

## Former Hells Angels land back on the market

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# THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

## Community Aid for caregivers

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\$1.25 + TAXES PM#0040007682 THURSDAY, NOVEMBER 10, 2022

## Transport ministry to address dangerous Ayer's Cliff intersection

By Michael Boriero  
Local Journalism Initiative

Ayer's Cliff residents can breathe a sigh of relief after the Ministère des Transports et de la Mobilité durable (MTQ) announced it will temporarily address the intersection where Route 141 meets Route 208, but permanent work won't be completed until next spring.

According to MTQ spokesperson Émilie Lord, the department will be installing new signage to make the intersection safe. This decision comes nearly two weeks after a car accident involving at least one overturned vehicle occurred overnight nearby the

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## Many happy hands make light work at Uplands



COURTESY OF UPLANDS CULTURAL AND HERITAGE CENTRE

### Record Staff

Volunteers and staff gathered at Uplands Cultural and Heritage Centre on Wednesday for a seasonal decorating bee, the first time in years that a full crew has been able

to continue the tradition.

Because of health and safety measures, over the past two years the decorating had been done by a smaller number of helpers to avoid a large gathering.

But this year, community members

were excited and ready to get involved, as the above photo demonstrates.

There is still work to be done in the coming days outside, but the Uplands crew managed to get the inside ready for the holiday season, and then enjoy lunch together.

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## Weather



TODAY:  
MIX OF SUN  
AND CLOUD

HIGH 13  
LOW 6



FRIDAY:  
SHOWERS

HIGH 16  
LOW 13



SATURDAY:  
SHOWERS

HIGH 16  
LOW 2



SUNDAY:  
CLOUDY

HIGH 5  
LOW -7



MONDAY:  
MIX OF SUN  
AND CLOUD

HIGH -1  
LOW -8

# The story of the trenches

## Contents of a letter by my grandfather Frederick J. Knight to my grandmother Mary Louise Deller Knight during World War 1.



LINDA KNIGHT SECCASPINA

Christmas 1915

**M**y dearest Mary,  
It's bang, boom and crash all day long. It's a rat-a-tat-tat day and night; fires and explosions, yelling and running and shooting; sandbags and trenches, war, war, war, such as I have never seen before.

We had been in the trenches for 20 consecutive days before Christmas dawned. For 20 days we had faced that strip of land, 45 feet wide, between our trenches and that of the Germans. It was a terrible No Man's Land, dotted with dead bodies, crisscrossed by tangled masses of barbed wire. That little strip of land was as wide and as deep and as full of death as the Atlantic Ocean; impassable and filled with human hate.

And though the sunshine of that bright Christmas morning in 1915 fell upon us few had the Christmas spirit. In our hole we quickly noticed, during the regular morning shooting hour, that the German trenches were still. Someone drew a target on a board, fastened it on a pole and stuck it above the trench, shouting to the Germans: "See how well you can shoot," and

within a minute the mark had been bullseyed. The board was pulled down, and we lifted it again so that the Germans could see their score.

The air was still, and I raised my head along with my fellow fighters and we saw hundreds of German heads appearing. Shouts filled the air, and we wondered what miracle had happened. Men laughed and cheered. There was a Christmas light in our eyes, and I knew there were Christmas tears in mine. There were smiles on the faces across from us where days before there had been only rifle barrels.

For once all of us on both sides of the trenches were happy for that one glorious instant that it didn't matter what we were. Some of us with more Christmas spirit than the others jumped out of the trench and began waving our hands and cheering. Suddenly a very tall German, with a happy smile which exposed two rows of glittering white teeth, climbed out of the trench and shouted:

"Our Lieutenant presents his compliments to your Lieutenant and desires to know if you will select four men and come to the middle of the neutral territory to arrange for a truce for burying the dead."

Our lieutenant agreed in an instant and I was one of the four men selected, and I shall never forget how I felt as we advanced to meet the four German soldiers and their lieutenant, who were coming toward us. We felt as if we wanted to throw our arms about these men, and they told us later in the day that the same desire was upon them.

The hatred of war had been suddenly withdrawn and it left a vacuum in which we human beings rushed into contact with each other. You felt their handshakes double handshakes, with both hands in your heart. The truce was arranged for one hour and the men

from both sides were to come out and bury their dead. The soldiers flocked from both trenches and rushed at each other and shook hands. "I want to have your photographs", said the German lieutenant to our party. He sent back for his camera and we enemies stood with our arms about each other's shoulders while the lieutenant snapped his camera.

"If I don't have the chance to send you the prints before the war is over, he said, "I shall see that you get them afterwards." And with that he took our addresses.

At last, the bodies were buried, and the hour of truce had passed, but the men did not go back to the trenches. All along that once terrible strip of No Man's Land the Germans talked or played cards, exchanging tobacco and cigarettes and joking and laughing.

"Don't blame us," the Germans said, "It Isn't our fault that we are fighting. We all have wives and children, and we are just the same kind of men and feel like fools".

It wasn't until the sun began to go down that the groups broke up and we all shook the hands that might slay us tomorrow. After supper we heard a sudden blast of music as a little German band had crept into the German trenches and played songs from all over the world. That night there was no shooting coming from either side.

In the morning, the sound of rifles was heard far down the trench. My friend next to me jumped out of the trench and began waving his hands and began to shout a morning greeting to a German soldier he had made friends with the day before. There was a sudden rattle of rifle fire and he collapsed with a bullet through his head. The sun was shining on a world gone mad once again.



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## Ben by Daniel Shelton



# Stanstead recognized for urban agriculture

Record Staff

Last week the Fleurons du Québec Corporation held its 17th annual recognition prizes at the Sheraton Hotel in Saint-Hyacinthe.

More than 220 municipal representatives attended the evening event, including from the Town of Stanstead which was awarded the prize in urban agriculture for its “On jardine à Stanstead” project, in the category 5,000 inhabitants and less. The Sunnyside Community Learning Centre’s Sunnyside Garden was at the core of the town’s submission, and was selected as the winner from among 19

possible submissions.

Stanstead’s community gardens are work of many volunteers, primary and secondary school students, local businesses and the town getting together to provide a place to exchange knowledge and engage in intergenerational activities.

As a result of that hard work, the Fleurons’ committee of horticultural experts awarded the town the prize of 14 hours of training with the Les Urbainculteurs organization.

The full list of results from the Fleurons du Québec awards ceremony can be consulted at [www.fleuronsduquebec.com](http://www.fleuronsduquebec.com)



COURTESY

## Former Hells Angels land back on the market

By Michael Boriero

The land where Sherbrooke residents could once catch a glimpse of the former Hells Angels bunker was sold in May. However, just six months later, the new owners have decided to put the property back on the market for nearly double the original price tag.

