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\$1.25 + TAXES PM#0040007682 TUESDAY, NOVEMBER 8, 2022

## Quebec Liberal Party leader Dominique Anglade resigns weeks after provincial election

By Michael Boriero  
Local Journalism Initiative

After a tenuous five weeks following the 2022 Quebec general election, Dominique Anglade has decided to step down as the leader of the Quebec Liberal Party (QLP).

Anglade was named the leader of the QLP in May 2020. She took over from interim leader, and veteran party member, Pierre Arcand. Anglade was the first woman to lead the QLP. She also became the first person of colour to lead any provincial party in Quebec's long political history.

"Having in mind the interest of Quebec and the good of the party I have informed the party president of my resignation as the leader of the Quebec Liberal Party," Anglade told reporters on Monday morning, noting the decision comes following a deep, personal period of reflection.

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## Healthcare union delivers demands for collective agreement renewal



LAWRENCE BELANGER

Secretary-Treasurer of the FIQ-SPSCE, David Lambert (right), flanked by other members of the union, prepares to speak on the steps of the Murray Pavilion of the Hôtel-Dieu in Sherbrooke.

By Lawrence Belanger  
Local Journalism Initiative

This morning, the FIQ-Syndicat des professionnelles en soins des Cantons de l'Est delivered its demands to the President

and Executive Director (PED) of the CIUSSS de l'Estrie - CHUS. In an effort to reverse recent trends in the healthcare industry, which has been losing employees, the union is asking for changes

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SATURDAY:  
RAIN

HIGH 11  
LOW -1

# Those who didn't go



## DISHPAN HANDS SHEILA QUINN

There is a conversation that we never had.

Why didn't you go to war? Somehow, both of you stayed home.

We (the grandkids) never thought differently about you - it was just sort of matter of fact. Were you considered too old, Bampie Quinn? You had a business already. A young family - Aunt Sandy was born before the war, Uncle Gary during the war and Dad just afterwards. Three slices of time in a ten-year span, five years apart, each of them.

Your three younger brothers, Ren, Pat and Walt all went. Was there another reason you didn't go? I am not ashamed that you didn't. You were the most loving and caring person ever, the King of Love I call you now. You were a caring son, brother, husband, father, grandfather, friend. I hope you weren't ashamed.

And you, Bampie Chatfield - you didn't go either. You were of age, your older brother enlisted, joined the Navy, his wife, our Auntie Barbara went too. I still have her trunk with her maiden name, Bamford, painted on the top. I have a faint memory that maybe there was a health reason that you didn't go. I remember that you weren't well for a while, 120 pounds on your 6'2 frame.

You didn't go either. I am not ashamed of you either. Whatever your reasons. I never was, I never thought of it. What I knew is that you were

our handsome Bampie Chatfield, so tall, with big hugs, whistling between your teeth as you went, creative and interested in the world. You were an observer.

But, what was it like to bear that? I seem to remember somewhere there that Uncle Duncan used to make comments at times about you not going to war...and it dawned on me that you definitely can't have been alone in that.

What was it like staying here? What was it like for all of those years, those years that must have been terrible and what felt like interminable at times, as so many people left, so many didn't return, all of you knew someone who didn't come back.

Bampie Quinn, I know you were devastated to lose Uncle Walt, your youngest brother, shot down over Germany, buried in Dusseldorf, just 23 years of age.

This got me thinking so much about the people who stayed. The trauma of staying. There was so much trauma for those who went, something that was hushed and discussed in quiet tones, explanations of behaviour or the impacts of the experience, but there must have been trauma for those who stayed. Judgment, guilt, a kind of pressure or stress, I wonder if there were even looks at times - quizzical looks about why you were here instead of gone.

What was that pressure like? I'm sorry we weren't at a stage where we talked about such things before you both died. We did talk about so much - probably more than most families, probably too much sometimes, but that was one conversation we never had, and I wonder what that story was like for you.

You had lots to accomplish, Bampie Quinn, being just a few years out of electrician's school in Chicago, Bampie Chatfield helping to run the family's fine grocery store in Westmount, helping your Dad with everything that had to be done to keep the place running, all of the adjustments you

had to make to adapt to what produce and products you were able to access, the many families you provided for. We know now in 2022 how much grocery stores are essential services, and their staff essential workers.

I hope you didn't carry too much shame. War is atrocious, if history has taught us anything, it is certainly that. I know you were surrounded by people who participated, and in the generations to come did as well, even recently - you both share two great-grandchildren who have enlisted in the past few years. But, they chose to, and I am sure that some of your other great-grandchildren would not make that choice.

I hope that you were able to cope with whatever impact this had on both of you. I realize now that it was a silent presence, the presence of how you didn't go. One we didn't have to contend with, in the decades that had passed since WWII before we were born, you and all of your friends and family became a blended generation and the stories were abstract to us, real to you.

I see a new layer in the story now, a new element that I didn't pick up on as much when you were both still alive. I hope that if there is anyone else out there who is reading this and knows this part of the story for themselves, because maybe they didn't go to war, or maybe someone in their close entourage did not, that these parts of the stories make us human as well, whatever it is that holds us back from the fray is still important to the story, and that you matter and don't have to carry shame. As for the rest of us, recounting the stories, we should put down the brush of cowardice that has been at times used to paint a certain picture, a flawed picture.

You were important to your stories, to your communities, to your families, and I hope that you experienced your own release from responsibility, from guilt, from whatever you may have felt. I see more of your picture now, and feel great compassion for it.

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## Ben by Daniel Shelton

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# Local News

The issue is not unique to Canada, as the Food and Drug Administration in the United States is also reporting a shortage of amoxicillin due to an increased demand for the drug.

## Health Canada says there's a shortage of some antibiotics used to treat children

The Canadian Press

Some drug companies in Canada are reporting shortages of antibiotics commonly used to treat children.

Health Canada says that four pharmaceutical companies are experiencing shortages of drugs that contain amoxicillin, an antibiotic

medication that's commonly used to treat children with bronchitis, pneumonia and ear infections.

The federal agency says however that there are eight other drug producers offering medication with amoxicillin that are not currently reporting any issues with supply.

The antibiotics shortage comes

amid an unseasonably early surge in illnesses among children, with pediatric hospitals in Ottawa, Toronto and Montreal reporting a high number of visits to emergency rooms.

The issue is not unique to Canada, as the Food and Drug Administration in the United States is also reporting a shortage of amoxicillin due to an

increased demand for the drug.

Health Canada said in a statement Friday it will follow up with the companies reporting shortages and it will "take action" alongside drug manufacturers, provinces and territories to address supply concerns if needed.

## Healthcare union

CONT'D FROM PAGE 1

to remuneration, work-life balance, and workload as part of the renewal of the collective agreement.

At 2 p.m. Nov. 7, FIQ members held a press conference to highlight the delivery of its demands to CIUSSS de l'Estrie-CHUS leadership. Speaking from the steps of the Hôtel-Dieu in Sherbrooke, David Lambert, the union's secretary-treasurer, explained how the union views these demands as a salve for the medical industry's recent struggles.

"Our demands promote the attraction and retention of healthcare professionals. We are convinced that

our PED, M. Stéphane Tremblay, shares many of our findings and that he wants to have the means to operate our institution. We invite him to make our proposals his own and to take them to the Ministry of Health."

For remuneration, the demands include offsetting the current high rate of inflation; an annual salary adjustment with increases of 4 per cent in 2023, 2024, and 2025; and improvements to compensation for work on weekends, statutory holidays and overtime. The union believes that these improvements will make the CHUS competitive, and an "employer

of choice".

Since a majority of healthcare professionals work in facilities that operate 24 hours a day, seven days a week, the FIQ is demanding improvements to scheduling. Included is the posting of schedules two weeks in advance, flexibility in full-time positions, accelerated accumulation of vacation days, and 10 days of paid leave for victims of domestic violence.

The union's final demand regards the workload of its members, which have experienced constantly growing pressure that accelerated since the onset of the COVID-19 pandemic.

To address this, the union wants a commitment to pass a law on patient ratios, eliminate the use of private agency personnel, measures to promote the return of healthcare professionals to the public network, and the elimination of mandatory overtime.

The union was unable to deliver the demands to M. Tremblay directly and instead spoke with Shawn Champigny and Geneviève Corbeil, the assistant director of the CIUSSS de l'Estrie CHUS and coordinator of Union-Employer Partnerships and Legal Affairs, respectively.

