

Local teachers reflect on their careers for World Teachers' Day

By Michael Boriero
Local Journalism Initiative

Paul Gella, Adam Brody, and Kim Graveline each have more than 10 years of teaching experience, whether its in Quebec, the Eastern Townships, or overseas, and on World Teachers' Day, they took time to reflect on what drives them to continue working in education.

Gella has been teaching for close to 15 years. He is currently in his fourth year as a math teacher at Richmond Regional High School. Gella previously worked for Alexander Galt Regional High School, and before that he had a short stint as a teacher in the Montreal area.

In a phone interview, Gella told The Record that his motivation as a teacher is simple: his students. His passion for the job stems from watching and interacting with children as they grow, improve, and learn new skills in the classroom, and in life, every single day of the year.

As folks around the world begin to send out messages to teachers, past and present, on Oct. 5, World Teachers' Day, Gella noted he didn't enter the field to be praised by students, parents, or colleagues. But it's about making connections, he said, and preparing

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Tree of Knowledge growing at Lennoxville Elementary



MATTHEW MCCULLY

Muralist Raphaëlle Coulombe-Allie with the diagram showing how the Tree of Knowledge mural will be pieced together on the wall of Lennoxville Elementary School over the coming weeks.

By Matthew McCully

Work is underway for the installation of the Tree of Knowledge on the big red wall of Lennoxville Elementary School.

A project years in the making, the design was brought to life by artist

Raphaëlle Coulombe-Allie, an experienced muralist, and founder and artistic director of MUR MURA. Coulombe-Allie and her three-person team spent the summer working on the mural in pieces, and yesterday they began assembling the base of the mural on the LES wall facing Academy Street.

According to Coulombe-Allie, it's quite the puzzle, and will take several weeks to complete the installation.

A grand unveiling will take place at the school once it is complete.

In the meantime, passersby can watch the giant puzzle pieces slowly come together on the wall.

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Weather



TODAY:
MAINLY SUNNY

HIGH 18
LOW 1



THURSDAY:
SUNNY

HIGH 20
LOW 2



FRIDAY:
PERIODS OF
RAIN

HIGH 19
LOW 2



SATURDAY:
CHANCE OF
SHOWERS

HIGH 6
LOW 3



SUNDAY:
CHANCE OF
SHOWERS

HIGH 10
LOW 3

HAND IN HAND

Mental Illness Awareness Week



Oct 2 to Oct 8 is Mental Illness Awareness Week (MIAW): a national public education campaign to inform the general population of the reality of mental illness, to foster understanding and to reduce stigma, and through their advocacy efforts, envisioning a Canada where everyone has timely access to mental health programs, services and supports without barriers. Established in 1992 by the Canadian Psychiatric Association, this annual event is now coordinated by the Canadian Alliance on Mental Illness and Mental Health (CAMIMH) in cooperation with all its member organisations and other supporters across Canada.

Millions of Canadians live with mental illnesses every day and when we include the impact on family and friends, the numbers continue to grow. Canadians' perception of their overall mental health has decreased from 64 per cent in late 2020 to 58 per cent in early 2022 and now one in three Canadians will be affected by mental illness in their lifetime (Statistics Canada, 2022). Statistics gathered from The Angus Reid Institute, (2022) and Maru Public Opinion, (2022) with CAMIMH found that:

One in three Canadians say they are struggling with their mental health.

One in three Canadians say that depression and anxiety are a major problem within their social circle.

Three in ten Canadians say someone in their household had an appointment with a therapist, psychologist or psychiatrist in the year 2021.

32 per cent of Canadians aged 18-34 say they need mental health care but can't access it and 40 per cent say they are at a "breaking point" mentally.

A recent provincewide study by the Pôle d'expertise de recherche en santé et bien-être des hommes (PERBESH) in collaboration with the Centre pour la valorisation de la paternité and Community Health and Social Services Network (CHSSN) concluded that English-speaking men and fathers have been hit hard economically and psychologically due to the pandemic.

30 per cent of men reported elevated levels of psychological distress.

Fathers under the age of 35 were the most affected.

12 per cent of men had postponed a medical appointment and 11 per cent had postponed a mental health care appointment.

English-speaking men and fathers

are more likely to experience stress and are more likely to be looking for work. The typical masculine gender stereotype plays a role in whether they actually seek help. We know that when it comes to mental health many suffer alone and in silence until the situation has escalated to a point of desperation or crisis. The American based National Alliance on Mental Illness (NAMI) is also honoring MIAW with the theme of "What I Wish I Had Known." Research indicates that early intervention leads to better long-term outcomes. The sooner one seeks help, the more likely one is to go on and lead a satisfying life. Most people who seek professional help recover. Regardless of gender or language, asking for help takes courage and demonstrates strength! So where can we turn for help?

Mental Health Estrie (MHE)

MHE is a non-profit community organization committed to providing information, support, education and advocacy to English-speaking families and individuals in Estrie impacted by mental illness. Services are available by phone: 819-565-3777 and email: info@mentalhealthestrie.com as well as in-person at: 3355 College, Sherbrooke, Qc. We invite you to follow our Facebook and Instagram pages and visit our website at www.mentalhealthestrie.com. To join our mailing list, please contact our outreach coordinator at: outreach@mentalhealthestrie.com

Finding a psychiatrist:

A psychiatrist is a medical doctor who specializes in the functions of the brain and can prescribe medications when necessary. Medication can be extremely helpful and can be an

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Ben by Daniel Shelton



Election numbers in Townships ridings

By Gordon Lambie
Local Journalism Initiative

Despite the sweeping victory by François Legault's Coalition Avenir Québec (CAQ) across the province, there was little change in the Eastern Townships and surrounding ridings as a result of Monday's election. Only the Iberville riding, on the western edge of the territory, came out with a different party representative than it went in with.

Overall voter turnout across Quebec was 66.06 per cent, with 4,163,499 votes cast out of 6,302,789 registered electors. Of those, 56,197 ballots were rejected, representing 1.35 per cent of the total. That turnout was just slightly lower than in the 2018 election, and the second lowest it has been in any provincial election in the last 40 years.

Voter turnout was above the average in every riding in or around the Eastern Townships, ranging from Richmond on the high end to Granby on the low end.

Brome Missisquoi saw 67.99 per cent voter participation and 538 rejected ballots (1.19 per cent). Isabelle Charest of the CAQ held her seat with 20,577 votes. Alexandre Legault of Quebec

solidaire (QS) came in second with 7,138, followed by the Parti Québécois (PQ), Liberals, and Conservatives.

In Drummond-Bois-Francs 69.60 per cent of voters turned out to the polls and only 641 ballots were rejected (1.74 per cent). Sébastien Schneeberger of the CAQ held the riding with 18,747 votes. The runner up was Conservative Myriam Cournoyer with 6,314, followed by the PQ, QS, and Liberals.

The Granby riding had 67.94 per cent voter turnout and 458 rejected ballots (1.23 per cent). Transport Minister and veteran politician François Bonnardel received 21,515 votes, putting him well above second place Anne-Sophie Legault of QS's 5,282. The PQ came in third followed by the Conservatives, then the Liberals.

In Iberville there was 70.23 per cent voter participation with 565 rejected ballots (1.62 per cent). The CAQ's Audrey Bogemans took the seat back from its defection to the Conservative party with 18,223 votes. The PQ's Jean-Alexandre Côté came second with 5,227 votes followed by QS, the Conservatives, and the Liberals.

Johnson had a 67.64 per cent participation rate with 763 rejected

ballots (1.79 per cent). André Lamontagne of the CAQ held his seat with 21,944 votes. The Conservatives' Luce Daneau came in second with 6,323, followed by the PQ, QS, and Liberal candidates.

In Mégantic 69.82 per cent of voters turned up, and 394 ballots were rejected (1.39 per cent). Incumbent François Jacques was one of the first candidates to be declared victorious in the province, despite the fact that with 12,973 votes to Conservative Mathieu Chenard's 6,252, his lead ended up being smaller than many of his neighbouring colleagues in the long run. The QS candidate in the riding came in third, followed by the PQ and Liberals.

Orford had a participation rate of 70.46 per cent and the smallest number of rejected ballots of any of the townships ridings, at 313 (.96 per cent). Gilles Bélanger of the CAQ was re-elected with 14,025 votes, with Kenza Sassi of QS coming in second with 5,143. Former Magog Mayor Vicki-May Hamm did better than any of her fellow Liberals here but still only managed third place ahead of the PQ and Conservatives.