René Roy and Dany Sévigny purchased the land from the Director of Criminal and Penal Prosecutions (DPCP) for \$775,000. The Quebec government took over control of the land in 2009. It was offered to the municipality for \$538,000 last year, but city council turned it down.

Now Roy and Sévigny have listed the property for \$1.9 million, about \$1.2 million more than what it cost them to buy the land in the first place. And all they had to do was wait six months. The only caveat to prospective buyers is that the land is in one of the city’s conservation zones.

According to Sherbrooke Mayor

Évelyne Beaudin, she was surprised when the owners stepped up to purchase the land, announcing they would like to develop something there when the property, and parts of the surrounding forest, have been labelled a nature preserve since 2021.

“It’s a conservation zone. Also the aqueduct and sewer networks don’t reach this land, so it isn’t land that can be developed. [Sévigny] was aware of this when he bought it, he decided to go through with it, now he wants to resell it,” Beaudin said in a phone interview Wednesday.

There are many conservation zones in Sherbrooke, and the majority of land in these zones does not belong to the municipality, she continued. In fact, Beaudin shared, the city owns very little land in the territory. And her goal is not to snap up every bit of land using taxpayer dollars.

“We want to protect the forest, but we don’t want to own the land. Imagine if we were also obligated to buy all of the land we wanted to protect,

well, this would cost a lot of money. And we can’t use taxpayer dollars, especially in a case like this,” Beaudin explained to The Record.

She noted the city is in the market for developing social housing units and offering residents more affordable housing options. Sherbrooke just recently acquired the Résurrection-du-Christ Church to repurpose and convert into social housing and a new early childhood centre (CPE).

But it doesn’t benefit anyone to buy property on land that cannot be developed, or isn’t properly connected to the already established aqueduct and sewage network. Sherbrooke is not looking to expand the network, either, Beaudin continued, or purchase back the property.

“No, because there is no potential for development. What we’re trying to do now is find land where we can build social housing, like [Résurrection-du-Christ Church]. This land is already connected to the sewage and aqueduct network, so there is inter-

esting potential,” she said.

While Beaudin would consider buying the land at a price closer to the municipal evaluation, she highly doubts Roy and Sévigny will be accommodating to the city. And, she noted, this could have all been avoided if the DPCP did the right thing by giving the land back to Sherbrooke.

Sherbrooke residents are the folks who suffered the most throughout the years when the Hells Angels ran illegal activities, operations out of the city. Instead, the government chose to sell and managed to contribute to a troubling housing crisis and a suffocating real estate market.

“Well, certainly, what is happening there doesn’t surprise us, but we’re disappointed by the decision of the DPCP. The DPCP really missed a great opportunity,” Beaudin said, adding in the end the only people profiting off of this land will be Roy and Sévigny, and not the residents.

## Ayer’s Cliff intersection

CONT’D FROM PAGE 1

dangerous intersection.

“Existing crosswalks on Routes 141 and 208 will be relocated at the intersection. Stops on both approaches to Route 141 will be added, along with an ‘all-way’ sign. This sign will also be added to the existing stop sign on Route 208,” Lord said in a written statement Wednesday.

The ‘all-way,’ also known as ‘four-way,’ stops will serve as a deterrent for speeding motorists. New stop signs will also be installed on Route 141. The MTQ will also place a variable-message sign (VMS) on Route 141 for “at least one week” to inform motorists of additional stops.

However, Lord added the project will only be finalized with permanent fixtures and additional improvements on the northern side of the road after the winter period. Ayer’s Cliff Mayor Simon Roy, while pleased with the announcement, is sceptical given

what the MTQ promised before.

“Basically, they say, at the worst, it’s going to be next spring, but they’re trying hard. It might be before Christmas, but it’s not the first time they say it’ll be done by this date and unfortunately they cannot deliver on their promise,” Roy said, noting past experience has scarred the town.

Ayer’s Cliff has been pleading with the MTQ for years to install stop signs, speed bumps, monitors, or anything to slow down motorists and avoid accidents at the intersection. The work is always delayed. This time, though, Roy noted the MTQ seems to genuinely want to help.

He has never felt shafted by the government, either. Roy said the decision to delay work on the intersection was never political, but administrative and logistical. There is no bad faith from the MTQ, he insisted, adding it boils down to manpower, construction time, and

weather forecasts.

“You have to cut some sidewalks and make sure that everything is good. You have to draw some lines on the asphalt. You have to calculate the distance to put it right where it has to be. You have to draw out the crosswalk. It’s not just one guy with a drill installing a sign,” he said.

What the MTQ has proposed is not ideal, and there will need to be work done on the crosswalk, Roy continued. But, he added, at least it is a step in the right direction, and the department has agreed to come back in the spring. The MTQ also needs to block off the road.

“It is not just buying paint at Rona and spraying it on the asphalt. There needs to be some preparation. They have to close the road for some time. They say the whole project is maybe not a week, but close to that, in order to make it safe and resistant to the weather,” said Roy.

And while the argument has always been about speeding motorists, the mayor told The Record there is another contributing factor. The road is awkwardly shaped with a curve hindering a motorist’s view ahead of them. The solution, he said, would be to re-do the road completely.

However, Roy added that this option is likely not a feasible solution. Another option is to increase the police presence at the intersection, but that, again, comes down to manpower. And, he noted, it doesn’t make much of a difference if people simply ignore police and stops.

“At the same time we don’t have that many policemen on the territory, so we’ll make sure they are there more often in the next weeks, but at the same time people need to realize they need to drive slowly and be more aware of their surroundings,” Roy explained in a phone interview.

# Community Aid for caregivers

By Lawrence Belanger  
Local Journalism Initiative

and the needs of the caregiver to avoid burnout. She organizes virtual and daytime support groups, where they can talk about their ongoing experiences and difficulties. "It's a place where caregivers can come together and share where they're at, share challenges, share struggles, [and] problem-solve", explains Leigh. The support group also helps new caregivers learn from the experience of longer-term caregivers, and can make up for the loss of socialization that comes from devoting time to caregiving.

Community Aid also organizes public workshops to raise awareness about caregiving and provide information for caregivers.

Despite the growth in awareness and recognition of caregiving work, there are still other barriers faced by caregivers. Many are seniors themselves, caring for a partner while also dealing with health problems of their own, or are adult children juggling caregiving with their own family lives and workplace responsibility. Leigh explains that many caregivers express unease at allowing outside help into their home, people who won't immediately know the loved one in need of care. Those who are managing a gradual illness or the natural aging process often resist additional help, having not required it at first.



