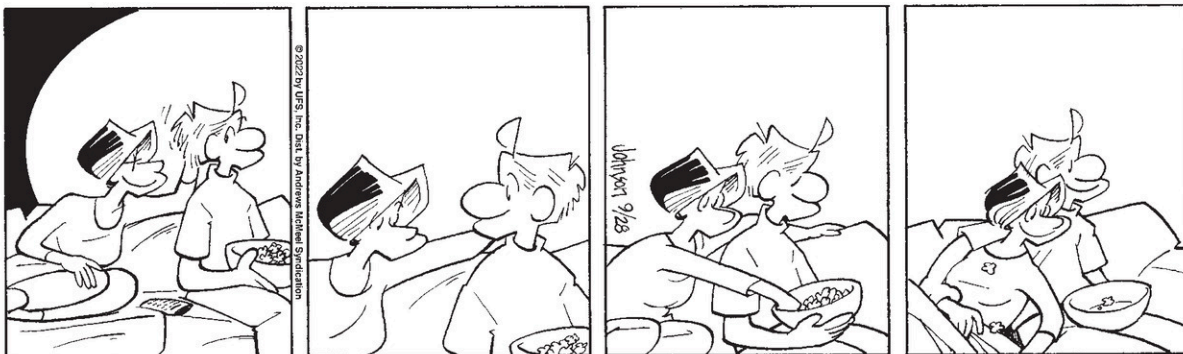
"We've got a new chef. Use lots of ketchup."