## Dominique Anglade resigns

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She will also be resigning as the MNA for the Saint-Henri-Sainte-Anne riding effective Dec. 1. Anglade won the riding in Montreal's southwest, and a seat in the National Assembly, after a byelection was held in 2015. Anglade said she is excited to start the next chapter of her life.

She added that, after seven years, her time as a representative for the folks in her riding has been a privilege. Her tenure as MNA was fuelled by passion, determination and empathy, Anglade explained. The riding needed more than just love, she continued, it needed heart.

The current state of the QLP compelled Anglade to move on as the party leader. There are too many issues at hand to be divided, she said. She also noted the QLP faces many challenges, but none more important, or quite as difficult, than reconnecting with francophone Quebecers.

"For me, being a Liberal means believing in a society that respects the rights and freedoms of everyone," said Anglade, adding the party needs to stay true to its core values of inclusiveness, respect, and creating a space for everyone while defending the English and French languages.

Anglade also shared in the disappointment of Liberal supporters

with the Oct. 3 provincial election. Despite winning 21 seats at the National Assembly, and being named the official opposition, the QLP accumulated the lowest share of the popular vote in the party's history.

The QLP held on to most of its historically Liberal ridings on the island of Montreal, but the party failed to make headway elsewhere in Quebec's regions, as the majority of francophone voters in 2022 looked to the Coalition Avenir Québec, Québec solidaire, and Parti Québécois.

The Parti Québécois and Québec solidaire finished ahead of the QLP in the popular vote. There was also an internal dust up after the election. Anglade removed Vaudreuil MNA Marie-Claude Nichols from caucus over an alleged disagreement about her role within the party.

Anglade then backtracked and invited Nichols back to caucus. However, Nichols flatly refused, and called Anglade's leadership into question. Nichols' ejection also dropped the Liberal seats from 21 to 20. And another seat will be up in the air as Anglade steps away from her riding.

The Record reached out to the QLP executive committee to find out who will be named interim party leader and learn more about how Anglade's



COURTESY

announcement will impact the party at the National Assembly. However, the party did not respond to the newspaper's interview request.

Élections Québec spokesperson Gabriel Sauv -Lesi ge told The Record a byelection date has not yet been decided, as it is up to the Coalition Avenir Qu bec to issue a decree. Provincial politicians will make their way back to the National Assembly on

Nov. 29 to resume activities.

"It is the government that orders the holding of a byelection by issuing a decree. A decree must be issued no later than six months after the vacancy in the seat of the deputy. The date of the vacancy will be the date of the submission of the candidate's official resignation to the National Assembly," Sauv -Lesi ge told The Record in an email.

# Neptune technologies explosion: 10 years later



RECORD ARCHIVES/GORDON LAMBIE

By Gordon Lambie

Nov 8 marks the tenth anniversary of the acetone explosion and fire at a krill oil production plant in Sherbrooke that killed three and injured another 18 people. The accident at Neptune Technologies and Bioressources sent a massive plume of smoke into the air that could be seen in many parts of the Eastern Townships. Hernan Guerrero, 44, and Abel Regalado Calderin, 30 died in the explosion with a third victim, Marc Couture, died the following weekend while being treated for severe burns. In the weeks and months after the explosion, the company was fined by the government for exceeding the amount

of acetone they were legally required to store on site. Quebec's workplace health and safety commission later referred to the plant as having been "an accident waiting to happen" due to a combination of unprofessional renovations and weaknesses in the company's health and safety policy. The company maintained its operations in Sherbrooke in the half of the building not destroyed by the fire. It then changed its name to Neptune Wellness solutions in 2018 and transitioned its Sherbrooke plant to the production of cannabis products in 2019. The Sherbrooke facility was put up for sale earlier this year and purchased last month by Pur-Cann Pharma.

# No place to hide



DIAN COHEN

Is the world speeding up? Probably not - it's just that so much news surfaces instantaneously and so much of it has the ability to impact our daily lives. I get my news through old-fashioned channels like newspapers and regular TV and news feeds that are on the mainstream internet. I think I'd be over the edge of sanity if I followed social media too.

In any case, here are some events I think you should be aware of. On Nov. 3, Finance Minister Chrystia Freeland gave Canadians an accounting of how much was spent last fiscal year and what more is going to be spent. There's been lots of coverage but my take is this: the government is pushing you to take away that they are now being prudent, fiscally responsible and are focusing on getting the Canadian economy growing again and getting the budget back in balance before any of us are much older. Remember those words - you will be hearing them a lot. This feel-good stance stands in sharp contrast to government actions. Canada's debt stands at \$1+ trillion. The government has told us for years that it would fall as a percentage of GDP. It almost never does because governments always find things to spend money on. Not only that. This government is bent on getting bigger. Not only is it hiring more public servants, but it is also deciding what sectors of the economy will jump-start economic growth - the new \$15-billion Canada Growth Fund is an example. Substituting a public policy nerd's idea of fixing our slumping productivity for entrepreneurial innovation is a tried-and-fail policy. Keep in mind that federal government spending already accounts for more than 40 per cent of all spending every time you hear about prudence, fiscal responsibility and budget balance.

On Nov. 6, the global climate change group, COP27 met in Egypt for more talk about keeping the planet liveable. Of course you know that climate change touches all of us and everything. Coastlines are changing and we should be thinking about what crops we grow now and what we may grow in the future. The last few years of pandemic, government spending, inflation, war and migration have hindered efforts to cut greenhouse gas emissions to slow the pace of global warming. If greenhouse gas emissions don't peak by 2025 and then rapidly decline, we will need to focus more on adapting to climate change rather than mitigating it. That means ensuring that anything new that's built - roads, houses, bridges can withstand higher temperatures and more powerful storms. It means switching to drought-resistant crops. On Nov. 8, our southern neighbors indulge(d) in their midterm election soap opera. (I am writing this on Nov. 6.) The United States has its own rocky road, but no matter who is in charge, the direction is clear - it is moving to a protectionist stance that does not include shelter to Canada. The American Inflation Reduction Act is a \$500 billion "buy American" incentive designed to lure investment capital to the US. That's not good for Canada, already a pathetic candidate for innovative investors. Keep this in mind when you see news of more taxes and more regulations.

Finally, a bit of good news. Maybe. According to the United Nations, Department of Economic and Social Affairs, Population Division, sometime this month the eight billionth human being will enter the world, ushering in a new milestone for humanity. In just 48 years, the world population has doubled in size, jumping from four to eight billion. The United States makes up more than half of the North American population of 600 million. America's population is growing only modestly - Canada's population is growing much faster thanks to international migration. The federal government understands this one important fact - we are an empty, ageing country that can thrive if we can integrate lots of immigrants who bring enthusiasm, ideas, desire for work and a peaceful life. Dian Cohen, C.M., O.M., economist cohendian560@gmail.com

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# Magog moving ahead with plans to centralize wastewater treatment

By Gordon Lambie

The City of Magog approved a \$10 million contract Monday night for work to replace obsolete technology in the larger of its two sewage treatment plants. The work, which will be carried out by Allen Construction Inc. represents the first step of a four-stage plan to phase-out the city's Omerville plant and increase the capacity at the primary station on Hatley Road.

"The Omerville water treatment plant reached capacity in 2006 and would now require significant investments to be brought up to date," said Magog Mayor Nathalie Pelletier, explaining that the decision to centralize wastewater treatment on one site seemed a more straightforward option than trying to continuously update two aging facilities.

Pelletier explained that just over \$7 million of the overall pricetag for step one has been covered by the provincial government, but funding for the steps to follow has yet to be established. The

overall cost of the project has been estimated at around \$55 million, making it one of the costliest initiatives in Magog's history.

After the project to update the existing equipment, which is planned to begin at the start of next year, step two will involve an expansion of the plant on Hatley Road.

Michaël Laguë, project manager with the city, explained that although it is four years older than the Omerville site, having been built in 1984, the main plant has a significantly higher treatment capacity. Whereas the smaller facility can treat 1,100 cubic metres of water per day, the plant that the city has prioritized can treat 15,000. By the end of the update and expansion project the objective is for that capacity to be expanded to 24,000. That work is planned to start sometime in the spring of 2023.

At the same time that the expansion work gets started, the city plans to begin building the more than 4 km of pipes needed to connect the Omerville sector and the rest of the waterworks,

mainly by way of Saint-Patrice Street. As a result of this work, the road will be reconfigured to have a larger sidewalk and bike path

Although the decommissioning of

the Omerville plant is also a part of the plan, Laguë shared that the work involved in doing so and its related decontamination costs have not been taken into account at this time.