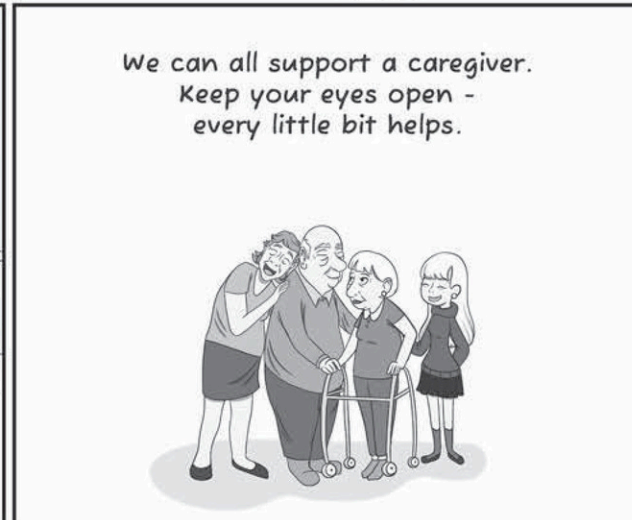
Leigh Hortop, coordinator of caregiver services at Lennoxville and District Community Aid, with Executive Director Sylvie Gilbert Fowlis

ARCHIVES/GORDON LAMBIE

Sometimes, caregivers feel guilt or remorse when asking for outside help. Others don't notice they're burning out when early on it was manageable, and Leigh can help them take a step back, and work with them to detail their responsibilities and needs. Oftentimes, at the end of this process, the caregiver only then becomes

cognizant of the scope of their work. As a non-profit, services at Community Aid are free or in the cases of escort transport and Meals on Wheels, covered by minimal fees. It also refers people to other organizations offering support to caregivers in the Eastern Townships including Réseau d'Amis de Sherbrooke, and L'Appui.

## National Caregivers' Week: Caregivers Need You!



To get involved, contact:



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# The Border Report

When our Spark educators arrive on the scene, they are greeted by children vibrating with excitement.

## Spark and the lessons of STEM

**PHELPS AIDE  
PHELPS HELPS**

“When Phelps visits a classroom It’s wonderful to see the excitement that comes along with such great hands-on projects. The classrooms are abuzz with movement and energy, students are engaged and attentive all the while planning, doing, reflecting, and redoing.” - Amy Gallant, Sunnyside Principal.

What happens when you hand an eight-year-old a pile of materials and a challenge to build something from them? Nothing short of magic and we get to witness it regularly. Our program, Spark, brings us into our local elementary schools showing young people that ingenuity is a skill they already possess and that being a Scientist is something they know a lot about.

After piloting this program over the last school year, we are back at it with zeal and all the conviction that Spark has an important role in keeping our local kids academically engaged. On a monthly basis, we will visit 14 different elementary classrooms at the French and English elementary schools. This year we are spinning our lesson plans off of a commitment to teach students the Engineer Design Process while also giving them opportunity to learn about other parts of the world.

In October, we kicked things off by

challenging participants to build a flag with limited materials. It had to stand up straight and students were asked to hone their attention onto the country represented by their flag of choice. This November, we are back with a lesson about Taiwan and a request to build a bridge that can withstand added force. Students will be encouraged, above all else, to work on improving their teamwork skills. We remind them that in the real-world of science advances are made possible by many people working together on a single complex problem.

We are so delighted by the reception in the schools this year. When our Spark educators arrive on the scene, they are greeted by children vibrating with excitement. Teachers are equally happy to welcome us into their classrooms. They have begun incorporating our Spark classes into the greater vision of their lesson plans by bulking up around the topic of the month or using them as a way to get a more complete assessment of a student’s progress. We had not anticipated this symbiotic relationship, however. It imbues our work with such a sense of meaning that we could never adequately express our gratitude to these school communities for opening their doors to us.



COURTESY

Many hours of time go into prepping these classes. Though we rely heavily on recycled materials, there is always the need to purchase extra bits and bobs. We were very excited to learn last month that we were the recipients of the \$25,000 Canada Post Community Fund. The generous amount will be dedicated to keeping this program filled to the brim.

We are champions of the importance of sticking with it and getting that high school diploma. We also believe that the best way to start this journey is with a spark of curiosity. From this first taste of complete engagement and interest in a challenge, our local students can continue to develop their love

of learning over the years. When things get hard, they can come back to these early classroom experiences for a reminder that learning from mistakes and making room to improve is the best way to meet a challenge and then, ultimately, make a breakthrough.

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](mailto:info@phelpshelps.ca), visit our website [www.phelpshelps.ca](http://www.phelpshelps.ca) or call our offices at 819-704-0799.

### FRONTIER ANIMAL SOCIETY

## Featured pet: Lottie

Sweet Lottie is a lovely young dog who unfortunately, doesn’t make the best first impression. Why? It’s not because she misbehaves, or barks, or jumps up on people. She won’t pee on your shoes or steal your wallet; she is just really timid when meeting new people.

Once Lottie knows and trusts you, although it can take time, she is a fabulous dog who is calm and well behaved. She plays beautifully with other dogs, she is fine with cats and once comfortable, she seeks attention and affection and loves to cuddle.

Because of her timidity, Lottie will do best in a quieter home with an adopter who will give her the time she needs to settle into her daily routine and feel secure. She is gentle, but a home with young kids will be too much for her.

Lottie enjoys the company of other dogs and would be fine sharing her home with a friendly, playful but respectful dog. She walks well on leash however she is a bit apprehensive in unfamiliar surroundings.

Weighing in at just 35 pounds, 1-year-old Lottie is not a big girl. We think she might be a Lab/Shepherd mix.

If you can be the one to provide her with the safe and loving home she deserves, and you won’t take it personally if she keeps her distance when you first meet her, we’d love to hear from you.

To find out more about Lottie, please give our adoption coordinator Brenda a call at 819.876.7747 any day of the week between 8 a.m. and 8 p.m.



# EDITORIAL

The people that control the televised news, whether it be the supper-hour programs or the 24-hour-a-day specialty channels - CBC, CTV, CNN, FOX or NBC - apparently have the attention span of a gnat.

## A good read beats a sixty second news clip



TIM BELFORD

It's no secret that I am a big fan of the written word. Books, magazines and newspapers have always been a large presence in my life, and I see no reason to change.

It's not that I have anything against modern technology, although admittedly I have my concerns about certain aspects of today's fascination with smart phones and the like, it's just that I'd rather not spend my time staring at a computer screen, large or small.

However, for a news junkie like myself, this does present a problem. With the demise of so many written sources of information, the Gazette, Globe and Mail and National Post included, all of which have increasingly gone to an on-line format, I have been forced to increasingly depend more and more upon televised news; and herein lies the problem.