Richmond had the region's highest level of voter engagement at 71.43 per cent with 618 rejected ballots (1.35 per cent). The CAQ's André Bachand held his seat with 20,087 votes, followed by Philippe Pagé of Quebec solidaire with 8,945. The Conservative, PQ, and Liberal candidates followed in that order.

The Saint-François and Sherbrooke ridings were the last in the region to be declared.

In Saint-François 69.46 per cent of registered voters turned out and re-elected CAQ representative Geneviève Hébert with 17,280 votes to the 11,491 for runner-up Mélissa Généreux of Quebec solidaire. Only 567 ballots (1.37 per cent) were rejected. The Conservative, PQ, and Liberal candidates came in third, fourth, and fifth, respectively.

Sherbrooke had 70.82 per cent voter participation and 461 rejected ballots (1.23 per cent)

Quebec Solidaire's Christine Labrie received 15,548 votes to secure a slight victory over CAQ contender Caroline St-Hilaire's 13,076. The PQ candidate came in a distant third with 3373, followed by the Conservatives then the Liberals.

World Teachers' Day

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them for adulthood.

"Honestly, it's not something that I really think about. For me, teaching wasn't my first career choice. I got into it because I was really passionate about it, so I don't really feel the need for outside appreciation or recognition," said Gella, adding teachers don't crave acknowledgment.

It has been a difficult few years with students and teachers coping with the pandemic, constantly adjusting on the fly and moving to online classes. But Gella had no qualms with teaching over Zoom. His problem was with the lack of interaction between his students.

He felt helpless because teachers could only do so much to generate interesting and thought-provoking lessons online. However, Gella said it finally feels normal again. Asked what he is particularly proud of over his teaching career, he explained that it's not one thing in general.

"For me I don't think it's one particular moment. It's more kind of like the relationships that I build with students who I might see at a fair, or in a shopping mall, and I haven't seen them in five years, but they'll still come up and say 'Hey, Mr. Gella, how's it going,'" Gella shared.

And if he were to go back in time to meet his younger self and impart some wisdom on what will eventually become a long and fruitful career as an educator, Gella noted he would likely tell himself to speak up more. It took him a few years to find his voice in the education network.

"Don't be afraid to try new things. I would say, don't be afraid to speak up when you think outside resources, let's say, aren't being helpful or supportive. That was one thing I always felt you kind of had to toe

the line and over my years I've now become more vocal," said Gella.

Brody, a Grade 6 teacher at Butler Elementary School in Bedford, has been teaching for 11 years. It is his first full year at Butler. He has only been with the Eastern Townships School Board (ETSB) for three years, also working at Waterloo Elementary and Heroes' Memorial.

"Honestly, I would say it's a fulfilling profession. I mean having an impact on the upcoming generation as well as when you're living in a small town, the impact you have on the community, as a whole, is definitely a fulfilling one," he said, noting he also worked overseas.

Brody spent nearly 10 years teaching in Abu Dhabi and Kuwait before moving to Quebec. Like Gella, he is happy to see things returning to normal. It feels like there is more focus on education rather than pandemic health and safety measures, he explained in a phone interview.

And as far as being acknowledged on World Teachers' Day, Brody said it was never something that crossed his mind leading up to October. He is treated with respect by students and parents, and, he added, they are all aware that the job goes beyond a typical 9 a.m. to 5 p.m.

He is also tremendously proud of the work he has done with the ETSB. Although often considered unconventional to parents, his teaching style goes beyond the typical textbook learning, he told The Record. His philosophy is based on children exploring their own interests.

"I've really tried to inspire a love for learning in my kids. I think one of the things I'm particularly proud of is just trying to inspire kids to learn freely and on their own and really try to pursue what they're interested in," said Brody, sharing he deviates from

From the Appalachian Teachers' Association

The Appalachian Teachers' Association (ATA) would like to take a moment to say thank you to all of its teachers.

We would like to celebrate their determination, passion and excellence over the last year despite many obstacles that they have faced. They have continued to triumph over many hardships such as dealing with the realities of COVID in our school systems.

Teachers continue to put the students of the Eastern Townships School Board first.

We the teachers' union of the Eastern Townships School Board, would like to say thank you to all of our teacher members and acknowledge this day in celebration of everything they do and continue to do. We are here to support you in the difficult times and celebrate with you during the great times.

Sincerely,
The ATA Executive

traditional teaching methods.

Graveline, meanwhile, has been working as a teacher since 2004, spending most of her career at Waterloo Elementary, where she remains to this day. She did spend time, however, at Parkview Elementary and up north in Nunavik, living in a village of 160 residents for one year.

"It was almost a different planet. I think it made me a lot more sensitive to all the different learning backgrounds that the students come in with, you know, the different social problems and how to manage that and teach at the same time," Graveline told The Record on Tuesday.

Her drive as a teacher also links back mainly to the students. They are the most constant part of the job, she explained. While management and curriculum can change from year to year, Graveline continued, the classroom stays relatively unchanged, full of students eager to learn.

However, she does wish people showed just a bit more appreciation for her profession. She told The Record

that it even took her father a while to understand the sacrifices teachers make on a daily basis. It wasn't until he attended a school show he started singing a different tune.

"I think what's a little bit different about teaching versus maybe a lawyer, or something like that, is we don't really mentally go home at the end of the day. We'll be sitting there thinking of our students, or driving home, or in bed thinking this is the best book for my students," she said.

And while she has nearly two decades of teaching under her belt, Graveline said she owes a lot of her growth as a teacher to her time in Nunavik. It has helped shape her teaching style, and she has been able to use her experience up north to diversify her lessons in the classroom.

"We're not a very diverse community, you know what it's like in the Townships, but I think, and not just me, but our school staff, we've done a really good job of letting the students know what's outside of their community bubble because that's often a big barrier," said Graveline.

You, your investments and your government's debt



DIAN COHEN

If you go to your local bank with \$25,000 or more, you can negotiate a one year Guaranteed Investment Certificate at 4.7 per cent. If you're prepared to lock your money in for two years, you can get more than 5 per cent. Quite a change from just a few months ago when short term guaranteed investments paid less than 1 per cent.

The rout in the stock markets is related to this. Stock prices have been flying for a decade because, aside from real estate, there were no bonds that paid anywhere near stock market or real estate returns. Now, with guaranteed rates rising, you can expect a different kind of stock market performance.

The price of a share of any company listed on the stock market is the amount people are willing to pay today for a stream of expected future payments, compared to the

available alternatives. That's called the discounted present value. Of course there are still stocks that pay good dividends – energy stocks are a good example – but generally stocks compete for capital against other asset classes like bonds. So if bonds yield significantly more than investors think they can get from stocks, stock prices will reflect it. That's exactly what's happening now, as many institutional and retail investors opt for a guaranteed 4 or 5 per cent on short term bonds.

There's another relationship you are aware of – the relationship between interest payments and debt accumulation. The biggest borrower in almost any country by a long shot is government. Whereas you may pay interest on your mortgage or your credit card debt, governments pay interest on money borrowed to finance programs that cost more than tax revenues bring in. Programs like health care, education, and social services – programs we want that governments are happy to give us especially at election time. Our demands are infinite especially when we mistakenly believe they are paid for with other people's money.

In the last decade or so, government debt, even without inflation, has nearly doubled, both as a share of the economy and per person. Just so you know, as of 2020, according to Statistics Canada, each Quebecer is responsible for repaying about

\$54,000 of federal and provincial debt. It's not an invoice you'll get in the mail, but we all pay it in other ways which are becoming clearer every day.

Rising debt creates a vicious circle as more money is directed toward interest payments and away from the programs that help families or improve Canada's economic competitiveness. And of course, when interest rates rise, debt repayment becomes more onerous. The UK economy was thrown for a loop last week as markets rejected the new government's plan to lower taxes while inflation remains at 40-year highs. The tax cuts aren't a free lunch and citizens know it. The government has to borrow to make up the difference. That will increase the debt. That's the vicious circle.

Canada has been there. Back in the 1980's and early 1990's successive governments went on spending sprees that were increasingly unaffordable for taxpayers. By 1996 the net public debt was the equivalent of 92% of the value of all goods and services produced. At that point, the International Monetary Fund and others saw that Canada was in deep doo-doo and warned that failure to tackle the problem would likely mean hitting the "debt wall" – not being able to access global financial markets to borrow more. This is now what we're seeing in some European countries. Then Finance Minister Paul

Martin did in fact tackle Canada's problem by slashing spending in sacred programs from education to healthcare.

Of course you intuitively know that higher interest rates weaken economic growth, and over time weak economic growth weakens corporate earnings and then share prices and rebounds on all of us.