GORDON LAMBIE

Project manager Michaël Laguë, Magog Mayor Nathalie Pelletier, Omerville Sector councillor Nathalie Laporte, and Orford MNA Gilles Bélanger at Magog's larger wastewater treatment plant on Monday afternoon

# Quebec's highest court begins hearing appeals on provincial secularism law

By Marisela Amador  
The Canadian Press

Quebec's highest court on Monday began hearing appeals on the constitutionality of the province's secularism law, which forbids certain public sector workers, including teachers and police officers, from wearing religious symbols on the job.

Both the Quebec government and groups opposing the law are challenging an April 2021 court decision that largely upheld the controversial legislation but struck down provisions relating to English-language school boards and a ban on face coverings for members of the provincial legislature.

The hearings began Monday with arguments against the government's pre-emptive use of the so-called notwithstanding clause, which shields Bill 21 from most court challenges over violations of fundamental rights, such as freedom of expression and freedom of religion.

Parties to the court challenge, including the Canadian Civil Liberties Association, told reporters Monday morning that they would head to the Supreme Court of Canada should this appeal fail.

"This law has had a particularly nefarious effect on Muslim women, Sikhs, and Jewish people who choose to wear religious symbols that represent their faith," said Laura Berger, a lawyer with the CCLA.

A Superior Court justice ruled last year that Bill 21 has "serious and negative" impacts on people who wear religious symbols but is largely legal and does not violate the Constitution.

The groups opposing the law filed arguments in December saying the bill, which forbids religious symbols

for public sector workers deemed to be in positions of authority, goes against Canada's constitutional architecture and infringes on federal jurisdiction.

"By thus excluding a group of people from several spheres of society because of their religion in an attempt to 'protect' a certain vision of social peace or fundamental social values, Law 21 contradicts the principle of religious inclusion stemming from our Constitution, and it represents an invalid attempt to legislate in an area of jurisdiction reserved for the federal legislator," read the legal arguments.

The Quebec government passed Bill 21 in 2019 and has repeatedly argued the law is moderate and supported by a majority of Quebecers.

In his 2021 decision, Justice Marc-André Blanchard acknowledged that the law has "cruel" and "dehumanizing" consequences for those who wear religious symbols, many of whom would no longer be able to seek out new jobs in the public service without compromising their beliefs.

He noted the law "negatively impacts Muslim women first and foremost" and violates their freedom of expression and religion. But he ruled the law was allowed to stand because of the government's invocation of the notwithstanding clause.

Blanchard, however, struck down a portion of the law that applies to English school boards, as well as a section that banned members of the provincial legislature from wearing face coverings.

The Quebec government is appealing those aspects of the ruling.

The federal government has said it is prepared to join the legal challenge if it eventually ends up in the Supreme Court of Canada.




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# EDITORIAL

Its more recent invocation by governments in Ontario, Québec and Saskatchewan is concerning. Some fear it signals the move may soon become commonplace.

## Ontario school strike:

### Government's use of the notwithstanding clause — again — is an assault on labour relations

By Alison Braley-Rattai  
Associate Professor, Labour studies, Brock University

The government of Ontario has passed Bill 28 imposing a four-year contract on 50,000 education support workers and making it illegal to strike.

The back-to-work legislation affects educational assistants, early childhood educators, librarians, administrative staff and custodians represented by CUPE. It also invokes the so-called notwithstanding clause to insulate the government from future judicial scrutiny.

With its imposition of a contract upon these workers, and the Ontario government's invocation of the notwithstanding clause in the Canadian Charter of Rights and Freedoms for the second time, there's a lot to dissect in Bill 28.

#### Back-to-work laws in a nutshell

Most unionized workers have both a statutory and — as of 2015 — a Charter right to strike in pursuit of a new collective agreement. Despite this, back-to-work legislation has been passed by governments of differing political stripes.

In their book *From Consent to Coercion*, political scholars Leo Panitch and Donald Swartz chronicled the increasing use of back-to-work legislation. They coined the term "permanent exceptionalism" to describe what they saw as governments consistently characterizing particular labour disputes as exceptional to justify back-to-work legislation, even while leaving intact the overriding law permitting the strike.

Panitch and Swartz argued that this was a way for governments to avoid political fallout from simply denying the right to strike outright. Instead, they do it by stealth — case-by-case as apparent one-offs.

But with the right to strike now afforded Charter protection, governments have to think about the legal fallout too. Bill 28, after all, bears many of the hallmarks of Ontario's Putting Students First Act or Bill 115.

Bill 115 was passed in 2012 under the Liberal government of Dalton McGuinty. It, too, pre-empted an otherwise lawful strike amid negotiations with the province's teachers. It also imposed a contract rather than leaving outstanding issues to a neutral third party.

It was deemed unconstitutional four years later, requiring the government to pay millions in damages to the workers whose Charter rights had been violated.

I have argued elsewhere that some back-to-work legislation is likely constitutional. But Bill 28 would almost assuredly be unconstitutional — except for the invocation of the notwithstanding clause.

#### Notwithstanding clause's original aim

The notwithstanding clause, or Sec. 33 of the Charter, permits governments to pass laws "notwithstanding" that those laws violate specific provisions in the Charter.

At first glance, this is perplexing. Why adopt a constitutional Bill of Rights that can be ignored? However, at the time of the Charter's creation, some provincial premiers were skeptical. They feared the dampening of their legislative supremacy via judicial overreach. Sec. 33 was the escape hatch offered to quell their fears.

Québec had its own reasons for systematically attaching the clause to legislation in the Charter's early days given that it was the only province not to have signed on to the Charter. Outside of that, however, Sec. 33 was rarely used in the first decades of the Charter — and doing so came to be understood by many as political



suicide.

Its more recent invocation by governments in Ontario, Québec and Saskatchewan is concerning. Some fear it signals the move may soon become commonplace.

Additionally, its pre-emptive use, as is the case with Bill 28, is particularly indicative of constitutional recklessness.

The working presumption when the Charter was being hammered out is that legislatures want to protect their citizens' rights. If true, it follows that the escape hatch of Sec. 33 is a device that should be used only after a law has been deemed unconstitutional.

This allows legislatures to review the courts' rationales with consideration and thoughtfulness before determining whether they should proceed nonetheless, reserving Sec. 33's use for exceptional circumstances.

#### The nuclear option?

There may be no cut-and-dried answer as to what may be deemed judicial overreach that warrants the use of Sec. 33.

But it's perhaps noteworthy that former Saskatchewan premier Allan Blakeney, one of the most ardent critics of the adoption of the Charter at the time, was concerned about socially conservative judges undoing progressive social legislation.

This phenomenon was at play in the so-called *Lochner* era in the United States. What we would now consider basic employment standards laws were overturned on the basis that they contradicted the right of employers and employees to negotiate contracts.

Regardless of Blakeney's views on the notwithstanding clause, it's still hard to reconcile the initial purpose of Sec. 33 with its current potential use: to prevent 55,000 citizens, among the lowest-paid workers in Ontario's education sector, to seek restitution

for the violation of their Charter rights that Bill 28 would likely cause.

Whatever we might think about whether Ontario is justified in preventing the workers' strike, neither the imposition of a collective agreement nor the invocation of Sec. 33 is necessary to meet the government's stated goal of avoiding a labour disruption.

In fact, it may have upped the ante. In addition to a vow by CUPE to strike, others have pledged to walk off the job in solidarity.

It's mostly been right-leaning provincial governments that have recently invoked Sec. 33. However, it bears noting that if we normalize its use, we normalize it for governments of all political stripes.

#### Labour relations on the brink

While most contract negotiations are settled without labour disruption, the threat of disruption is used as leverage by unions to move past impasses where they occur.

Ontario Superior Court Justice Thomas Lederer, in his decision on Bill 115, said the province's labour relations are rooted in the notion that "the employer has power and the employee does not" and that "the ability of employees to act collectively" narrows that power gap.

Threats of labour disruption act to motivate the parties, usually in the days and hours leading up to a strike deadline, to reach a settlement neither party would propose but both can accept.

Ontario Education Minister Stephen Lecce's stated refusal to even consider CUPE counter-offers unless it first calls off all job action is at odds with his stated intention to keep kids in school. It's also at odds with the very heart of our labour relations model.

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# Local Sports

While Pollock isn't usually one to celebrate moral victories, he did note that at the very least, the Gaiters can take solace in knowing that they lost to the eventual finalists, and they were the only team to take down the one-loss Excalibur throughout the regular season and playoffs.