The people that control the televised news, whether it be the supper-hour programs or the 24-hour-a-day specialty channels - CBC, CTV, CNN, FOX or NBC - apparently have the attention span of a gnat. Whether this is deliberate or just a reflection of the new generation's demand for instantaneous gratification is not clear. Perhaps it's nothing more than an unhealthy emphasis on the "breaking" aspect of news reporting. What it does mean, however, is that there is little emphasis on the "follow-up" part of the job.

Take the Covid-inspired fiasco at our border crossings. Each and every

news cast at the time bemoaned the long delays, the red tape rigmarole and the mounting frustration. It was a crisis of epic proportion and the news media featured endless interviews with people stuck at the border and families separated for months by travel restrictions. People needed blood tests, proof of vaccination, an app to say when they would return and a good reason to cross in the first place. Does anyone know what the regulations are now and whether they're working?

The same held true for the passport crisis. Every night featured film clips of mile-long queues of would-be travelers waiting for visas and passports so they could spend two weeks in Cuba or the Dominican Republic - three weeks if you included the quarantine time upon your return. The six people who issued passports across the country complained of staff shortages and the government vowed to hire at least six more. What happened? Did the government hire more civil servants. Are there more offices? Are the line-ups all gone? Do I still have to apply for a new passport a year in advance?

Speaking of passport and border problems, have all those who traveled by plane during the last six months got their luggage back yet? For weeks we were treated to videos of airport luggage piled head high, unclaimed and unclaimable. Tales of luggage bound for London being diverted to Tokyo were the norm. Would-be flyers were trying to squeeze two-week changes of underwear, shirts, pants and two changes of shoes into a carry-on. What's the situation now? Is it safe to stow your luggage on a flight from Montreal to Toronto without your bags ending up in Calgary? Who knows?

The list goes on. Hurricane Fiona devastated much of Atlantic Canada destroying homes and businesses. It left thousands without power and in many cases without homes. Coverage of the event was featured all day and all week. Now, televised news has moved on and is already tracking the next category 4 storm. It can only be



presumed that there are people in Atlantic Canada who are still homeless. Nope, television news is "breaking." I'll give it that. Still, given a choice, I'd

prefer to sit back in my comfortable chair and read an in-depth analysis of any of these stories.

## Letters

DEAR EDITOR,

Sixty years ago the writing was on the wall, but we continued to be seduced by "con"venience. We were not so literate then and we are not so literate now. As one of the creators of the internet cone said, "we are all lab rats now."

YOURS TRULY,  
JASON KRPAN  
GEORGEVILLE

DEAR EDITOR,

Our education system is mainly about jobs, it does not qualify us to make intelligent decisions about how to live on this planet.

YOURS TRULY,  
JASON KRPAN  
GEORGEVILLE

DEAR EDITOR,

The global growth-based economy is not sustainable, the health care system is not sustainable. Unsustainability is being woven into the fabric of our modern lives. The shredding comes slowly and then one day... suddenly!

YOURS TRULY,  
JASON KRPAN  
GEORGEVILLE

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# Sherbrooke Phoenix's Justin Gill enjoying breakout season with eyes on NHL again

By Abdulhamid Ibrahim  
The Canadian Press

Fuelled by motivation from a down moment, Justin Gill has turned the corner in his junior hockey career.

The 19-year-old Sherbrooke Phoenix centre has been enjoying a breakout season as one of the QMJHL's top scorers, sitting second in points (31) and goals (15) through 17 games. After not having his name called at this summer's NHL draft, Gill made sure to be back better than ever.

"Obviously it's not the best feeling, but at the same time I was expecting it," the Montreal native said. "I didn't have like the best season at 17 years old and with the pandemic and all that stuff it was pretty hard for me. Every game that I could play, I had to play my best game. And like I said, I wasn't in the best shape at that time."

"When the draft was going on, I had maybe that little hope a scout like really liked me, but at the end of the day, that just gave me motivation to be back stronger the year after, and I think that that's what I did."

Following the 2022 draft, Gill received an invite to camp from the Vancouver Canucks. Despite going

unsigned, he left with an experience that would help shape the season he is currently having.

"I wasn't mad or anything (at being unsigned), I just took that experience to Sherbrooke and just try to put in action— what they taught me there and what they told me to do," Gill said. "It was really, really helpful for me, and I think that gave me a lot of experience and a lot of new things to learn how to be a full hockey player."

The six-foot-one, 190-pound forward is currently in his fourth year in the QMJHL, having been drafted by the Charlottetown Islanders in the second round (32nd overall) of the 2019 draft.

After a quiet rookie season, he was traded to Sherbrooke during the 2020-21 season in a deal that involved three picks and two players. In 2020-21, his first full year with the Phoenix, he had his best year posting just 46 points (20 goals, 26 assists) in 68 games.

But with former star Xavier Parent out of the picture and playing in the ECHL, Gill has taken the step up his side needed, even with last season's leader in points, Joshua Roy and top 2023 draft prospect Ethan Gauthier alongside him.

"We knew that we need some guys (that) are 19 years old to take a step forward, not only on the ice, but point wise," said Sherbrooke head coach and general manager Stephane Julien.

"We don't put pressure on points but then we know that when you lose (106) points and (51) goals from Parent, you need guys to step up and he did. I mean, he came in, and right up the start had some points in every game and so far, he took Parent's spot which helps a lot for us."

In the process, Gill has caught the eyes of scouts across the NHL.

"Every team ask about him now. I know when they ask for Gauthier, his name always comes up and I think what they like from Justin, the NHL teams, is progression from the last 2 1/2 years with us, and he's got everything like NHL teams looking for," Julien said.

"He's a centre, big guy, can play physical, go play wing. He wins faceoffs, he's got an NHL shot. So, if we improve his skating, he's got any talent that other guys have in the NHL so far. That's why most NHL teams have some interest on him, because they see the progression and the package he has to play in the NHL."

Gill has made his way onto the NHL Central Scouting preliminary watch list for next year's draft with a 'C' rating, indicating a fourth to sixth round candidate.

"He wasn't even really on my draft radar last year. But now, you say, 'OK, well what's going into the production? Is it just that he's better?' And I think the level of production that he has right now, that really opens your eyes," said FloHockey NHL draft analyst Chris Peters.

"I think NHL teams also have taken a much closer at second year and third-year eligible players to draft just because they have a little bit more of a book on them," Peters added. "So that gives them a little bit more comfort in terms of where the player is in their development and where they're going next."

As he continues to work on his game, Gill understands the opportunity in front of him with 51 games left on the season.

"It's my last year of eligibility for the initial draft, so I'm really aiming to finally get drafted," Gill said. "I think I deserve it if I keep putting the work that I'm doing right now. So I'm really focusing on that. Individually, (the goal is) to get drafted this year."