People become politicians because they want to fulfil socially valuable work on behalf of others. Once in power, they seem more driven by their authority and leadership. Thus judgement becomes clouded about how much policy spending is sustainable – almost every government in the world wants to be re-elected. And that means promising.....more.

One other thought: when interest rates were almost zero, did our governments issue long-term bonds because they knew they would need the money to manage the debt and be able to continue program spending? The answer is no. Austria, Ireland and Belgium sold bonds with a less-than-1 per cent-yield in 2020 that will mature in 2120 – 100 years from now. Why Canada recently cancelled its proposed issue to mature in 2064 is for another column.

Dian Cohen, C.M., O.M., economist,
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Mental Health Awareness Week

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important part of the recovery process. A referral from a general practitioner is generally required to see a psychiatrist. If you have no family doctor, visit any walk-in clinic to receive a referral.

Finding a psychologist:

Psychologists provide talk therapy (psychotherapy) or counselling; they cannot prescribe medication. To find a qualified psychologist near you, consult the Order of Psychologists' online database (<https://www.ordrepsy.qc.ca/>). As this website is currently available in French only, you can call 1-800-561-1223 to connect with bilingual staff that will help you find a psychologist who can communicate in English.

Connecting with your local CLSC

For the number of your local CLSC, call 811. Each network of CLSCs has a mental health department and services are available even if you do not have a family doctor there. Call and ask for the "Psychosocial Intake Department," or the "Accueil psychosocial". In general, your call will be returned within 24-48 hours

to set up an initial appointment.

Connecting with health-care professionals:

If you or a loved one does not have a family doctor, or the family doctor is unavailable, there is a new service known as the Primary Care Access Point – GAP Estrie <https://www.santeestrie.qc.ca/en/care-services/general-services/access-to-a-family-physician/primary-care-access-point-gap-estrie>. Call 811 and select option 3. You will be automatically directed to the primary-care access call center (CAP) and a staff member will assess your needs and offer the appropriate service which might be provided by a nurse, social worker, pharmacist, family doctor, or another health-care professional. There may also be a clinic near you that accepts patients who are not registered. If you are unsure of walk-in clinics in your area, call 811 for assistance or search: <http://sante.gouv.qc.ca/en/repertoire-ressources/consultations-medicales-sans-rendez-vous/>.

In times of crisis (hospitalizations)

If you or your loved one is

experiencing a mental health crisis, go to a hospital emergency department. Once you have been assessed by the triage nurse, you will then be seen by a physician who will do an evaluation and determine the next step, which may include seeing a psychiatrist.

It is strongly recommended that someone accompany you or your loved one to the hospital to:

Provide encouragement and support during this process, which can be lengthy. Individuals seeking help alone often leave the hospital before ever being seen by a professional.

Advocate for services.

Provide a second set of eyes and ears to remember information from health care providers.

Share information with health care providers about recent behaviour, changes observed, or other concerns, if there is an opportunity to do so. Calm assertiveness may be required to achieve this.

Filing a complaint:

Anyone can use the complaint examination procedure to express dissatisfaction if they feel their rights have not been respected or

to file a complaint if they deem it necessary. The Centre d'assistance et d'accompagnement aux plaintes (CAAP Estrie) provides information and guides you through the steps of filing a complaint. Contact Angela Moore, Complaints Advisor 819-823-2047 or toll-free 1-877-767-2227.

Other:

911: in case of emergency

811: Info-Santé (option 1: nurse), Info-Social (option 2: psychosocial intervener)

JEVI – Center for suicide prevention in Estrie: 819-564-1354

Provincial helpline for suicide prevention: 1-866-277-3553

Urgence détresse crisis hotline : 819-780-2222

CHUS Hotel-Dieu & Fleurimont hospitals: 819-346-1110

To learn more about Mental Illness Awareness Week visit: www.camimh.ca

To learn more about how mental illness impacts Canadians, visit: www.mentalhealthcommission.ca

To learn more about the American based National Alliance on Mental Illness (NAMI), visit: <https://www.nami.org/Home>

Oh, the humanities!

By Gordon Lambie

This week will be the first ever “humanities week” at Bishop’s University, devoted to sharing news and information about the fields of study that focus on society and culture.

According to Michele Murray, the school’s Dean of Arts, the idea behind the project is to try to counter a drop in enrollment in disciplines like philosophy, history, music, modern languages, and religion that is being seen not just locally but across all of North America.

“We want to spread the word about the importance of the disciplines within the humanities for our world right now,” Murray said. “We thought that having a specific time to focus on what’s happening in the humanities would be a great idea to expose students who maybe wouldn’t think of taking a humanities course to consider that option.”

The Dean said that many of the fields that fit the definition of “the humanities,” end up being seen by people as dead-ends for employment, but she argued that this is not the case.

“Graduates from humanities disciplines do get jobs,” she said. “In fact the statistics show that within ten years they can meet or surpass some of the other disciplines in terms of earning power.”

Beyond the financial motivations, however, the dean argued that students

who delve into the humanities often have better critical thinking, communication, and emotional intelligence than their fellows who avoid the subjects.

“Students are put into the situation of imaging what it’s like to be put into the shoes of someone different from them,” she said. “It fosters in students the capacity to have empathy for others.”

“(Humanities courses) can enrich a person’s perspective on the world,” the dean continued. “They can challenge students with questions of who they are and what their beliefs are.”

That kind of challenge, Murray said, seems increasingly important in a world where people are getting caught up in social media echo chambers that only ever amplify the views they already support.

“People are only hearing what they want to hear, or reading what they already believe, not being exposed to other ways of thinking,” she said.

Philippe Laporte, a BU grad now studying Medical Physics at McGill University, is coming back this week to participate in a panel discussion about the importance of the humanities that will be taking place on Thursday evening at 5 p.m. in the Cleghorn room. He said that he has seen that concept in practice.

“Ideal with data, which is technically just numbers, but those numbers can represent people or medications or investments in the system,” said Laporte

whose undergraduate degree in Physics and Math at Bishop’s also included a dip into the humanities through the Modern Languages department. Often, he said, he will see colleagues who do not consider the human dimension beyond those numbers in their work, which then has a negative impact on their research methods.

“If you’re in humanities, science can be interesting, and if you’re in sciences, humanities can be interesting. Whatever you do, it can be hard to move forward without touching on the other discipline,” the PhD student said, sharing that he sees the two fields as complementary to each other, rather than the opposites they are sometimes considered to be. “If you are a science student, I believe that doing stuff in philosophy, in ethics, in history; trying to understand where things come from, is really useful.”

To that end, Murray said that the main component of humanities week is just opening the doors of classes across a number of different disciplines to drop-ins who might be interested in seeing what things are all about.

Although the Dean said that the focus is on trying to cross-pollinate students within the school, she also said that there is a history of involvement from members of the local community in many of these courses that has also proven beneficial.

“We love our local community, and we want there to be a relationship between local residents and Bishop’s,” she said, referring to the contributions of mature students as “a wonderful thing.”

“Their contributions to class discussions are just fantastic,” Murray observed, noting that mature students often bring perspectives that those in the “traditional” university age range have yet to experience.

The Donald Lecture scheduled for Wednesday Oct. 5, 2022 at 7 p.m. in Centennial Theatre is also considered to be a part of the week’s events. The speaker for the talk is Elisapie Isaac, Inuk singer-songwriter, broadcaster, documentary filmmaker, and activist. As usual with the Donald Lecture series, the talk is free and open to the public.

Hébert ready to get back to work

By Gordon Lambie

Speaking with the Record following her win late Monday night, Geneviève Hébert said that she never felt certain of what the result would be until the final call was made.

“I’m very happy,” the incumbent for the Saint-François riding said. “I doubted even when I was 2,000 votes ahead and didn’t want to take anything for granted.”

Although the race in her riding took longer to decide than many of the others in the region, Hébert’s success was still declared early by the timelines of some elections, with the call coming not long after 9:30 p.m.

Looking ahead, the CAQ representative said that she plans to continue to be an MNA who is present in her community and who serves “from the heart.”

Given the fact that every other CAQ MNA in the region was also re-elected, Hébert said that people in the Townships can look forward to working with a team of politicians who are already engaged and active on a number of issues. She also said that she is eager to get back to work after being put on pause by the election campaign.

“Now we can continue on,” she said, sharing that the cost of living is her biggest concern right now, and her first priority for problems to address.



GORDON LAMBIE



OFFICE TECHNICIAN

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Our mission is to promote and coordinate mutual aid and volunteer work in the community thus making it easier for seniors (65+), people presenting a geriatric profile or people convalescing to continue living in their own homes with the best quality of life possible.