## Gaiters marred by unforced errors in quarter-final loss to Badgers

By Michael Boriero

The Bishop's Gaiters failed to make any noise at the 2022 Baggataway Cup in Peterborough, Ontario, losing 8-7 to the Brock Badgers in a nail-biting quarter-final matchup on Friday.

After the Gaiters went up 2-0 early in the game, Brock responded with four unanswered goals to end the first quarter up 4-2. Bishop's would go on to trail the Badgers by one or two goals for most of the game. Gaiters General Manager Drew Pollock said Bishop's

beat themselves.

"Well, I mean, Brock, hats off to them, they played a good game, they're a talented team, but ultimately I think we beat ourselves. We made too many mistakes. Brock is a talented team, but they're no more talented than any of the teams we played this year," Pollock said Monday.

Brock cruised by Guelph in the semifinal and face the Trent Excalibur in the championship game. But their playoff magic came to an abrupt end. Trent dismantled the Badgers 12-3 to become first-time champions of the

Canadian University Field Lacrosse Association (CUFLA).

While Pollock isn't usually one to celebrate moral victories, he did note that at the very least, the Gaiters can take solace in knowing that they lost to the eventual finalists, and they were the only team to take down the one-loss Excalibur throughout the regular season and playoffs.

"We try, honestly, not to harp on that too much. The parity in the league is really at a point where if you don't execute well against these teams, if you don't come ready to play exactly as your game plan, you're probably not going to come out on top," he said in a phone interview.

According to Pollock, the team will conduct exit interviews over the upcoming weekend. The purpose is to discuss and highlight what went well on the field, what went wrong, and how each lacrosse athlete can improve during the off-season. The coaches will also need to reflect.

There were a lot of graduating players on the squad this year, Pollock explained, so the team will need to

replace key leadership figures. But on a positive note, there were a lot of younger Gaiters players who stepped up on and off the field, he continued, sharing the core is strong.

"We'll have a good core, but we do have a large graduating class. We have 11 graduating this year and a number of which are starters, but we have two of our captains returning next year and we have a lot of talent in our second and third year guys right now," Pollock explained.

Although the next season doesn't start until mid-August, the coaching staff has started the process of recruiting players to Bishop's, Pollock said they have already received commitments from four athletes, two from Nova Scotia, one from the U.S., and another one from Ontario.

"It's good to have those numbers already, but we're still really only part of the way through the recruitment process. There are a lot of guys we're still meeting with, a lot of guys are still making their decisions, so those numbers won't solidify themselves until the spring," he said.

## Where to find Townships Weekend

Le Barons  
105 Principale  
North Hatley

Provigo  
169 Queen Street  
Lennoxville

FamliPrix  
156 Queen Street  
Lennoxville

Jean Coutu  
147 Queen Street  
Lennoxville

Black Cat Books  
168 E Queen Street  
Lennoxville

Blue Seal  
1730 Wellington S  
Sherbrooke

Accomodation Place  
Oxford  
3085 College Street  
Lennoxville

Couche Tard  
89 Queen Street  
Lennoxville

IGA Boniprix  
35 Principale  
Cookshire

Carrefour Plus LSD  
20 Principale  
Cookshire

Depanneur CPL  
Lachance  
2 Cookshire  
Sawyerville

Epicerie Chez Ben  
130 Southiere  
Magog

Tabagie Centrale  
328 rue Principale W  
Magog

Marche Massawippi  
1160 Main Street  
Ayer's Cliff

Marche Guy Patry  
1185 Main Street  
Ayer's Cliff

HTCK  
4185 Rte 141  
Ayer's Cliff

Marche Tradition  
14 Fairfax  
Stanstead

Couche-Tard  
3 Fairfax  
Stanstead

Super March JPV  
Plouffe  
460 St Patrice  
Magog

Richmond Pharma  
260 Principale  
Richmond

Boni Soir  
45 Craig Street  
Richmond

Depanneur Esso  
491 Craig Street  
Richmond

Depanneur Des  
Treizes  
6 Vale Perkins  
Mansonville

Magasin General  
4675 Ch Georgeville  
Georgeville

Tabagie King  
2239 King Street West  
Sherbrooke

Depanneur Mado  
130 Principale  
Waterville

Relais Du Domaine  
6950 Louis Dt  
Laurent  
Compton

Dépanneur Rouge  
483 Knowlton Rd. RR 1  
Knowlton

Dépanneur Fusée J.C.  
926 Bolton Pass Rt  
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Knowlton



TRENT ATHLETICS / LEXI THIVIERGE

If you would like to carry the Townships Weekend in your store, contact the circulation department at [billing@sherbrookerecord.com](mailto:billing@sherbrookerecord.com) or call 819-569-9528.

**Burial of Ashes**



**Sheila Henderson**  
1952 - 2022

The burial of ashes for Sheila will take place at the Johnville Cemetery on Saturday, November 12 at 1 p.m.



# Eating a varied diet will help with getting complete proteins



**ASK THE DOCTORS**  
By Eve Glazier, M.D., and Elizabeth Ko, M.D.

**Dear Doctors:** What does it mean when something is a “complete protein”? A friend said that when I count beans or grains as a protein, it’s not the same nutritional value as meat or cheese. Are there really different kinds of protein? Is he right that it matters which kind of protein you eat?

**Dear Reader:** Proteins are vital to the health and function of our bodies. That makes it important to understand what they are and how they fit into the diet.

Dietary protein, along with carbohydrates and fats, is what is known as a macronutrient. These are nutrients the body requires in large quantities to maintain health and function. Macronutrients have unique properties that distinguish them from

one another, and they are all used by the body as sources of energy.

When it comes to proteins, they are found in every cell in the human body. They are used for cell structure, growth and repair, and they play a central role in numerous metabolic processes. The antibodies that defend the body are made up of proteins, as are the enzymes that carry out virtually every chemical reaction within the cells. Small wonder, then, that proteins are often referred to as the building blocks of life.

You are correct that beans and grains are among a wide range of plant-based proteins. But your friend is also accurate in saying many of these proteins are incomplete. To explain, we need to dip a toe into biochemistry. Proteins are made up of long chains of molecules called amino acids. In carrying out the countless functions that maintain life, our bodies use 20 different amino acids. These are joined together in varying lengths and combinations to make thousands of different types of proteins, each with a unique job.

Although our bodies produce some of the amino acids it needs, it can’t make them all. The nine it can’t make are known as essential amino acids, and they must be obtained through diet. They are histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan and valine. Foods such as meat, fish, poultry, eggs and dairy products contain all of the amino acids that the body needs.

They are also present in the exact proportions required for optimal health and body functions. That makes them “complete” proteins.

Other than soy, quinoa and buckwheat, which are complete proteins in themselves, most plant-based proteins are either low in certain amino acids or are missing them altogether. That makes them “incomplete” proteins. The good news is that by eating a variety of plant-based proteins, you can provide your body with combinations of amino acids that add up to a complete protein. For instance, beans and rice each lack certain essential amino acids and are thus incomplete proteins. But eaten together, they form a complete protein, because each contributes the amino acids the other is missing.

While this concept of combining plant-based proteins is particularly important for those on a meat-free diet, it applies to all of us. By eating from a wide range of foods, including vegetables, grains, rice, nuts, seeds and legumes, you’ll get the protein your body needs.

*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.)*

## Datebook

TUESDAY, NOVEMBER 8, 2022

of Fallujah, an insurgent stronghold.

N9ne (1971- ), rapper; David Muir (1973- ), TV journalist; SZA (1990- ), singer-songwriter.

with the Cincinnati Reds.

Today is the 312th day of 2022 and the 48th day of autumn.

**TODAY’S BIRTHDAYS:** Edmond Halley (1656-1742), astronomer/mathematician; Bram Stoker (1847-1912), author; Margaret Mitchell (1900-1949), author; Esther Rolle (1920-1998), actress; Christiaan Barnard (1922-2001), surgeon; Patti Page (1927-2013), singer/actress; Bobby Bowden (1929-2021), football coach; Bonnie Raitt (1949-), musician; Alfre Woodard (1952-), actress; Kazuo Ishiguro (1954-), author; Michael Nyqvist (1960-2017), actor; Gordon Ramsay (1966-), chef; Parker Posey (1968-), actress; Tech

**TODAY’S FACT:** The synthetic element roentgenium (atomic number 111) was named after physicist Wilhelm Roentgen, who discovered X-rays on this day in 1895.