© LaughingStock Licensing Inc., Dist. by Andrews McMeel Syndication, 2022

ALLEY OOP



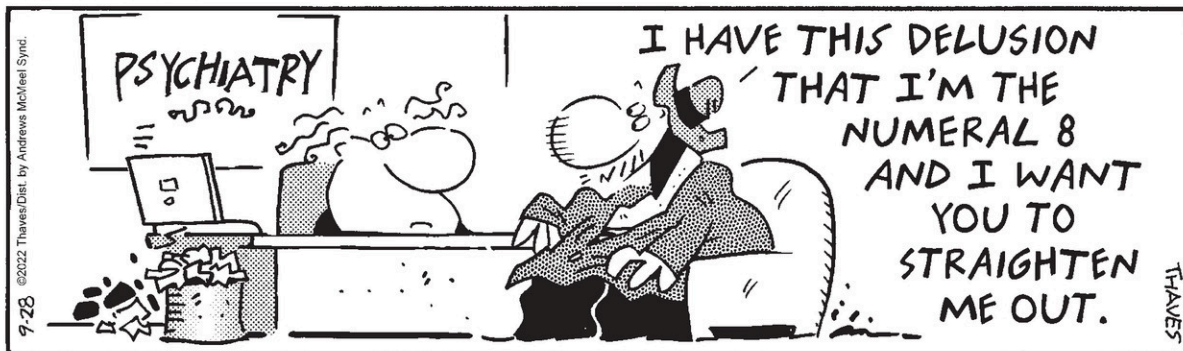
ARLO & JANIS



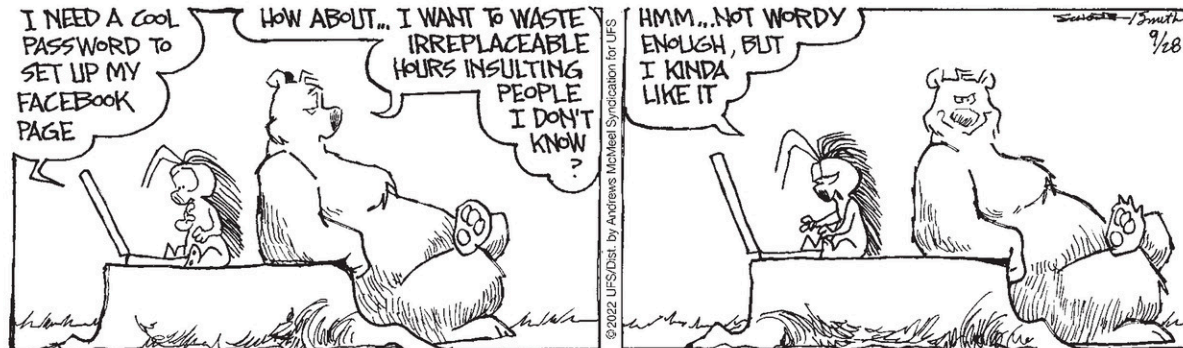
THE BORN LOSER



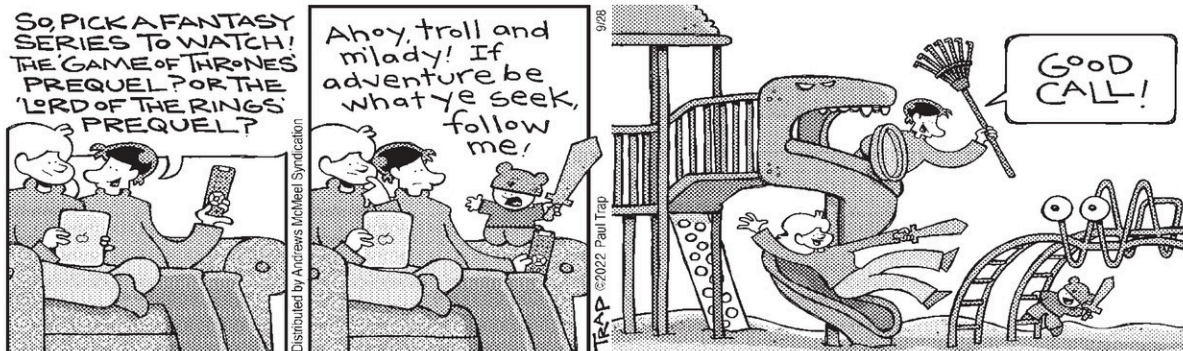
FRANK AND ERNEST



GRIZZWELLS



THATABABY



Go grocery shopping with dietitians.
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.
www.healthcheck.org **Check for Health Check™**

Diabetes The New EPIDEMIC

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

REACT NOW!

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

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.

290 Articles for Sale



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. 819-569-9525. classad@sherbrookerecord.com

340 Garage Sales

BOLTON OUEST
 Anna's Winter Inventory Liquidation Sale recycled fur, hats, scarves, coats, mittens. OCTOBER 1 and 2 from 10 a.m. - 5 p.m. (5 min from Knowlton) 2 Bolton Pass, Bolton Ouest.

THE RECORD
 OUR CLASSIFIEDS GET RESULTS!
 Call today today to place your classified ad!
 819-569-9525
 450-242-1188

Selling or buying?
Spread the WORD!
 Whatever you want to sell, whatever you want to buy, you can't go wrong with The Record classifieds. Reach out to hundreds of readers and watch the word get around.

THE RECORD
 819-569-9525
 450-242-1188

MS lives here.
 Multiple sclerosis never hits just one person. It affects the entire family.

MS Multiple Sclerosis Society of Canada
 1-800-268-7582 www.msociety.ca

Centre Communautaire de Brookbury Hall upcoming events

The Centre Communautaire de Brookbury (571 Chemin Brookbury, Bury) is planning a Spaghetti Supper on Saturday, October 22 at 5 p.m. There will be a charge at the door.

On Friday, October 28 at 7 p.m. we will be having our annual Halloween Party. There will be games, snacks, and judging of costumes. New this year, if you bring a painted or decorated pumpkin, these will be judged as well! Everyone is welcome, in costume or not. There is a small entrance fee for this as well (even those in costume).

These are the last events of the season, following the Halloween Party, the Hall will be closed until May 2023. Thank you to all who participated and helped with our various activities this year, and to those who have rented the Hall.

New memberships for the 2023 season can be purchased at the Spaghetti Supper. Cookbooks are still available.

If you have questions or need more information, please call Brenda Bailey at 819-884-5984.

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

9/28 © 2022 Dist. by Andrews McMeel Syndication for UFS

PREVIOUS SOLUTION

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

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

THE RECORD
 THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Advertise your goods and services in the Classifieds and reach hundreds of potential buyers daily. Call today to place your ad and make a sale quickly.

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

There is no guilt in taking space to grieve

Dear Annie

WEDNESDAY, SEPTEMBER 28, 2022

Dear Annie: I had a cousin who was dating an actress. On her biography, she listed people she had dated but did not bother to mention my cousin.