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Responsibilities

- Greets visitors, determines the purpose of their visit and guides them to the appropriate person
- Answers in person or phone requests for information from clients, volunteers or general public
- Organizes requests from clients for the various services offered
- Prepares various documents intended for the clients or volunteers
- Creates and updates clients and volunteer files in the central database and physical files
- Compiles statistics, reports and other information for activities and services as required
- Prepares the monthly newsletter for distribution
- Executes all other duties related to the position

Requirements

- Bilingualism (essential)
- Strong interest in community involvement
- Experience with seniors (an asset)
- Relevant client service experience
- Good organisational and time management skills
- Good interpersonal and communication skills
- Ability to work autonomously and responsibly
- Discretion
- Ability to work collaboratively in a group setting and as a team member
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Benefits: 2 weeks vacation, Group Insurance

Salary: \$35,000.00 yearly

Please forward your c.v. and letter of intent to
Bridget Suitor at assistantdg@communityaid.ca.

Deadline for application: October 16, 2022.

Starting date: As soon as possible..

Only candidates selected for interviews will be notified.

EDITORIAL

Once 2023 rolls around, Trudeau will probably be eager to battle the still inexperienced Poilievre. At the same time, the new leader of the opposition will likely savour the opportunity to take on a prime minister seeking a fourth mandate.

Not again: Why another federal election may be on the horizon in Canada

By Thomas Klassen
Professor, School of Public Policy and Administration, York University, Canada

The recent selection of Pierre Poilievre as Conservative leader and Justin Trudeau's announcement that he will lead the Liberals into the next federal election has started a chain of events that will play out over the next 12 months.

After that Canadians can expect another federal election.

During the past century, no minority government has lasted three years; most far less. Trudeau's current minority isn't likely to break any longevity record.

The confidence-and-supply agreement negotiated earlier this year between the Liberals and NDP was aimed at ensuring the Liberal minority governs to 2025. But the agreement isn't binding, and it will probably falter sooner rather than later. Both parties will want their independence or else Poilievre will depict them as interchangeable.

The Conservatives will need a year to develop a new policy platform and adjust to their new leader. The result will likely be a more centrist party than the one that elected Poilievre. That's because the party has to get votes from those who rejected it in 2021 if it hopes to form the next government.

Avoiding austerity measures

The new Conservative platform will likely entail a smaller, and smarter, hand for the state, but probably won't contain slash-and-burn proposals. No party in recent federal elections has advocated austerity measures.

Similarly, provincial election campaigns, such as in Ontario earlier this year and currently in Québec, show that parties of all stripes are unwilling to run on a platform

that explicitly reduces benefits, or even makes realistic proposals for a balanced budget in the short term.

Trudeau's Liberals will probably shift to the right over the next year, seeking to occupy as much of the political spectrum as possible by squeezing the NDP on the left and the Conservatives on the right. The party will work hard to demonstrate to voters that it is a sound steward of economic prosperity.

Both parties will prioritize urban voters in Toronto, Montréal and Vancouver. Election after election has shown that as long as most ridings in these cities vote Liberal, the party cannot be denied power, either as a majority or minority.

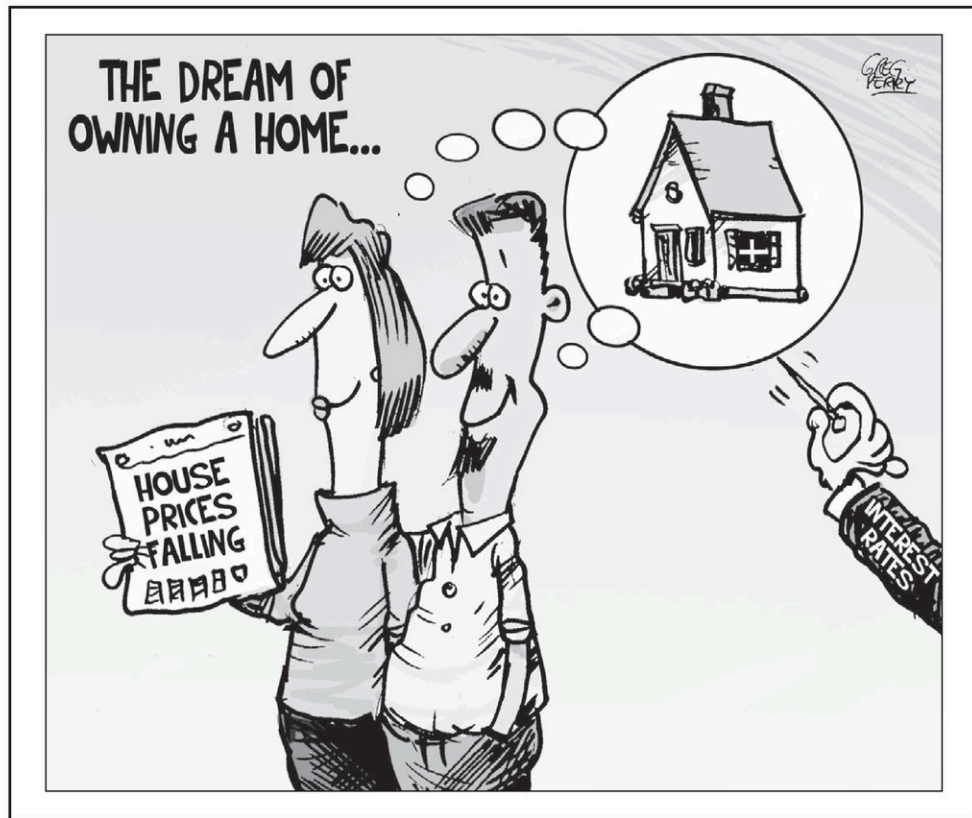
An early move by Conservatives to shore up support in voter-rich Ontario is the hiring of the executive director of Ontario's Progressive Conservative party, Mike Crase, as the new executive director of the federal Conservatives.

Weak, rudderless?

Once a year is up, the current minority government may totter on its last legs. That's because if the Liberals shift to the right, the NDP will have less reason to support the minority government. And Trudeau will likely be loath to be portrayed by Poilievre as being in bed with the NDP. It will be easy for the Conservatives to paint Trudeau as weak, rudderless and only in power due to the NDP.

Once 2023 rolls around, Trudeau will probably be eager to battle the still inexperienced Poilievre. At the same time, the new leader of the opposition will likely savour the opportunity to take on a prime minister seeking a fourth mandate.

Neither will have any reason to prefer waiting another two years before seeking a mandate from voters. Like boxers who spar as long as they can, they will be keen to strike a knockout punch as soon as the



opportunity arises.

The Conservatives and the Liberals will both paint the election as a referendum between stark opposites, even if their election platforms probably won't be very dissimilar.

With higher interest rates and soaring inflation, all parties will position themselves as guardians of the well-being of the middle class and working Canadians. It is via this guardianship that the parties will seek to differentiate themselves and appeal to specific groups of voters.

In calling another election the Liberals, as the incumbents, would control the exact timing. Of the past five elections, four were held in September or October. Elections during these months permit campaigning during pleasant late summer and early fall weather and don't interfere with the summer plans of voters. Late spring elections are also common for the same reasons.

The unknowns

Of course, in political life there's always uncertainty. Like his father did, Trudeau might go for a walk in the snow this winter and conclude that 15 years as MP, 10 years as Liberal leader and nearly eight as prime minister is enough.

If so, Trudeau might delay the next election as long as possible to provide time for a successor, such as Chrystia Freeland or Mélanie Joly, to assume the party's leadership.

Or a scandal might threaten one of the party leaders.

Less likely, but not entirely improbable, is a splintering of the Conservative party along ideological lines. A natural disaster or international events could also change the calculus and delay the next election.

Nonetheless, an election in the fall of 2023 or spring of 2024 is probably what Canadians can expect — or dread.

This article was originally published on *The Conversation*.

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Local Sports

When Tagovailoa sustained a concussion four days later at Cincinnati, the unaffiliated neurotrauma consultant who cleared him from entering concussion protocol against Buffalo was fired by the union, and the league and the union said changes were needed to the concussion protocol.

Analysis: NFL isn't passing the eye test on head injuries

By Arnie Stapleton
The Associated Press

What happened in Tampa was the last thing the NFL, its players and its fanbase needed three days after Tua Tagovailoa's horrifying head injury called into question the league's commitment to curbing concussions.