**TODAY’S QUOTE:** “I suppose a cry does us all good at times – clears the air as other rain does.” – Bram Stoker, “Dracula”

**TODAY’S HISTORY:** In 1889, Montana was admitted as the 41st U.S. state.

In 1960, John F. Kennedy was elected president of the United States, defeating Richard Nixon.

In 2002, the U.N. Security Council unanimously voted to give Iraq a “final opportunity” to disarm.

In 2004, U.S. and Iraqi troops launched a successful siege of the city

**TODAY’S SPORTS:** In 1966, Frank Robinson of the American League’s Baltimore Orioles became the first person to win MVP honors from both baseball leagues. He had been named MVP in the National League in 1961

**TODAY’S NUMBERS:** 43 – age of John F. Kennedy when he won the 1960 presidential election, making him the youngest elected president in U.S. history.

**TODAY’S MOON:** Full moon (Nov. 8).

### RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:  
Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)  
Discounts: 2 insertions or more: 15% off

With photo: additional \$18.50. DEADLINE: 11 a.m., day before publication.  
BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:

Text only: \$16.00 (includes taxes)  
With photo: \$26.00 (\$29.90 taxes included) DEADLINE: 3 days before publication.

WEDDING WRITE-UPS:  
\$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

**Please Note:** All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: classad@sherbrookerecord.com - They will not be taken by phone.

**DEADLINES FOR DEATH NOTICES:**

For Monday’s paper, email production@sherbrookerecord.com or call 819-569-4856 between 1 p.m. and 5 p.m. Sunday. For Tuesday, Wednesday, Thursday or Friday’s edition, email production@sherbrookerecord.com, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

# TOWNSHIPS' CRIER

## TOWNSHIPS

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

## 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 (Home-

made 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.

## 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.

## ONLINE WORKSHOPS

Mental Health Estrie invites you to attend an upcoming free virtual (Zoom) workshop which is open to all and presented in English. "Nutrition, Mental Health & Medication" will take place on Wednesday, November 9th from 7:00 pm - 8:15 p.m. with Megan Jenkins, Registered Dietitian. Join us as we explore the relationship between food and mood, and navigate nutrition

challenges associated with various mental health conditions. For more information or to register, please visit mentalhealthestrie.com, our Facebook & Instagram pages, email outreach@mentalhealthestrie.com, or call (819) 565-2388.

## LENNOXVILLE

Visit our "Bonheur" exhibit at Uplands Cultural and Heritage Centre! This art exhibit, a prelude to the holiday season, is the perfect occasion to find great local gifts. This edition showcases the works of nine Eastern Townships artists and artisans: Lucy Doheny, Debbie Everett, Michel Gagné, Marcelle Genesse, Ginette Lefebvre-GauLe, Allyna Harris, Julie Normand, Sandra Picken Roberts and Brenda Smith. Hours: Thursday to Sunday - 10 a.m. to 4:30 p.m. The exhibit continues until December 18, 2022.

## Sons are distant from each other

### Dear Annie

TUESDAY, NOVEMBER 8, 2022

**Dear Annie:** I'm in my second - and final - marriage, and I have a 15-year-old son and a 5-year-old son. I have struggled for years with the disconnected relationship between my older son and his little brother.

I met my wife when the older one was 4. Everything was great, and my wife and the boy bonded at the time. At age 5, my wife and son walked our dog one day without me, and both were greeted by a neighbor who said that her "son" looked cute. To this, he replied, "She's nothing, she's a zero." As you can imagine, my wife was distraught when she came home. Despite both adults understanding that my son made the statement based on his biological mom feeding him that type of comment, that pivotal moment endured.

Currently, my older son has a serious chip on his shoulder (expectedly at

that age), though I do occasionally get a glimmer of his beautiful younger self. He does respect his stepmom. His everyday greeting anytime he sees us is a low, mumbled "hi." His younger brother yearns for his big brother's acknowledgment and attention, but it has slowly diminished over the years due to his older brother's inattentiveness.

My question is, what do I do to help bridge the gap between brothers for the long term? At this point, I just hope my older one will eventually have the wisdom to understand that his younger brother may be his undiscovered, longest-term, best friend, or at a least loving one. - Seeking Guidance

**Dear Seeking:** Communication is the key. Start with your teenage son, explaining to him how you need his help in boosting the confidence of his little brother. If you and your wife approach both boys with a kind heart,

which you clearly have, they will want to help you out.

**Dear Annie:** I would like to respond to "Left out and Lonely," the 37-year-old female who struggles making female friends. I'm 38 and in the same boat! I'm married with kids, but we don't do sports, and I don't seem to fit in anywhere, with any women, even ones with kids. My hobbies aren't social, and I don't fit in a box or follow the crowd. My kids have plenty of friends, but it's always so awkward around the parents because I don't feel like I have anything in common with anyone. I don't have any close family either. - I Feel Ya

**Dear I Feel Ya:** Thank you for your letter. I hope it brings comfort to others with similar feelings.

**Dear Annie:** I am a 62-year-old single, child-free woman from a large family, and I fully understand "Brokenhearted's" position.

As I've gotten older, my peers are

mostly empty nesters, but many are overinvolved with adult kids and grandkids.

I've been the "odd duck" for most of my life, enjoy my own company and make the best of the situation. My own "good company" is far better than "bad company" or someone who does not value my friendship.

Take heart, "Brokenhearted." You are your own woman and have not caved to societal conventions or expectations. There's much to be said for staying true to ourselves. - Alone, Not Lonely

**Dear Alone, Not Lonely:** Thank you for your letter.

"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

## Macau's savory meat potato hash feels foreign and familiar

By Christopher Kimball  
THE ASSOCIATED PRESS

As the first European gateway to China, Macau became the center of Portugal's massive maritime empire in the East. You can still taste the resulting mix of flavors.

Egg-custard tarts, salt cod with garlic, and baked duck rice often are on the menu, though so are galinha a Africana (African chicken), Chinese steamed pork buns and Indian coconut curry.

Now imagine that kind of cultural convergence all in one dish - minchi, a minced-meat hash for which every family has its own throw-it-together recipe. It usually includes potatoes and tomato paste brought by the Portuguese, common Chinese ingredients like rice vinegar and soy sauce, and even Worcestershire sauce from the British, who also used Macau as a base before founding Hong Kong across the Pearl River Estuary in 1841.

Stir-fried together with ground

pork and a little brown sugar, the hash tastes savory and slightly sweet, and altogether comforting.

For the weeknight-friendly version in our book "Milk Street Tuesday Nights," which limits recipes to 45 minutes or less, we shorten the cooking time by jumpstarting cubed potatoes in the microwave. After cooking the pork with most of the seasonings, we remove it from the pan to finish cooking the potatoes until they're crispy.

We lighten what could be a heavy dish by adding grated ginger, which isn't typically involved. Sometimes served with rice, minchi, like any hash, begs to be topped with a fried egg and a squeeze of Sriracha.

Most recipes with potatoes require turning on the oven or long cooking times, but we often jumpstart potatoes in the microwave for weeknight cooking.

Macanese Meat-and-Potato Hash (Minchi)

<https://www.177milkstreet.com/recipes/macanese-meat-and-potato>

hash- https:

Start to finish: 35 minutes

Servings: 4

1 3/4 pounds Yukon Gold potatoes, peeled and cut into 1/2-inch cubes

Kosher salt and ground black pepper

12 ounces ground pork

3 tablespoons finely grated fresh ginger

2 tablespoons packed dark brown sugar

2 tablespoons tomato paste

6 scallions, thinly sliced, white and green parts reserved separately

3 tablespoons grapeseed or other neutral oil, divided

2 tablespoons soy sauce

2 tablespoons Worcestershire sauce

2 tablespoons unseasoned rice vinegar

1/2 cup fresh cilantro leaves, chopped

In a large microwave-safe bowl, combine the potatoes, 3/4 teaspoon salt and 1/4 cup water. Cover with plastic wrap and microwave on high until almost tender, about 5 minutes,

stirring halfway through. Drain the potatoes.

In a medium bowl, stir together the pork, ginger, sugar, tomato paste, scallion whites and 3/4 tea-spoon pepper. In a 12-inch nonstick skillet over medium, heat 1 tablespoon of oil until shimmering. Add the pork mixture and, using a wooden spoon, break into small pieces. Cook, stirring once or twice, until lightly browned, 5 minutes. Transfer to a clean bowl and wipe out skillet.