**REMEMBRANCE DAY GAME**

SUNDAY, NOVEMBER 13 AT 3PM

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SHERBROOKE PHOENIX**

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RUNS FROM  
NOVEMBER 15 TO  
DECEMBER 6, 2022**




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## Death



**Evelyn  
SHADBOLT  
(nee Dawson)**

1932 - 2022

Passed away peacefully on the 9<sup>th</sup> of November at 3:50 a.m. at home, in her 91<sup>st</sup> year.

She was the beloved wife of the late Francis Shadbolt and cherished mother to William (Deborah), Keith (Pam), Kevin and Debbie (Tim). Adored grandmother to Christopher (Caroline), Jason (Valerie), Natalie (Robert), Jennifer, Ashley, Michelle (Doug), Courtney (Nick) and Natasha (Cody). Great-grandmother to Joshua, Tyler, Cedric, Logan, Brooklyn, Killian, Carson, Jackson, Alec and Cayden.

She will be mourned by all who knew her.

Visitation will be held Sunday, November 13 at St-Rosaire Catholic Church (Basement Hall), 4 Randboro, Sawyerville, QC, J0B 3A0, from 11 a.m. to 2 p.m., the service to follow at 2 p.m.

Burial service will be held immediately following the service at the Eaton Corner Cemetery.

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3006 College St., Sherbrooke, QC

PHONE: 819-564-1750

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# Datebook

THURSDAY, NOVEMBER 10, 2022

Today is the 314th day of 2022 and the 50th day of autumn.

**TODAY'S HISTORY:** In 1775, the Continental Congress created the U.S. Marine Corps.

In 1954, the USMC War Memorial (Iwo Jima Memorial) was dedicated near Arlington National Cemetery.

In 1969, "Sesame Street" premiered on PBS.

In 1977, a human was conceived through in vitro fertilization for the first time.

In 2001, China was approved for membership in the World Trade Organization.

**TODAY'S BIRTHDAYS:** Martin Luther (1483-1546), leader of the Protestant Reformation; William Hogarth (1697-

1764), painter/engraver; Claude Rains (1889-1967), actor; Richard Burton (1925-1984), actor; Ennio Morricone (1928-2020), composer; Tim Rice (1944-), lyricist; Neil Gaiman (1960-), author; Tracy Morgan (1968-), actor/comedian; Ellen Pompeo (1969-), actress; Walton Goggins (1971-), actor; Brittany Murphy (1977-2009), actress; Eve (1978-), rapper/producer; Miranda Lambert (1983-), singer; Taron Egerton (1989-), actor.

**TODAY'S FACT:** In 2021, the annual U.S.-China trade deficit was \$354 billion, up 14 percent from the 2020 deficit of \$310 billion.

**TODAY'S SPORTS:** In 1990, the NBA's Phoenix Suns scored a record 107 first-half points in their 173-143 win over the Denver Nuggets, just three days after the Nuggets had set the record

with 90 first-half points against the San Antonio Spurs.

**TODAY'S QUOTE:** "People think dreams aren't real just because they aren't made of matter, of particles. Dreams are real. But they are made of viewpoints, of images, of memories and puns and lost hopes." - Neil Gaiman

**TODAY'S NUMBER:** 1 - China's rank in the World Trade Organization's 2020 list of the leading exporters in world merchandise trade, with a 14.7% share. The United States was No. 2, with 8.1%.

**TODAY'S MOON:** Between full moon (Nov. 8) and last quarter moon (Nov. 16).



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## Ruptured Achilles tendon will take time to heal



**ASK THE DOCTORS**

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

**Dear Doctors:** I'm a 30-year-old man, and I play weekend volleyball. Last month, I jumped to spike the ball and heard a "pop." There was a lot of pain; it felt like getting kicked in the calf. It was a torn Achilles tendon, and now I'm in a cast and on crutches. How

else can this be treated? How long will it take to heal?

**Dear Reader:** The Achilles tendon connects the back of your heel to your calf muscle. It's the thickest tendon in the body, designed to withstand high levels of tensile force. It's thanks to the Achilles that you can flex your foot, which makes it possible to walk, run, leap, jump and stand on tiptoe.

The type of injury you experienced can happen to anyone, and at any age. However, analysis of data from emergency room admissions has shown an increase in Achilles rupture among men in their 30s and 40s, particularly those who sporadically take part in competitive sports. The sequence of events that you described - from the jump to the audible "pop" to the sudden subsequent pain in the back of your calf - are a textbook example of an Achilles tendon rupture. But not all injuries to the tendon are as obvious. It's possible for someone with the symptoms of a strained or sprained ankle to have sustained an injury to

the Achilles tendon. They are able to flex their foot and walk, and a manual examination of the ankle may not reveal the gap in the tendon typically associated with a rupture. Yet an injury can be present.

When it comes to treatment, the options are either a surgical repair or nonsurgical management of the injury. The former can range from a minimally invasive procedure using a scope and a few small stitches, to a so-called "open" repair, with an incision and more extensive suturing.

While surgical treatment is sometimes preferred due to a lower rate of reinjury, it carries complications. These include the potential for nerve injury, post-surgical infection and the risks associated with anesthesia. Nonsurgical treatment is less costly and has a lower complication rate. However, it can leave the individual at increased risk for a subsequent injury.

Nonsurgical repair of a ruptured Achilles tendon begins with rest, keeping the injured foot elevated

and taking medications as needed to control pain and inflammation. Another important step is bracing and immobilizing the affected foot. That means positioning the foot at a precisely flexed angle to bring the torn ends of the tendon into optimal proximity. A cast is then used to prevent movement as healing takes place.

Whether treated surgically or nonsurgically, recovery from a ruptured Achilles typically takes a few months. This includes rehab, which is crucial to a full recovery. Most people who have sustained a ruptured Achilles tendon and get medical treatment have a very good chance of a positive outcome. But some patients, particularly those who were less active before the injury, may be left with a reduced range of motion. It's important for you to understand that a complete recovery will take time. Please be patient and follow all of your health care provider's instructions, including rehab.