Buccaneers tight end Cameron Brate sat out the second half of Sunday night's 41-31 loss to the Kansas City Chiefs with a concussion after colliding with a teammate and being allowed to re-enter the game.

Brate was shaken up just before halftime after catching a pass for a 9-yard gain and colliding with Bucs receiver Chris Godwin while being tackled. Brate stayed down for a few seconds before heading for the sideline, but he didn't get off the field fast enough for Tampa Bay to avoid a penalty for having too many men on the field on the next play.

Brate re-entered the game and was Tom Brady's intended receiver on multiple incompletions just before halftime.

Coach Todd Bowles said after the game that Brate was in the concussion protocol but was unable to explain why he was allowed to re-enter the game with a head injury.

A day later, Bowles said it was because Brate experienced delayed symptoms of a concussion at halftime after initially complaining only of shoulder discomfort and being allowed to go back in the game.

"Broken system," tweeted Hall of Fame coach Tony Dungy, who was in attendance in his role as analyst for NBC's "Football Night in America."

"I was on the sideline very close to Brate-obvious he had his bell rung," Dungy continued. "There's a league appointed spotter in the press box who should stop play & alert the referee. Brate shouldn't have been allowed to return until after an evaluation. Why didn't that happen???"

Dungy added, "Coaches, team doctors and game officials are all watching play and can all step in. But the league appointed spotter has the ability to buzz the referee, stop the game and mandate that player leave the game to be evaluated, no penalty or timeout charged to the team."

Bowles said Monday that Brate was checked out three times before being allowed to re-enter the game with the Bucs driving for a touchdown that trimmed Tampa Bay's deficit to 28-17 at halftime. Brate said "nothing about his head" while complaining of shoulder discomfort, Bowles said.

The NFL's concussion and diagnosis protocol states that potential signs of a concussion include: "Slow to get up from the ground or return to play following a hit to the head" which "may include secondary contact with

the playing surface," and "motor coordination/balance problems of neurologic etiology (stumbles, trips/falls, slow/labored movement)."

Bowles said Brate was re-examined at halftime after symptoms arose and "we kept him out the rest of the game."

That did little to placate critics who also insist Tagovailoa never should have been allowed to suit up against the Cincinnati Bengals on Thursday night just four days after Miami's quarterback came up stumbling when his head hit the ground in a game against the Buffalo Bills on Sept. 25.

Tagovailoa initially seemed to exhibit concussion symptoms against Buffalo, but he was cleared by a team physician and UNC to return to the game. He and the team later explained his legs were wobbly because of a back injury.

Still, the league and its players' union began a joint review into Tagovailoa's quick return to the Bills game that is ongoing.

When Tagovailoa sustained a concussion four days later at Cincinnati, the unaffiliated neurotrauma consultant who cleared him from entering concussion protocol against Buffalo was fired by the union, and the league and the union said changes were needed to the concussion protocol.

The league and the NFLPA issued a statement last week that said they had made no conclusions about "medical errors or protocol violations" while the investigation is still underway. But the two added that "modifications are needed ... to enhance player safety."

Tagovailoa's concussion was topic No. 1 across the NFL heading into Sunday's slate of games, and coaches across the league spoke about safety being the game's top priority.

Then came Sunday night when Brate kept playing despite a head injury.

"IT HAPPENED AGAIN? NFL!" tweeted Chris Nowinski, a founder of the Concussion Legacy Foundation who played football at Harvard and is adamant Tagovailoa sustained a concussion against Buffalo and shouldn't have played at Cincinnati.

"Cam Brate went back in 4 plays after showing #concussion signs from this huge hit to the head. He stayed down too long & couldn't run off the field fast enough to avoid a penalty," Nowinski fumed, adding that Dungy "says it was obvious he had a concussion. How did he go back in?"

Bowles said an unaffiliated neurotrauma consultant did not ask the Bucs to test Brate for a concussion.

"Nobody called down. He was checked out three times. He went back in until the end of the half. The concussion thing didn't come up until halftime. He had delayed symptoms," Bowles repeated.

Bowles acknowledged "it was noticeable hit, but again it was on the

shoulder. Nobody said anything about the head."

Given what happened to Tagovailoa just 72 hours earlier, somebody

certainly should have.

With contributions from AP Pro Football Writer Rob Maaddi and AP Sports Writer Fred Goodall.

Montreal Canadiens sign second round pick Owen Beck to three year, entry level deal

The Canadian Press

The Montreal Canadiens have signed forward Owen Beck to a three-year, entry-level contract, the club announced on Tuesday.

The deal will see Beck earn (US)\$775,000 at the NHL level in 2022-23, \$835,000 in 2023-24 and \$855,000 in 2024-25.

The contact, which contains

bonuses of up to \$95,000 per year, will pay Beck \$82,500 at the AHL level.

The 18-year-old Beck, the team's second-round choice (33rd overall) in the 2022 NHL Entry Draft, amassed 51 points (21 goals, 30 assists) in 68 games with the Mississauga Steelheads of the Ontario Hockey League last season.

The centre ranked third in the OHL with 817 faceoffs in his rookie season.



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Death

Death

Marion (née Riff) PATRICK



With broken hearts we announce the peaceful passing of our Mom at the Wales Home on September 29. Beloved wife of the late Wilfred Patrick, dear friend of the late Wilfred Lancaster.

Mom was so very proud and devoted to her children Wendy (Bing), Jennifer (Neil), Barry, Michael (Aline). She will be sadly missed by her sister Evelyn Janes, her sisters-in-law Jean Patrick and Muriel Warner, grandchildren Kevin, Megan, Sara, Ryan, Jason, Aaron, great-granddaughter Chloe, and many nieces and nephews who loved her dearly.

There will be visitation at Cass Funeral Home (295 Principle St. S., Richmond) on Friday evening, October 7, 7 p.m. to 9 p.m., and on Saturday morning, October 8, from 10:30 a.m. to 12, followed by a private internment.

Please note: Family requires that hand sanitizing and masks be worn.

Heartfelt thanks to the staff of Norton 3 for the wonderful care she received.

In lieu of flowers, donations to the Wales Home Foundation or Holy Trinity Church Kirkdale, c/o Jocelyne Lefebvre, 466 Ch. LaSalle, Ulverton, QC, J0B 2B0 would be greatly appreciated.

Mummy, we miss you so.

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Date Book

WEDNESDAY, OCTOBER 5, 2022

Today is the 278th day of 2022 and the 14th day of autumn.

TODAY'S HISTORY: In 1877, Chief Joseph and the Nez Perce tribe surrendered to U.S. Cavalry troops after a 1,700-mile retreat.

In 1947, President Harry Truman delivered the first address to be televised from the White House.

In 1970, the Public Broadcasting Service was founded.

In 2005, the U.S. Senate voted 90-9 to prohibit the use of "cruel, inhuman or degrading treatment or punishment" on detainees.

TODAY'S BIRTHDAYS: Jonathan Edwards (1703-1758), theologian/evangelist; Chester A. Arthur (1829-1886), 21st U.S. president; Louis Lumiere (1864-1948), inventor/filmmaker; Ray Kroc (1902-1984), founder of McDonald's Corp.; Bil Keane (1922-2011), cartoonist; Vaclav Havel (1936-2011), playwright/Czech president; Steve Miller (1943-), musician; Bernie Mac (1957-2008), comedian/actor; Neil deGrasse Tyson (1958-), astrophysicist;

Maya Lin (1959-), architect/sculptor; Mario Lemieux (1965-), hockey player; Guy Pearce (1967-), actor; Kate Winslet (1975-), actress; Jesse Eisenberg (1983-), actor.

TODAY'S FACT: In the first televised White House address, President Truman asked the American people to stop eating meat on Tuesdays and poultry on Thursdays to help relieve food shortages in Europe.

TODAY'S SPORTS: In 2001, Barry Bonds set a new single-season home run record with his 71st and 72nd home runs.

TODAY'S QUOTE: "Kids are born curious about the world. What adults primarily do in the presence of kids is unwittingly thwart the curiosity of children." - Neil deGrasse Tyson

TODAY'S NUMBER: 40,031 - company-operated and franchised McDonald's restaurants worldwide in 2021.

TODAY'S MOON: Between first quarter moon (Oct. 2) and full moon (Oct. 9).

Owning a dog may protect against mental illness



ASK THE DOCTORS

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

Dear Doctors: My wife read somewhere that when kids grow up with a dog in the house, it can keep them from getting schizophrenia. I know that having a pet can help kids develop responsibility, but preventing mental illness seems like a stretch. Is this based on psychology - or something else?