Set the skillet over medium-high, add the remaining 2 tablespoons oil and heat until shimmering. Add the potatoes and cook, stirring and adjusting heat as needed, until browned and crisped, about 15 minutes. Return the pork to the skillet and add the soy and Worcestershire sauces and vinegar. Toss, then stir in half each of the scallion greens and cilantro. Taste, season with salt and pepper, then transfer to a serving dish and sprinkle with the remaining scallions and cilantro.

### CELEBRITY CIPHER

by Luis Campos

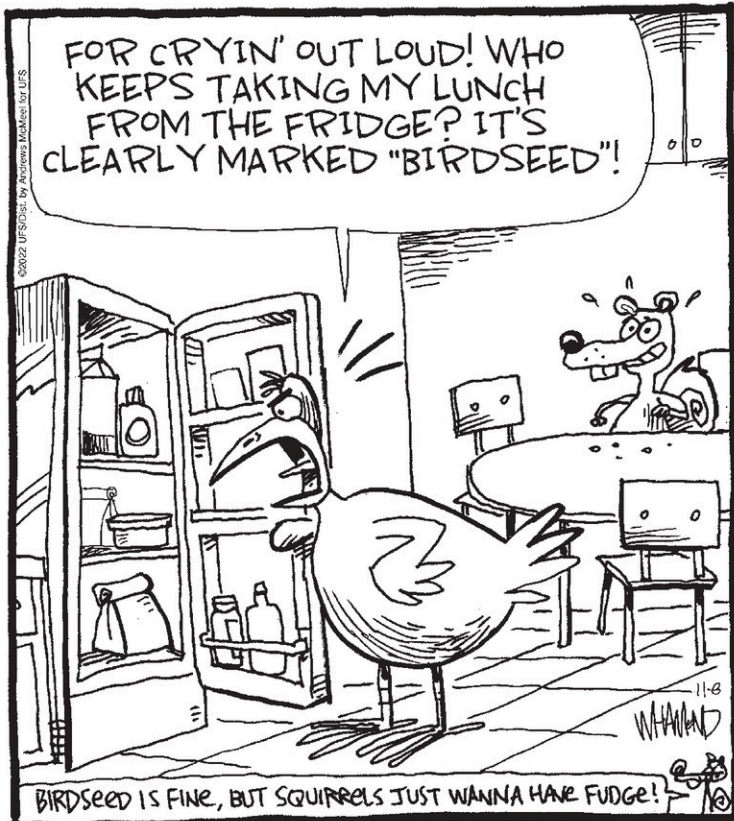
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"ETCM EC OWGC, WPS OUKPCD USC  
XPG BMGW URGBWM UMJ WPS OWBRCD  
USC TCUSJ. ... UMJ FWP JCDCSOC GW  
LC TCUSJ." — HCATUM HUSYKC

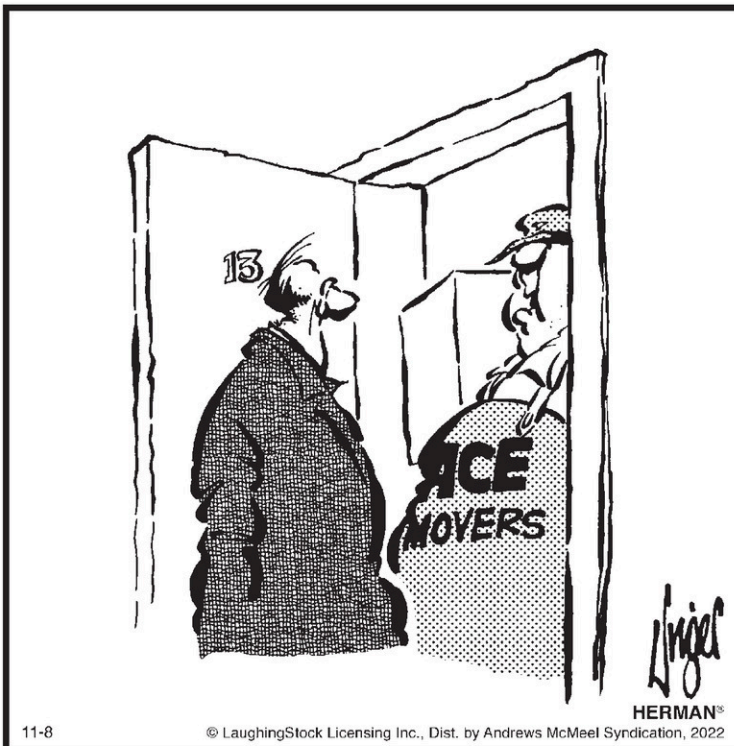
Previous Solution: "I see the entire world as Eden, and every time you take an inch of it away, you must do so with respect." — Joni Mitchell

TODAY'S CLUE: *Aspenbe J*

### REALITY CHECK



### HERMAN

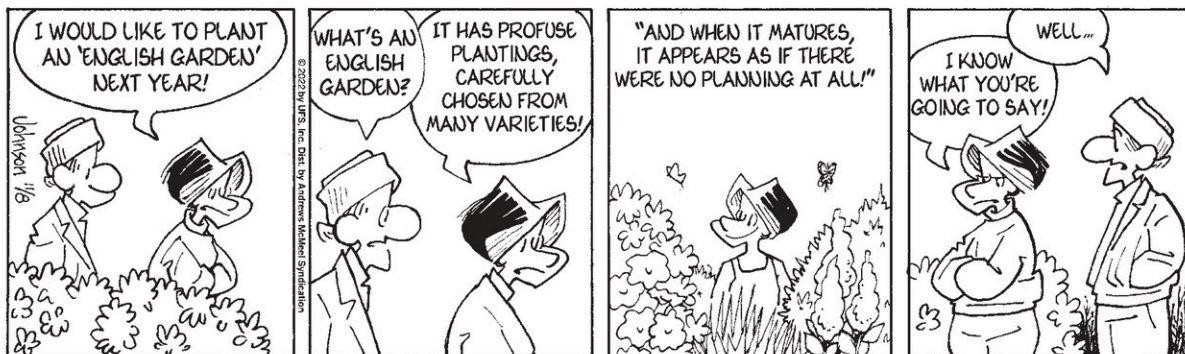


"Your new next-door neighbor just backed over your china cabinet."