### 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

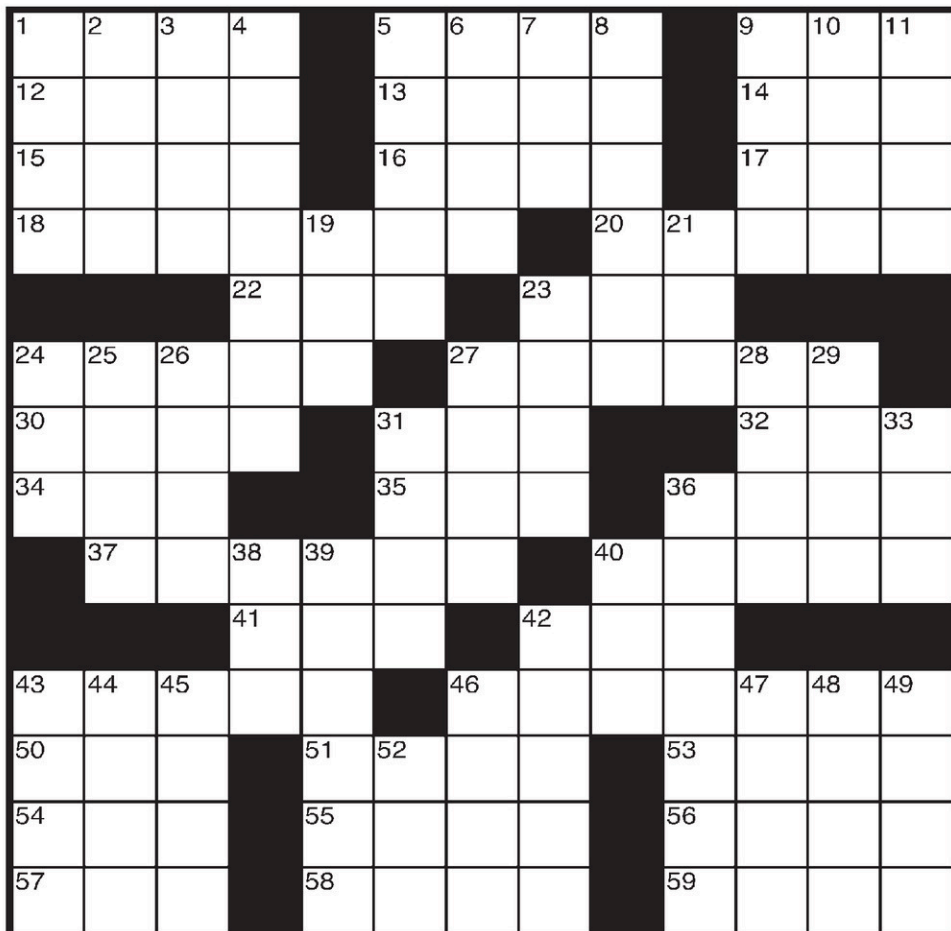
# Your Birthday

### Answer to Previous Puzzle



- ACROSS**
- 1 Mongol ruler
  - 5 Debate side
  - 9 ER practice
  - 12 Nostalgic time
  - 13 Caesar's day
  - 14 Exist
  - 15 Bun
  - 16 Wrist-to-elbow bone
  - 17 Fate
  - 18 Mark, Luke or John
  - 20 Social blunder
  - 22 Fiber-rich grain
  - 23 Underwater shocker
  - 24 Hold on
  - 27 Pulled ahead of
  - 30 Atlantic swimmers
  - 31 Always, to Poe
  - 32 "— -Pan"
  - 34 — Tome
  - 35 Cen. fractions
  - 36 Mildew
  - 37 Cauliflower bud
- DOWN**
- 40 Sharpens auction
  - 41 Compete at
  - 42 Rascal
  - 43 Undergo fission
  - 46 Gave a quick rundown
  - 50 Curly's colleague
  - 51 Bruins' sch.
  - 53 Stud site
  - 54 Gives the go-ahead
  - 55 Calif. neighbor
  - 56 Mythical archer
  - 57 Receive
  - 58 Horse's gait
  - 59 Damp and chilly

- 8 Public personas
- 9 Veal source
- 10 Campus fig.
- 11 Nerve network
- 19 Playground game
- 21 Gore and Roker
- 23 Auditory organs
- 24 Hypo units
- 25 Idle away time
- 26 Superstar
- 27 Chipper
- 28 Bond's alma mater
- 29 Broad valley
- 31 Got a load of
- 33 Badges and such
- 36 Shaped clay
- 38 Kyoto sash
- 39 Ceremony
- 40 Yes, in Kyoto
- 42 Fad
- 43 Air pollution
- 44 Prod
- 45 In case
- 46 Aberration
- 47 Roman market-places
- 48 Poet's black
- 49 Work station
- 52 — -Magnon



THURSDAY, NOVEMBER 10, 2022

Adjust your lifestyle to ease stress. Look for outlets that put your mind at ease and motivate you to spend more time doing things that put a smile on your face. Put a budget in place that helps you set up your home to suit your needs. Make convenience and comfort your priorities, and surround yourself with people who bring out the best in you.

**SCORPIO** (Oct. 24-Nov. 22) – Personal gain, physical improvements and re-thinking the way you live and do things will give you greater freedom and maneuverability. Love and friendship are on the rise, and socializing will pay off.

**SAGITTARIUS** (Nov. 23-Dec. 21) – Keep the communication flowing until you get the truth and feel confident that you can work with the information you receive. Ask an expert or friend for input.

**CAPRICORN** (Dec. 22-Jan. 19) – Take up a pastime that excites you. Look for unique ways to make extra cash. A change at home will give you access to more relaxation time with friends and family. Don't be afraid to take it easy.

**AQUARIUS** (Jan. 20-Feb. 19) – Taking baby steps will help you avoid a conflict with someone who likes to do things differently. Planning your actions and gaining approval before you begin will make your life easier.

**PISCES** (Feb. 20-March 20) – Keep your thoughts and feelings to yourself. Giving away too much information will put you in a vulnerable spot. Pay more attention to your health and finances and to keeping your records straight.

**ARIES** (March 21-April 19) – Reach

out to people you like to work alongside and make a proposal that's too good to turn down. A plan and a core group will give you the confidence to forge ahead and bring about positive change.

**TAURUS** (April 20-May 20) – Don't let curiosity be your downfall. Look at what's possible and use your intelligence and imagination to devise a way to utilize your skills and talents to get ahead. Put a plan in place.

**GEMINI** (May 21-June 20) – Emotions will get you in trouble. A sob story will tug at your heart and cost you one way or another. Put a plan in motion and concentrate on your end goal. Stop wasting time.

**CANCER** (June 21-July 22) – Sharing secrets will backfire. Don't underestimate what someone will do to make you look bad. Make personal growth, acquiring knowledge and looking your best your priorities.

**LEO** (July 23-Aug. 22) – You can't please everyone, but you can make a difference if you get involved in a cause that concerns you. Getting outside of your everyday environment will be eye-opening and inspirational.

**VIRGO** (Aug. 23-Sept. 22) – Be careful not to take on something you aren't equipped or ready to pursue. Taking on debt to try to impress someone will leave you scrambling. Stick to what you are good at.

**LIBRA** (Sept. 23-Oct. 23) – Sign up for something that interests you, and you'll discover how to turn what you learn into something lucrative. A business trip or meeting will give you a platform to share your findings.