Dear Reader: Your wife is referring to the results of a study published several years ago that found a link between living with a dog in very early childhood and a reduced risk of

developing schizophrenia later in life. As you can imagine, these findings generated quite a few headlines.

Schizophrenia is a mental illness that interferes with a person's sense of reality. When left untreated, it is often disruptive and prevents someone from being able to participate fully in everyday life. The condition usually shows up between the ages of 16 and 30. Early symptoms often include visual and auditory hallucinations, disordered thought patterns, delusions and paranoia.

Although the causes of schizophrenia are not yet clear, both genetics and brain structure have been shown to play a role. More recently, researchers have begun to explore a potential link to the gut microbiome - specifically, whether certain environmental exposures may influence brain development, and thus play a role in who develops a serious psychiatric illness and who doesn't.

Childhood pets are an early source of exposure to a range of harmless microbes, as well as to potential allergens. We now are learning that, via the gut microbiome, such exposure may have a positive effect on some children's immune systems. This made the researchers in this study

curious about whether living with a cat or a dog during the first 12 years of life might have an effect on mental health. Specifically, they were seeking any correlations with a diagnosis of schizophrenia or bipolar disorder. The latter is a mental health condition marked by sudden and extreme shifts in mood, energy and concentration. Like schizophrenia, bipolar disorder often arises in adolescence and makes it difficult for the person to successfully manage the tasks of day-to-day life.

In this study, the researchers used health data from 396 adults diagnosed with schizophrenia and 381 adults diagnosed with bipolar disorder. They also included 594 adults with no mental health disorders to serve as the control group. The participants ranged in age from 18 to 65, were in good health and had no history of drug use. All were asked to detail their personal history with childhood pets.

When the researchers analyzed the data, they were surprised to find a statistically significant connection between the presence of a family dog in early childhood and a decrease in the risk of developing schizophrenia later in life. They did not find the same link in study participants with

bipolar disorder or among those whose childhood pet was a cat. To understand the significance of this finding, further study is needed. But among the theories getting a closer look will be whether or not beneficial microorganisms in the microbiomes of dogs may have provided a measure of protection against schizophrenia later in life.

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

(Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10960 Wilshire Blvd., Suite 1955, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.)

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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Results of the 68th St. Francis Valley plowing match

The results of the 68th St. Francis Valley plowing match held at the Boersen Farm on September 24 and the prize distribution was held on October 2.

The winners are:

Match 1, Ladies, 2 and 3 furrow

1st Sandy Reid, best crown and finish
2nd Sara Jones

Match 2, Girls, 8-16 years

1st Madison Hamel
Best crown and finish
2nd Charlene Pelletier
3rd Julienne Pelletier
4th Amy Pelletier
5th Taylor Pepin

Match 3, Boys, 8-14 years

No entries

Match 4, Boys, 14-18 years

No entries

Match 5, Walking plows

1st Jonathan Sylvester
Best crown and finish
2nd Jacques Bachand
3rd Germain Boutin

4th Roger St. Germain

Match 6, All 3 furrow plows

1st William Morrill, Best finish
2nd Norman Pepin, Best crown
3rd Colt Mastine
4th Josh Lockwood
5th John Stalker
6th Robert Begin
7th Andrew Boersen
8th Paul Mastine
9th Kolton Gunter

Match 7, All 2 furrow plows

1st Richard Cookman, best finish
2nd Philip Boersen
3rd Nicholas Lessard, best crown
4th Jason Hebert
5th Alex Mason
6th Timmy Weare
7th Jason Badger
8th Bailey Enright
9th Brian Smith
10th Alan Morin
11th Danny Weare
12th Norman Harriman

Match 8, All newcomers

1st Cassie Proulx
Best crown and finish

Match 9, Provincial rules

1st Peter Kirby, best crown
2nd Curtis Cross, best finish
3rd William Cross
4th Ricky Weare
5th Corey Cross

Match 10, All 1st place winners last year, match 1, 6, 7, 10, 13 + 14

1st Nelson McCourt, best crown
2nd Tracy Mills
3rd Eric Fontaine
4th Will Dutka, best finish
5th Patrick Pepin

Match 11, Big plows, or more furrows

1st Steve Smith, best finish
2nd Josh Johnston, best crown
3rd Carly Morin
4th Tony Weare

Match 12, Young farmers

No entries

Match 13, Antique tractors and trailer plows

1st Robert Smith, best finish
2nd Roman Mason, best crown
3rd Kenneth Smith
4th Tim Mason

5th Philippe Barras
6th Dylan Smith

Match 14, Antique tractors and hydraulic plows

1st Philip Porter, best crown
2nd Francis Barras
3rd Wally Beard, best finish
4th Ernie Porter
5th Jacques Gelin

Match 15, 1 furrow plows

1st Shane Kydd, best crown
2nd Rene Arsenault, best finish
3rd Jeremy Arsenault
4th Andrew Kydd

Specials

- 1 – Highest merit on the field:
Madison Hamel
- 2 – Highest merit on the field, girls under 18:
Madison Hamel
- 3 – Best crown on the field:
Peter Kirby
- 4 – Best finish on the field:
Curtis Cross
- 5 – Youngest girl 8 and over plowing:
Julienne Pelletier

Dumfounded by daughter-in-law

Dear Annie

WEDNESDAY, OCTOBER 5, 2022

Dear Annie: I am a mom of three adult children. The circumstances that I am sharing are regarding my son and his new relationship. He is 27 and in love for the first time in his life. (Yay!) It has been wonderful to witness his newfound happiness.

His now fiancée and I have really bonded and – I had thought – built a fun relationship. She has four children from previous relationships, ranging in age from 10 to 17.

About six weeks ago, she started to write me emails regarding statements that I or other family members had made that she thought were insults. They were comments simply made in jest and were certainly not meant to be hurtful. She sent me a very extensive email outlining multiple conversations over a period of three months. This email was so difficult for me to read that it took me over three hours to get through it!

I responded by letting her know that I was sorry she felt this way and

expressed my deepest apologies. My husband and I have gone out of our way to offer hospitality to her and her children, including hosting them over the holidays for 10 days. We also took over child care for her youngest while they went on two separate trips, and we provided the means for her to move closer to our home. She was previously living about five hours away by car. We have also assisted with planning their upcoming wedding.

A few weeks ago, she stormed out of my birthday party because my niece hugged my son! They had not seen each other for nearly two years and were simply excited to see each other. She texted my son and demanded that he leave immediately as well. She later sent me a text that said to leave her entirely and completely alone.

In the weeks since, it came out that my son had confided in my daughter that they actually are already married! They had a courthouse wedding four months ago on the first trip that they took together. They had met online only four months before that, and they

still lived separately until only a month ago.

Over the last four months, they have had an engagement event and have worked hard to hide the fact that they are actually already married.

I am no longer certain I want to pursue a relationship with her. I feel so taken advantage of and hurt and bewildered by her behavior. But this may also mean losing the relationships I have built with her children, and possibly even losing my son.

Any insights you can share on how I might navigate the land mines ahead would be greatly appreciated. – Bewildered and Heartbroken

Dear Bewildered and Heartbroken: "Land mines" is the right term. It seems like everything you do offends her. One positive point about her expressing her unhappiness with your comments is that it's good she is able to be honest with you and tell you how she feels. It seems that she is a very sensitive person who forces you to think about what you are going to say around her. Or she might be a narcissist who tends

to make everything about her. She also might have borderline personality disorder, judging from the extreme change in behavior.

It must have been difficult for them to get married without telling you, or anyone for that matter, but ultimately that is their business and what they wanted to do. If you want a relationship with your son and step-grandchildren, you might have to forgive them for not including you.

Now that your son is married to her and she is part of your life, you have to find the best way to navigate her. One good book to read is, "Stop Walking on Eggshells" by Paul T. Mason and Randi Kreger.