### ALLEY OOP



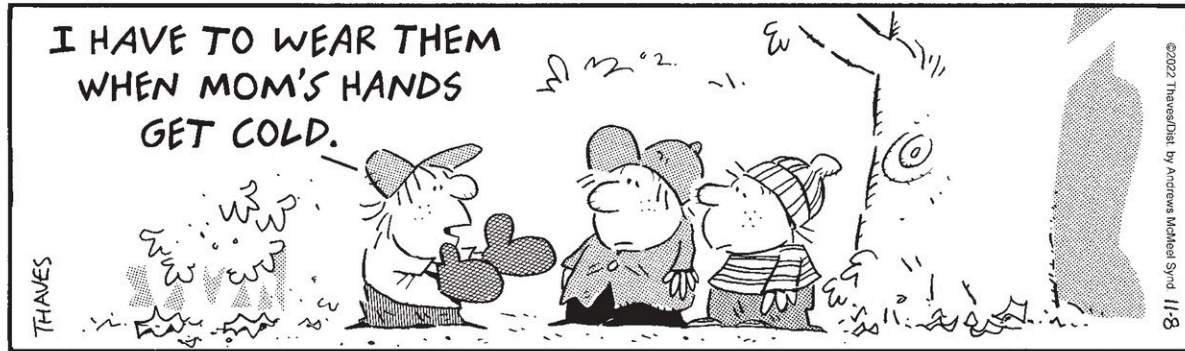
### ARLO & JANIS



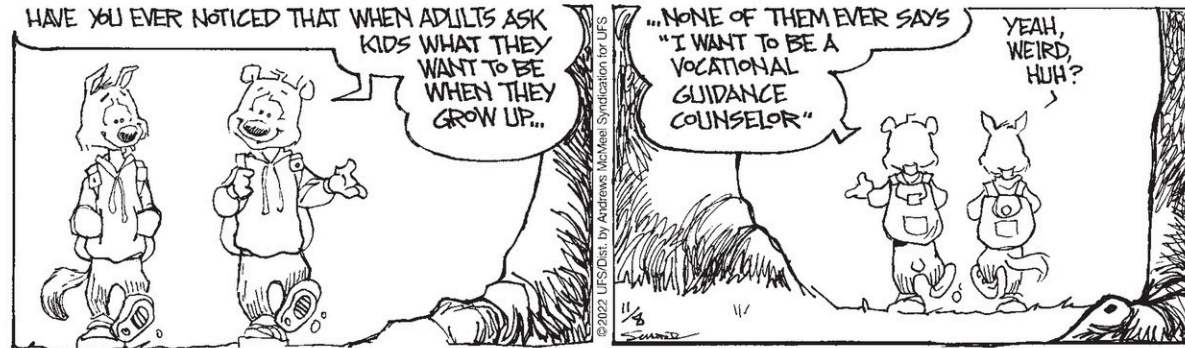
### THE BORN LOSER



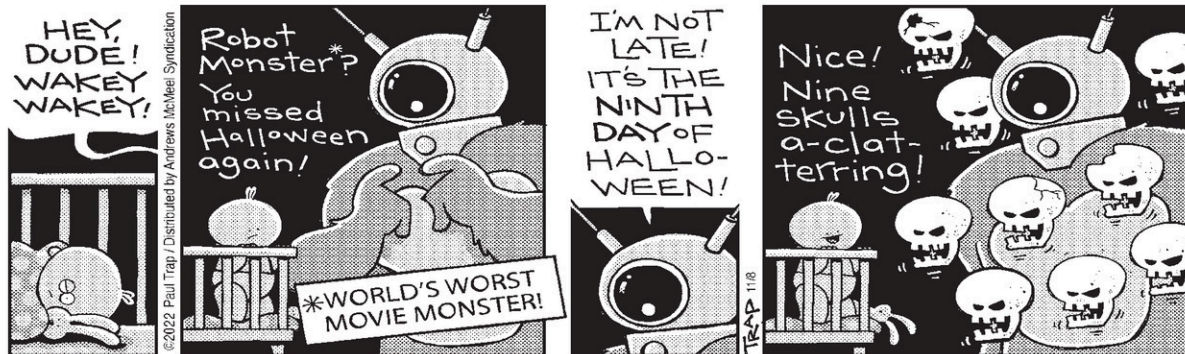
### FRANK AND ERNEST



### GRIZZWELLS



### THATABABY



Go grocery shopping with dietitians. When you choose products with the Health Check symbol, it's like shopping with the Heart and Stroke Foundation's dietitians, who evaluate every participating product based on Canada's Food Guide. www.healthcheck.org

Diabetes The New EPIDEMIC REACT NOW! Diabetes Québec Information and donations: (514) 259.3422 or 1.800.361.3504 www.diabete.qc.ca

Call Sherbrooke: (819) 569-9525 between 8:30 a.m. and 4:30 p.m.  
 E-mail: classad@sherbrookerecord.com  
 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

# CLASSIFIED

Deadline: 12:30 p.m. one day prior to publication  
 Or mail your prepaid classified ads to  
 The Record, 6 Mallory, Sherbrooke, Quebec J1M 2E2

275 Antiques

WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. 819-837-2680.



Send your classified to:  
 classad@sherbrookerecord.com  
 or call 819-569-9525

290 Articles for Sale



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

## THE RECORD

The Record has an **immediate opening** for a circulation clerk to manage the newspaper's daily subscriptions and newsstand distribution

The candidate would prepare address labels for newspapers, update subscription lists, prepare dealer invoices and assist readers, where necessary, in setting up online edition.

The circulation clerk would spend a majority of the time dealing directly with the public - customers, carriers and newsstand personnel. This would require ease of communication in both French and English.

The ideal candidate will be creative, courteous and articulate on the telephone. - The individual must be focused on resolving complaints satisfactorily. Ease in navigating a new computer program and assisting readers in accessing online edition is an asset.

**Orientation and training**

The candidate would be trained in all aspects of The Record's subscription software and work closely with department heads in the advertising, editorial and accounting departments.

Applications or requests for further information should be addressed to

**Sharon McCully, Publisher,**  
 at outletjournal@sympatico.ca

## Guess Who?

I am an actor born in California on November 11, 1974. I was a child star on television before making it onto the big screen in "Critters 3." I rose to prominence in the 1990s with several successful films.

*Answer: Leonardo DiCaprio*

# SUDOKU

DIFFICULTY RATING: ★★★★★

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

11/8

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### PREVIOUS SOLUTION

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

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



**URGENT**

**CARRIER NEEDED in Lennoxville**

The Record is looking for a carrier in Lennoxville to start **as soon as possible** for the following streets:

- Clough
- William-Paige
- Queen
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# NEA Crossword Puzzle

# Your Birthday

TUESDAY, NOVEMBER 8, 2022

care about.

**ARIES** (March 21-April 19) - Be quiet about expenses, earnings and contractual matters. Don't give anyone the upper hand or private information that might influence your reputation. Self-control will pay off.

**TAURUS** (April 20-May 20) - A last-minute change will leave you questioning what to do next. Separate yourself from your emotions regarding work responsibilities, and you'll find it easier to do what others expect.

**GEMINI** (May 21-June 20) - Don't be fooled by someone trying to take advantage of you. A disciplined approach to your responsibilities will bring the best results. Put your energy and effort into high gear.

**CANCER** (June 21-July 22) - Take a hands-on approach and see what happens. Gravitate toward what comes naturally; you will thrive. Self-improvement, socializing, spirituality and romance are on the rise.

**LEO** (July 23-Aug. 22) - You may desire change, but before you adopt a new path, consider the cost and time involved. Do your research before you set out to conquer the world. Baby steps will help you maintain a steady pace.

**VIRGO** (Aug. 23-Sept. 22) - You'll learn plenty if you participate in conferences, events or group projects. Consider who does what best, then delegate jobs accordingly. Personal gain is within reach.

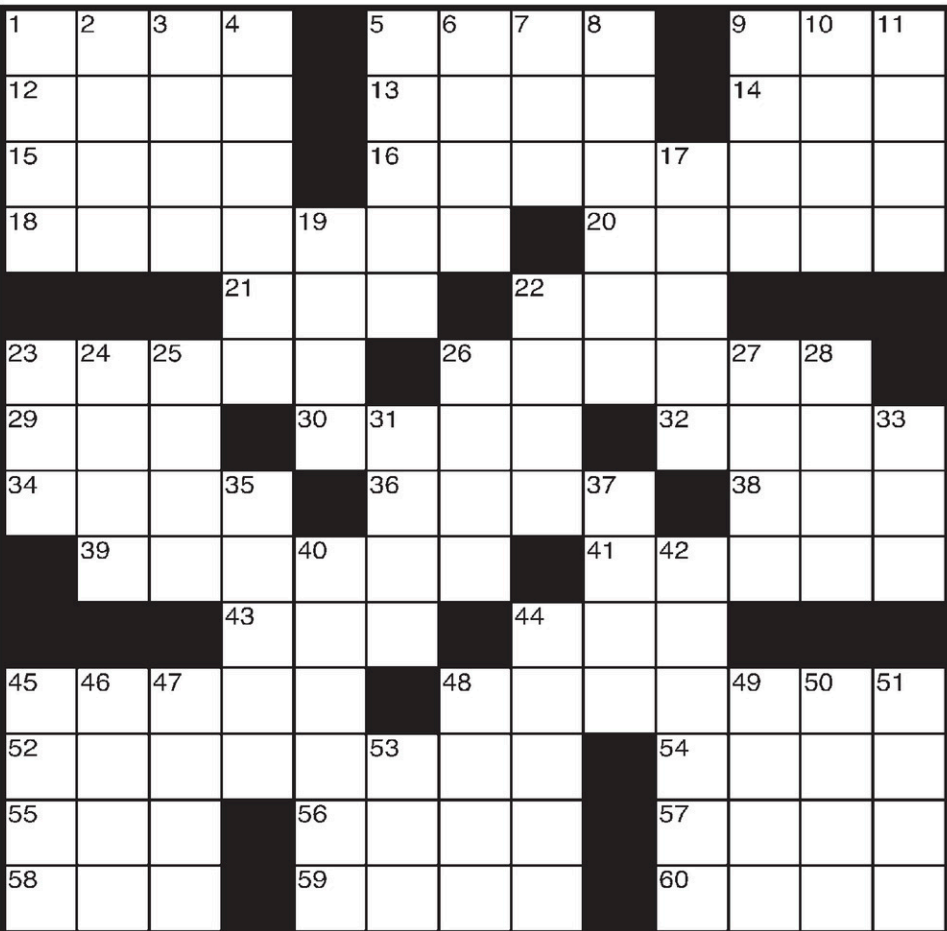
**LIBRA** (Sept. 23-Oct. 23) - Make your up mind and follow through with your decisions. Dedicate time and energy to learning. Keep an eye on those you live and work alongside, and you'll figure things out.