THURSDAY, NOVEMBER 10, 2022

## Spicy variety in the major suits

By Phillip Alder

We all know the saying that variety is the spice of life – but from whose writing is that a slight emendation?

The variety of bridge deals can trip up the unwary. Today's caught my eye because it seems to require one play technique, whereas it actually needs another. How should South plan the play in six spades after West leads a club?

South has a problem in both major suits. Probably his first reaction is to try the heart finesse. If it wins, he can take the safety-play in spades: Cash the king, cross to the ace and lead back toward the jack. If the heart finesse loses, declarer cashes dummy's spade ace and finesses his jack. Here, though, this line fails as both key honors are offside.

However, there is a better plan available. Suppose East does have three trumps including the queen. There is no need to take the finesse, because he can be endplayed.

South cashes the spade king and plays a spade to dummy's ace. If West discards, declarer leads a third trump from the board and hopes that West has the heart king. Here, when West's spade queen appears, South draws the last trump and takes the heart finesse for an

North		11-10-22	
♠	A 7 6 3	♠	10 9 5
♥	A Q 6	♥	K J 10 3
♦	A K J 8	♦	10 2
♣	4 2	♣	7 6 5 3
West		East	
♠	Q 8	♠	10 9 5
♥	9 7 4	♥	K J 10 3
♦	9 6 4 3	♦	10 2
♣	J 10 9 8	♣	7 6 5 3
South		Dealer: South	
♠	K J 4 2	Vulnerable: Both	
♥	8 5 2	South	West
♦	Q 7 5	1NT	Pass
♣	A K Q	2♠	Pass
		North	East
		2♣	Pass
		6♠	All Pass
Opening lead: ♣ J			

overtrick. Now suppose that the spade queen stays extant. Declarer cashes his other top clubs, discarding the heart six from dummy. Then he plays on diamonds. If East refuses to ruff in, declarer exits with a trump. East will have to lead a heart into dummy's ace-queen or concede a ruff-and-sluff.

The original writer of "Variety's the very spice of life" was poet William Cowper.

### CELEBRITY CIPHER

by Luis Campos

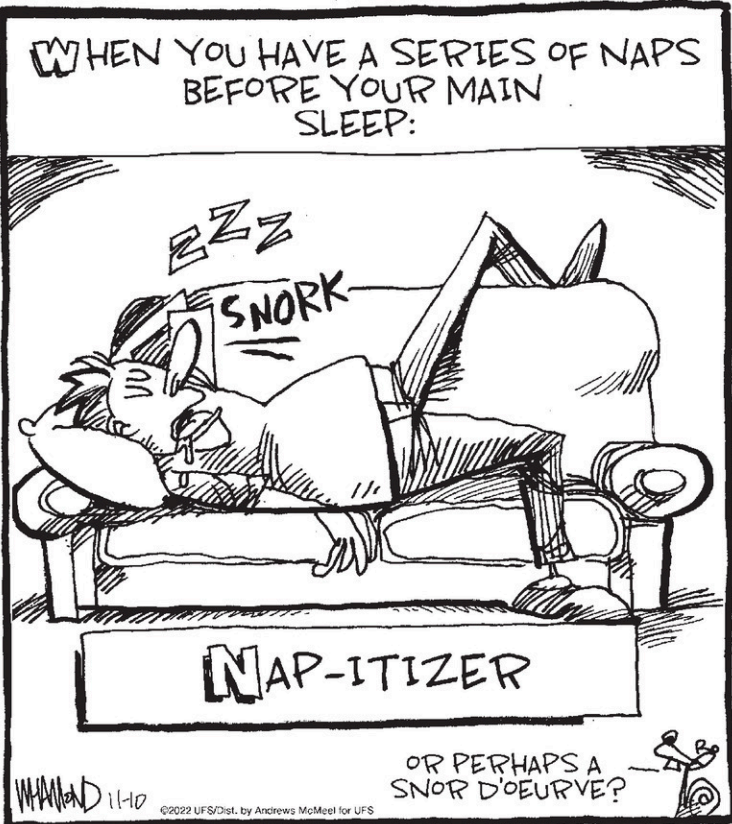
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"OMVFY MGS MSJFGOXIFY MIF  
 ODF YDMSWK OIXODY ODMO KAVV  
 FGSXIF KDFG ZFIF CMNOY MIF SXYO  
 MGS MYDFY MGS CWIPWOFG."  
 — GFAV PMAZMG

Previous Solution: "Because you don't live near a bakery doesn't mean you have to go without cheesecake." — Hedy Lamarr

TODAY'S CLUE: O sjenbe N

### REALITY CHECK



### HERMAN



"What are the frog's legs made of?"

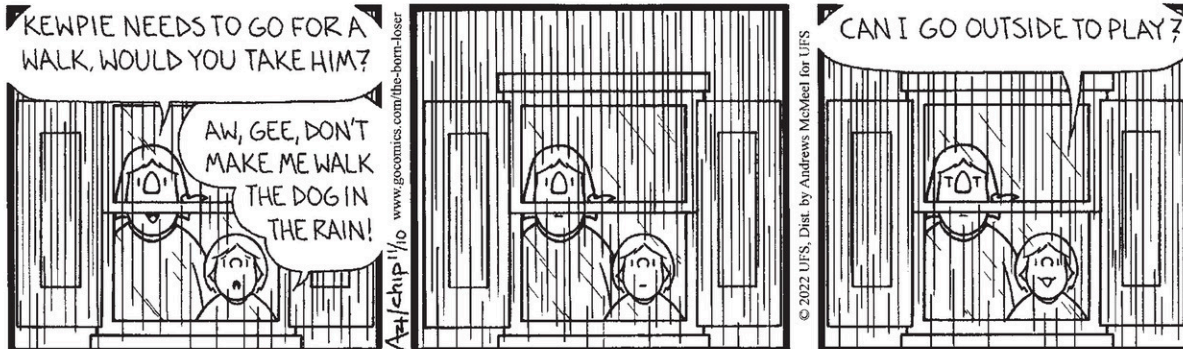
### ALLEY OOP



### ARLO & JANIS



### THE BORN LOSER



### FRANK AND ERNEST



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 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

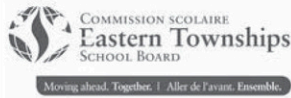
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## PUBLIC NOTICE

In conformity with Article 287 of the *Education Act*, the following is a summary of the audited Financial Statements for the Eastern Townships School Board for the school year ending June 30, 2022:

### ERRATUM to - Financial Statement published October 7<sup>th</sup>, 2022

#### Summary of Financial Statements

##### Statement of Revenues and Expenditures

Revenues	107,802,124
Expenditures	104,257,544
Surplus (Deficit) for the year	3,544,580

##### Statement of Financial Situation

Financial Assets	137,663,398
Liabilities	240,239,274
Net Financial Assets (Net Debt)	(102,575,876)
Non-Financial Assets	101,346,846
Accumulated Surplus (Deficit)	(1,229,030)

*These figures are subject to the external auditor's report*

Given at Magog, Quebec, this 10<sup>th</sup> of November 2022

Michel Soucy  
 Director General

# SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

11/10

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### PREVIOUS SOLUTION

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

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

online conference (Zoom); phone-in option available. To register, contact Vanessa (va@townshippers.org) or Abby (aw@townshippers.org).