"How Can I Forgive My Cheating Partner?" is out now! Annie Lane's second anthology – featuring favorite columns on marriage, infidelity, communication and reconciliation – is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

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

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CELEBRITY CIPHER

by Luis Campos

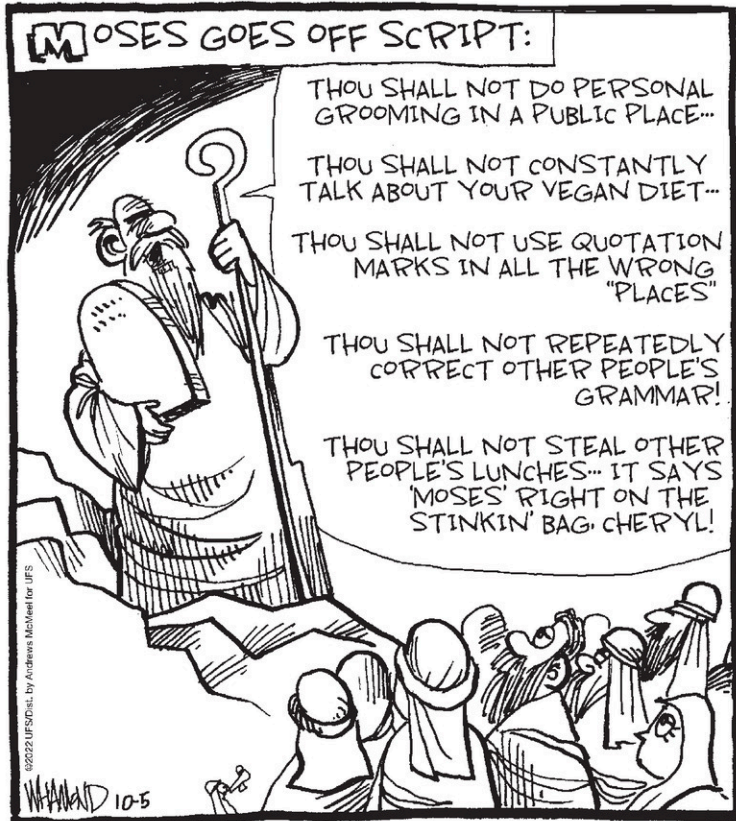
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"YXAG, D TZLH HJ VG HMG VGYH
ZOHJA DL HMG TJANK. VXH PW
NDCG DY PW CZPDNW, PW YJL, PW
CADGLKY." — IZPGY OZZL

Previous Solution: "I find old women at weddings and funerals attractive; I have this weird mortality thing." — Liev Schreiber

TODAY'S CLUE: H sjenba W

REALITY CHECK

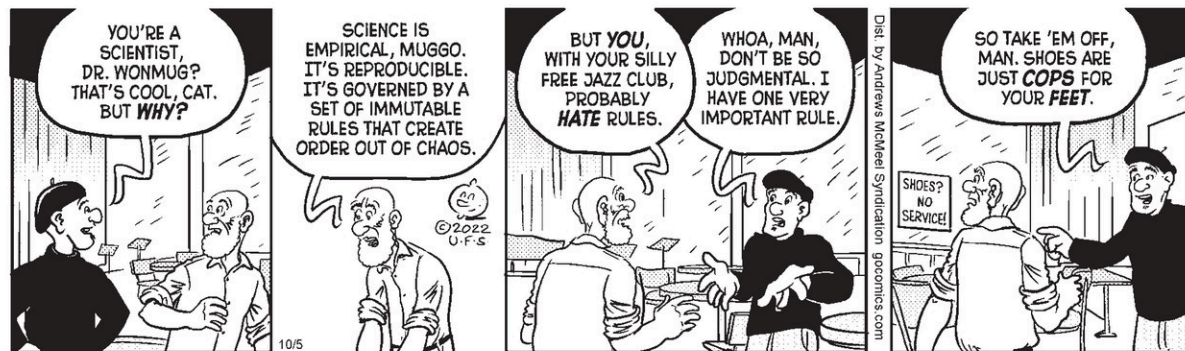


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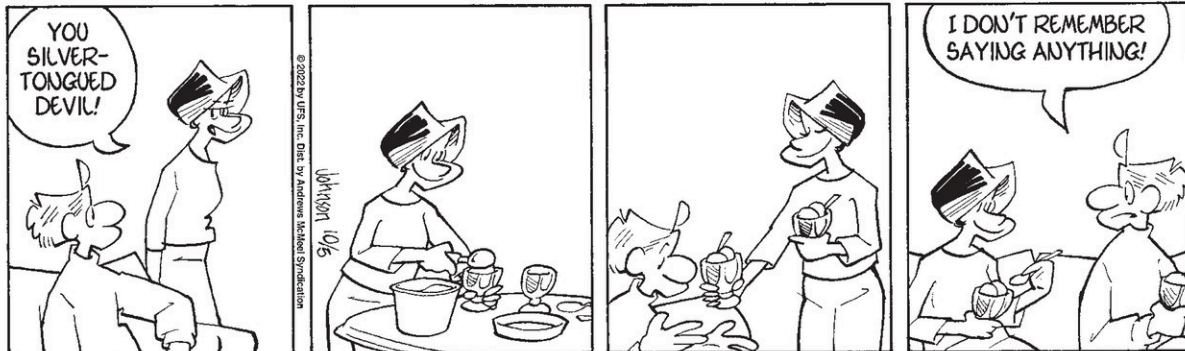


"D'you wanna play blocks for money?"

ALLEY OOP



ARLO & JANIS



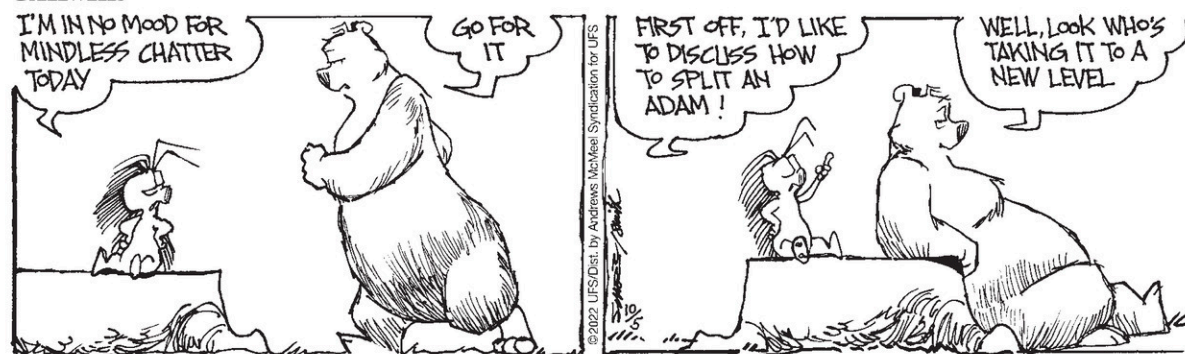
THE BORN LOSER



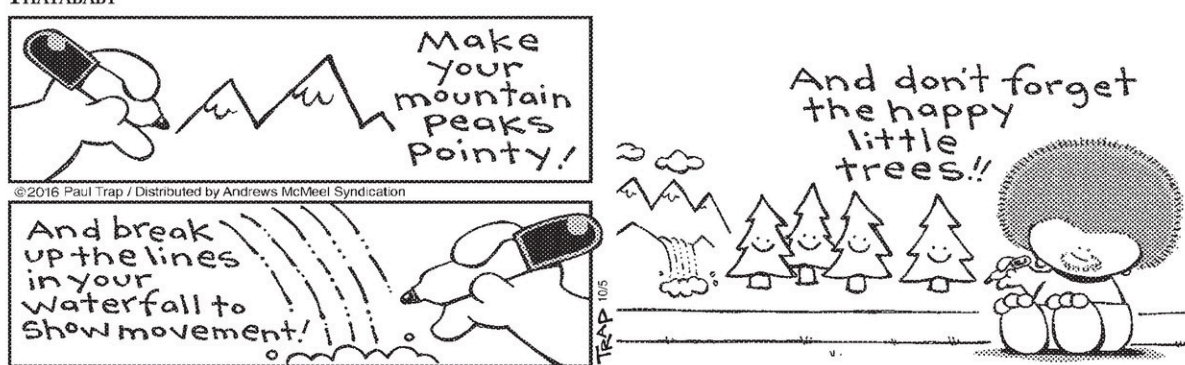
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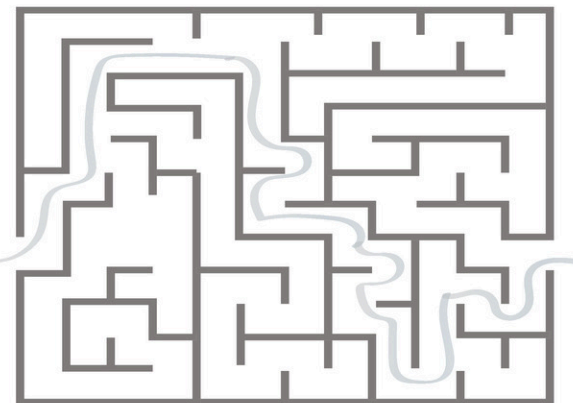
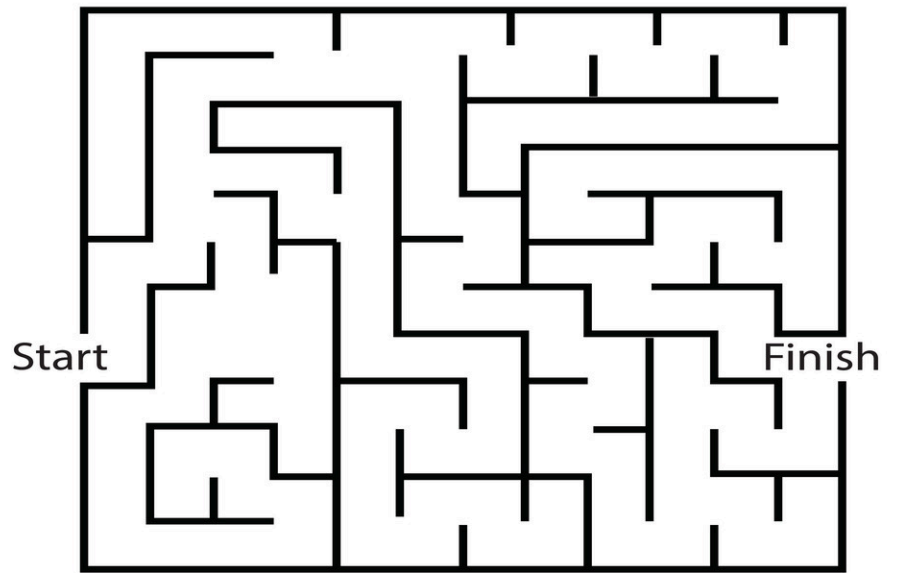
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Maze Craze