My cousin committed suicide because she dumped him. Before killing himself, he said he was so upset that he was going to take his own life. That was the last we heard from him. That morning, he hanged himself. His sister found him, but it was already too late.

I don't know if I have a right to be mad at her, but I am, and I won't even watch her show. Please help me. – Grieving Cousin

Dear Grieving: I am so sorry for your loss. That is so devastating for you and your entire family.

I don't blame you for not wanting to see this woman as an actress. Take whatever steps you need to in order to grieve properly. You don't have to watch her on screen at all. My guess is that your cousin's ex-girlfriend is feeling lots of guilt and sadness herself.

The best thing you can do is take care of yourself and allow yourself time to feel grief.

Dear Annie: Having a mother with dementia is challenging and brings out feelings of guilt and inadequacy. My mom was a sweet, wonderful woman, and we kept her home as long as possible. It became a question of her safety and the sanity of the family.

It may not be financially feasible for everyone, but we finally admitted her to a memory unit.

I cried for a week, anticipating that day. She adjusted quite well, and the structure, activities and loving nature of the staff were better for her than when she was at home. I visited each day, and there were times when she preferred her "girls" over me, which supported my decision to place her there. The cost was about one-third of that of a regular nursing home, and they had a chef with meal choices and a once-a-month free family meal.

My mom is gone now, but I don't regret that decision. The most hurtful time is when friends say they would never do that. To that I say, don't speak of which you have no experience. – Loved My Mother

Dear Loved My Mother: Thank you for sharing your experience. I have the feeling that your mother was an amazing woman, based on how much you cared for her comfort and safety. I hope your letter prompts others to avoid saying "never" about any of our choices for the future, other than, "You never know."

Dear Annie: I have two grown sons, ages 32 and 24, and they are my oldest and youngest children of six. At the age of 15, the 32-year-old was accused of a crime that the family knows he did not commit. But the accusation resulted in his spending approximately 15 years in

and out of the penal system. He entered a facility for adult inmates when he was barely 16, since he was charged as an adult.

My 24-year-old was the accuser (at roughly age 11). The accusations tore our family apart. The oldest went to prison; the youngest and one other of my children were removed from my custody and sent to foster homes and group homes.

Cut to today, years later: The boys are at war. Both are accusing the other of "ruining my life." They have been around each other a few times, and most of those times were cordial. The last time was a couple of months ago.

I live in Ohio, while the youngest lives in Missouri and the oldest is in Arizona. I hadn't seen my oldest son in several years, so he drove to Ohio to surprise me. When he left, he had plans to go to Oklahoma to visit another sibling, but he decided to go to Missouri to visit the youngest and meet his niece and nephew. I was skeptical about this, due to threats they had previously made against each other. It went exactly as I prayed it wouldn't.

They got into a screaming match, hurling angry threats and insults at each other in front of my autistic grandson's second birthday party! Now they are saying the other one is dead to them, along with the children!

Annie, I can't divulge personal information regarding the nature of *

the alleged crime, but I can tell you that this mama is torn in two. The boys aren't asking anyone to take sides, but we all are feeling jerked back and forth. What can I do, as a mother, to get two very stubborn, traumatized and angry young men to get help with their relationship? Individually and, possibly, together? We don't want two different holiday gatherings. And we don't know how to tell the grandkids why their uncles won't be around each other. What can we, as a family, do to bring our boys back together? – Torn Apart Mother

Dear Torn Apart: There is so much past resentment that needs to be forgiven and worked through in therapy between the brothers and you, their mother. Without processing the deep hurt and resentment that each has toward the other, every time they get together, it has a huge potential to end in a terrible fight. The fight only makes the rift deeper. They are grown adults so they have to WANT to make their relationship work better. You can encourage each of them to forgive, or to speak about their past hurts and traumas, but in the end, it has to be up to them to want to work on their relationship.

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

HERITAGE LIVE

Colby-Curtis Museum, Stanstead, QC

Sunday, October 2, 2022
1:30 pm to 4 pm

- Heritage Kiosks
- Museum Tour:
- "Let Me Tell You a Story" exhibit
- Conversations about oral history
- Special "how-to" workshop on oral history

Join us in-person or watch online at www.facebook.com/QAHNCanada

535 Dufferin, Stanstead, QC



Canada