#### LENNOXVILLE

Community Aid wishes to offer you an opportunity to socialize, make new friends from the area! Are you a card player? Do you play 500? Join us for a fun afternoon. If you don't play cards but would like to join us, please feel free to stop by. Drop-in to have a nice chat with people, we can also offer a range of other activities and games. We simply want to promote friendship. It's always nice to be able to meet people. Come and meet us on Tuesdays, November 15, November 29 and December 13, at 1:30 p.m. at the Amédée Beaudoin Community Center in the Borough of Lennoxville (there is an elevator). You don't have to be a member of Community Aid to attend. Feel free to bring a friend. If you have questions call Samuel or Sylvie at Community Aid: 819-821-4779.

#### LENNOXVILLE

Mental Health Estrie has officially launched its 2022-2023 HUGS for the homeless campaign. From November to March, we accept donations of new hats, underwear, gloves, socks, scarves and other warm articles of clothing which we donate to local shelters for people experiencing homelessness. Items can be dropped off directly at our offices in the beige bins next to door #2 at 3355 College in Lennoxville or let us do the shopping for you - all monetary gifts are used to purchase essentials. You can also call us to schedule an in-person drop-off of items or cheques. Please make cheques payable to Mental Health Estrie and indicate HUGS on the memo line. Thank you to all for your continued support and help! For more information, phone 819-565-3777 or email: info@mentalhealthestrie.com.

#### LENNOXVILLE

HCC Seniors Lunch will be held on Thursday, November 24 at noon. Everyone welcome. Please call Elaine at 819-563-8700 or elebourveau@videotron.ca to reserve your place.

#### LENNOXVILLE

Lennoxville-Ascot Historical and

Museum Society welcomes everyone to a talk by Heather Bowman about the Sherbrooke Hospital of nursing at 7 p.m. on Monday, November 14, 2022, at Uplands, 9 Speid Street, Sherbrooke (Lennoxville). Free admission. Information: 819-564-0409 or lahms@uplands.ca.

# TOWNSHIPS' CRIER

#### TOWNSHIPS

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

#### LENNOXVILLE

The Lennoxville United Church Women (UCW) invites you to its 2022 Christmas Bazaar on Saturday, November 19 from 10 a.m. to 3 p.m. in the Gertrude Scott Hall, 6 Church Street, Lennoxville (Sherbrooke). Come browse the selection of Christmas goodies and gifts we will offer at the Bake Table (Homemade Christmas (Fruit) Cakes and Donuts available on a first-come, first-served basis), Candy Table, Wish Table, Crafts Table (Knitting, woodworking, jewellery, etc.), Attic Treasures and a Fishpond for the younger set. We will also have available a selection of themed gift baskets suitable for such occasions as a Baby Shower, a Wedding Shower, a "Christmas Tea-for-Two," a "Grannie's Christmas" and more.

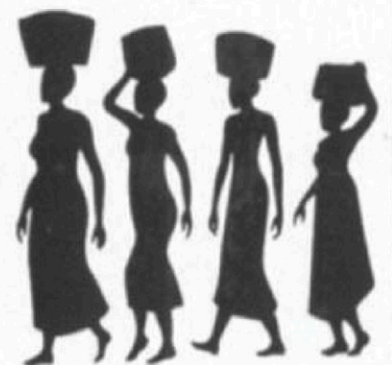
#### RICHMOND

St. Anne's Anglican Church, 171 Principal St. South, Christmas Bazaar and Food Sale on Saturday, November 19, 9 a.m. to noon. Some Rummage, includes many new articles and quilted articles, small kitchen appliances, oil paintings, Christmas decorations and much more.

#### ONLINE

CHEP Video Conference: November 16th, 10:00 - 11:30 a.m. "Coping with Chronic Pain: A Summary of the Work by the Canadian Pain Task Force" FREE

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# My sister, the no-gifts grinch

Dear Annie

THURSDAY, NOVEMBER 10, 2022

**Dear Annie:** My two sisters and I were out running errands one day when my youngest sister announced that we as a family should no longer exchange Christmas gifts because it's too hard to figure out what to buy everyone. She said that we all either have what we want, or what we need, at our ages.

We celebrate Christmas at her house because she has children, so it's easier. I mentioned that we should then forgo birthdays for the same reason. "Oh no," she says, "birthdays are only once a year." The last I checked, so is Christmas. Am I missing something? – Bah-Humbugged

**Dear Bah-Humbugged:** Your sister gets low marks for consistency in her logic, but her sentiment is a good one. People often overemphasize gifts around the holidays, when the real focus should be on family. I'm also guessing that, since you mentioned she has children, the holidays are a particularly hectic time for her. Forgoing Christmas shopping probably saves her a whole lot of time and energy.

I would honor your sister's wishes. Take the time and money you usually spend shopping and put it toward planning some fun activities you can do as a family with your sisters, nieces and nephews.

**Dear Annie:** My wife and I have been married for 18 years. When we first met, it was love at first sight. We got married and bought a house together and stayed at that house for eight years.

However, my father-in-law approached us and said that he wanted his daughter to live closer to him, and he wanted us to move. I politely told him that my family of four is fine where we are, but he was relentless until I gave in. He told us that he would help us out, and he insisted on giving my wife her inheritance ahead of time. This whole thing makes me upset because I went from a house that I owned together with my wife to not owning a house.

I try to look past this, but once I look past it, my in-laws pull specific stunts that I don't agree with, such as allowing my 12-year-old son to drive a car. There are many other stunts that they have pulled, such as yelling and screaming at both my wife and me (calling us animals and disrespectful) simply because we are disciplining our children.

I would like them to stay out of our business, but they refuse. They are constantly around, and my wife fully supports what they are doing.

What do I do? – Sleepless in Seattle

**Dear Sleepless in Seattle:** It is time for you to set some serious boundaries, but first, you need to make sure you are on the same page as your wife. A couples therapist can help you two communicate and establish some boundaries about \*

the role of your in-laws in your lives and in the lives of your children.

Once you and your wife are able to sort this out, have her initiate a conversation that involves you, her and her parents. Politely but firmly communicate your boundaries – and after you communicate them, be ready to enforce them.

"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](mailto:dearannie@creators.com).

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