Can you find your way through the maze?



SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

10/5

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PREVIOUS SOLUTION

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

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



MANY PIZZAS ARE COOKED IN EITHER WOOD- OR COAL-FIRED OVENS FOR AN AUTHENTIC TASTE AND CRISPINESS.



NEA Crossword Puzzle

Your Birthday

WEDNESDAY, OCTOBER 5, 2022

PISCES (Feb. 20-March 20) – Hang on to your secrets, be a good listener and find out where you stand before you reveal your intentions. Use your skills to make improvements. A financial gain is apparent.

ARIES (March 21-April 19) – Observe what others are doing and how it will benefit your community, and you'll devise an efficient plan. If you focus on helping others, you'll gain allies. Structure your plans carefully.

TAURUS (April 20-May 20) – Be sure you can deliver on your promises before you commit. An intelligent but innovative plan will get you where you want to go. New beginnings will spark your imagination and offer hope.

GEMINI (May 21-June 20) – You'll need to be intensely focused to get ahead professionally. Spare no expense when it comes to getting what you want. Rely on yourself to avoid disappointment. Make plans with a loved one.

CANCER (June 21-July 22) – Experience and imagination will help you find a way to get what you want. Put your energy where it counts, and a positive change at home will put your mind at ease. Scout for bargains.

LEO (July 23-Aug. 22) – Don't bend to someone's pressure. Stand your ground and make a difference. A pick-me-up will boost your ego. Update your appearance and nurture meaningful relationships.

VIRGO (Aug. 23-Sept. 22) – Discuss what you want and how you plan to move forward, and you'll be able to set up changes to suit your needs. Making a lifestyle adjustment will lead to better days ahead.

Make personal growth a priority. Expand your interests, hone your skills and take responsibility for your life, happiness and success. Travel, education and experience will help you recognize what you want to do next and the best way to make your dreams come true. Pay attention to your health, your appearance and changing trends.

LIBRA (Sept. 23-Oct. 23) – Put your best foot forward and charm everyone you encounter. A positive attitude will get you further than will complaints or criticism. Look at what's possible and keep a positive attitude.

SCORPIO (Oct. 24-Nov. 22) – Don't take anything for granted or expect others to live up to their words. Be prepared to do things yourself and to take the credit you deserve. Don't overspend or risk your health.

SAGITTARIUS (Nov. 23-Dec. 21) – You have more going for you than you realize. Pull out all the stops and move full speed ahead. Discuss your intentions and make a change that gives you the freedom to pursue your dream.

CAPRICORN (Dec. 22-Jan. 19) – An unusual change to how you handle money or earn your living is apparent. Be smart and formulate a plan that has long-term financial benefits. Protect your health and well-being.

AQUARIUS (Jan. 20-Feb. 19) – Don't let what others do or say get you down. Consider what will make you happy, and put your energy toward improving your home and relationships. Assess your finances. Romance is apparent.

Answer to Previous Puzzle

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

- ACROSS**
- 1 Red-waxed cheese
 - 5 RCA products
 - 8 Overalls front
 - 11 Off one's rocker
 - 12 Enthralled
 - 14 Caviar
 - 15 Golden State Warriors coach Steve
 - 16 Write on metal
 - 17 Sporty truck
 - 18 Get out of debt
 - 20 Boxing venues
 - 22 Sluggers' stats
 - 23 Goes on stage
 - 24 Perch
 - 27 Type of antenna
 - 29 Bonfire remains
 - 30 Blouse features
 - 34 Go AWOL (2 wds.)
 - 37 In favor of
 - 38 Stack
 - 39 Worked as a model
- 41 Catch the bus**
- 43 Aberdeen kid**
- 44 Promotes**
- 46 Decree**
- 49 Rand of "Atlas Shrugged"**
- 50 Head covers**
- 52 Churchill successor**
- 54 Mai — drink**
- 55 Toledo's lake**
- 56 In — (as found)**
- 57 Patient's need, in brief**
- 58 Successful candidates**
- 59 New driver, maybe**
- DOWN**
- 1 Antlered animal
 - 2 Active sort
 - 3 Lot size, often
 - 4 Transforms
 - 5 Deuce beaters
 - 6 Huge container
 - 7 Pet adoption org.

- 8 Main force
- 9 Minute amounts
- 10 Some queens
- 13 Plunge about
- 19 It may be abstract
- 21 Sonic bounce
- 24 British rule in India
- 25 Columbus sch.
- 26 German physicist
- 27 Trickle down
- 28 Urchin
- 30 "Just as I thought!"
- 31 CD predecessors
- 32 Previous to
- 33 Install a lawn
- 35 Advanced degs.
- 36 Barely boil
- 39 Golf score
- 40 Most weird
- 41 Fit for a queen
- 42 Column type
- 43 Fails to win
- 44 Fiberglass bundle
- 45 Rani's garment
- 47 Singer — Adams
- 48 Nerve network
- 51 Shiny metal
- 53 Wimple sporter

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

WEDNESDAY, OCTOBER 5, 2022

The unknown becomes known

By Phillip Alder

As we saw yesterday, normally, when you are the declarer, you try to keep your cards hidden from the defenders. You don't want them to be able to read your hand. However, once in a while there are times when you want a defender to be aware that you hold a particular card.

On today's deal, South was the late Bobby Slavenburg, a Dutchman who won the World Open Pairs title in 1966 with Hans Kreijns. He was a highly imaginative player.

It isn't clear why Slavenburg opened one club rather than one diamond. (He was out of range for one no-trump.) Over West's takeout double, North made a preemptive three-club raise. South's bid of three no-trump, though debatable, was predictable.

West led the spade king. When the dummy came down, Slavenburg immediately noticed the potential blockage in the club suit. It would run only if the queen were a singleton: an a priori probability of just over 12%. Slavenburg wondered if he could improve his odds, making the contract against a 2-2 club split: a 40% chance.

When West continued with the spade queen at trick two, Slavenburg

North		10-05-22	
♠	9 8		
♥	Q 7 6		
♦	3 2		
♣	K 8 7 6 5 4		
West		East	
♠	A K Q 10	♠ 6 5 3 2	
♥	10 5 4 2	♥ K J 3	
♦	Q 7 6	♦ J 9 5 4	
♣	Q 2	♣ 10 3	
South			
♠	J 7 4		
♥	A 9 8		
♦	A K 10 8		
♣	A J 9		
Dealer: South			
Vulnerable: Neither			
South	West	North	East
1♣	Dbl.	3♣	Pass
3NT	Pass	Pass	Pass
Opening lead: ♠ K			

dropped the jack. No longer having to worry that South held jack-fourth in spades, West greedily cashed his other two spade tricks. Slavenburg immediately discarded a club. When the clubs did divide 2-2, Slavenburg made his contract.

That was a nice play, but when South followed to the third spade, West should have scented a stratagem. If South wanted spades continued, it had to be better for the defense to lead another suit. If West had switched to a red suit at trick four, the contract would have been defeated.