## Answer to Previous Puzzle



- ACROSS**
- 1 As much as (2 wds.)
  - 5 Chapeaus
  - 9 Orange veggie
  - 12 Prices may do it
  - 13 Revise
  - 14 Clean air org.
  - 15 Vogue rival
  - 16 Grieved
  - 18 Take back
  - 20 Disturbing sound
  - 21 Half dozen
  - 22 Vocal thumbs-down
  - 23 Avarice
  - 26 Honda rival
  - 29 Worn-down pencil
  - 30 Yachting
  - 32 Imported cheese
  - 34 Four Corners state
  - 36 Off. helper
  - 38 Textile colorer
  - 39 Carrion feeders
  - 41 — nova
  - 43 Hoops stat
  - 44 Chicago hrs.
- DOWN**
- 45 Softly lit
  - 48 Portable PCs
  - 52 Keep up
  - 54 Essayist's pen name
  - 55 Freddy Krueger's street
  - 56 Shaman's quest
  - 57 Snorkeling venue
  - 58 Bird beak
  - 59 Singer Simone
  - 60 Like some losers
- 1 Consumer**
- 2 Guide a raft**
- 3 Dusting powder**
- 4 Threat ender (2 wds.)**
- 5 Slinky toy shape**
- 6 Bede of fiction**
- 7 Director — Burton**
- 8 Dictation pros**
- 9 Sherpa's sighting**
- 10 Does a takeoff**

- 11 Fabricated
- 17 Large slipknot
- 19 Verdi heroine
- 22 Dressmaker's cut
- 23 Large antelope
- 24 Babe of baseball
- 25 Online auction site
- 26 Monster-hunter's loch
- 27 Augments
- 28 Opposing votes
- 31 Swedish import
- 33 Drop — line
- 35 Crane cousin
- 37 Recipe amt.
- 40 Physicist Isaac —
- 42 Playful swimmers
- 44 Huge flower
- 45 Parson's exclamation
- 46 Strong wind
- 47 Bough
- 48 Mortgage, e.g.
- 49 Bogus butter
- 50 Jetty
- 51 Not at risk
- 53 Pal, in Dijon



Uncertainty and confusion will slow you down, but preparation will get you in the zone and on the road to victory. Plan your actions, get organized and consider all your options. Let your creative imagination help you develop a practical plan that encourages you to use your skills, experience and knowledge to do the best job possible. Live life your way.

**SCORPIO** (Oct. 24-Nov. 22) - Don't limit what you can do because of complaints or someone trying to monopolize your time and services. Stay focused on what's important to you. Budget wisely and change only what's necessary.

**SAGITTARIUS** (Nov. 23-Dec. 21) - Don't start something you cannot finish. Put your effort into something meaningful that reflects what you care about most. Be secretive regarding your plans.

**CAPRICORN** (Dec. 22-Jan. 19) - The sky's the limit. Look at the possibilities and make your move. Tuning in to what's happening will help you get things done with ease and win favors from those who have something you want.

**AQUARIUS** (Jan. 20-Feb. 19) - Step back from disagreeable people. Seek out groups and projects that will bring you into contact with like-minded people. You can make a difference, so get to work!

**PISCES** (Feb. 20-March 20) - Have faith in your ability to persuade others to see and do things your way. A financial gain looks promising and will prompt you to help a cause that you

TUESDAY, NOVEMBER 8, 2022

## The dentist's coup has canine teeth

By Phillip Alder

Evelyn Waugh, a late English author, made one of the strangest remarks ever: "All this fuss about sleeping together. For physical pleasure I'd sooner go to my dentist any day."

Waugh and his son Aubron were keen social bridge players. Would they have drilled their opponents with a Dentist's Coup in today's deal?

South wasn't sure what to rebid over two diamonds, which showed that North had some 18-20 points. South might have cue-bid three clubs, but his decision to support diamonds had a numbing effect on West.

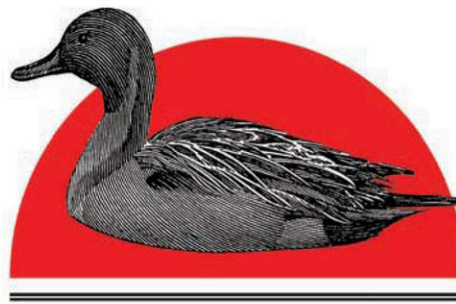
After taking two club tricks, West, expecting his partner to have at most one diamond, switched to that suit. South won with his queen and continued with the ace and another heart to West's king. West tried to give his partner a diamond ruff - but to no avail.

"Sorry, partner," said East. "Knowing that I don't have a singleton diamond, I should drop the club 10 at trick one. Then you will think I have a doubleton and continue with two more rounds of clubs. Declarer will ruff high, play a diamond to the queen and lead a low heart toward dummy's 10. But now you

North		11-08-22	
♠	A K		
♥	Q 10 8		
♦	A K J 5 4 2		
♣	J 6		
West		East	
♠	Q 10 7 3	♠	J 9 8 5 4
♥	K 7	♥	9 5 3
♦	10 8 6	♦	7 3
♣	A K Q 3	♣	10 9 2
South			
♠	6 2		
♥	A J 6 4 2		
♦	Q 9		
♣	8 7 5 4		
Dealer: West			
Vulnerable: North-South			
South	West	North	East
	1♣	Dbl.	Pass
1♥	Pass	2♦	Pass
3♦	Pass	3♥	Pass
4♥	Pass	Pass	Pass
Opening lead: ♣ K			

win with the king and lead a fourth club. Dummy ruffs but I discard my last diamond. Declarer is stranded in the dummy."

"That's possible," commented South. "However, I think I can do better. After ruffing the third club high in the dummy, I execute a Dentist's Coup. I can cash the diamond ace before playing a diamond to my queen. Then you can't strand me in the dummy."





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## Doctor's appointments hard to find for Knowlton seniors

By Ruby Irene Pratka  
Local Journalism Initiative

Booking a doctor's appointment has become a near-impossible feat for some Knowlton seniors without a family doctor.

Three doctors have left the Knowlton Medical Clinic in the last four years, and several thousand patients around the region have consequently been added to the growing list of people without a family doctor.

John Mines, 74, is one of those patients. His longtime family doctor, Dr. Bill Barakett, died in 2019; Barakett's replacement, Dr. Gordon Roper, left the clinic before Mines could be added to his patient roster. Mines said before the pandemic, patients were able to walk into the clinic and be seen by a doctor the same day for minor emergencies, but that was no longer possible. When he needed a doctor's approval to renew some medications, he was referred to the province's 811 health information line. After several attempts, he was able to speak to a nurse who advised him to have his pharmacist fax his medication information to a central number, and he eventually got the medications he needed. He says he is still waiting for a call back from Info-Santé to book an appointment for a blood test.

According to data from the CIUSSS de l'Estrie-CHUS, one in five residents of the region is without a family doctor, and nearly 2,000 people have been waiting for over a year. Since Sept. 1, patients without a family doctor have in theory been able to book non-emergency appointments through a provincial access portal, the Guichet d'accès première ligne (GAPL) either

CONT'D ON PAGE 3

## "With Love, Johnny" is a show that must be seen!



LOUISE SMITH

The cast of "With Love, Johnny" delights with its musical talents.

By Louise Smith

The matinee at Theatre Lac Brome on Sunday was a full house. The play was a hit! The immersive experience began in the lobby where war uniforms are on loan from the Lac Brome Museum. A slide show of family members of the cast, who served in the war, is on a continuous loop. One of the slides shows Allister Kerr. He was Laura Kerr Barr's father. During World War Two he volunteered as a seaman and within a year he was promoted to Able Seaman. He spent twenty-seven months at sea. During his service, for eight months, he was the navigator's yeoman, and his duties included avoiding enemy mines, protecting supply convoys crossing the Atlantic from enemy torpedoes, and picking up prisoners from the sea.

The musical memoir was touching, funny, and thoroughly entertaining.

The script is a story woven with songs from the Second World War era. By the time the song "We'll Meet Again" was being sung, the audience was singing along. The story line follows Wendy who visits her grandparents to get some ideas for her adult writing class. It moves on from there to the class itself and the assignment given to the students to bring the story of the war to life through writing vignettes linked to songs. The play was written by Roger de la Mare. He writes in the program that he remembers his parents listening to the console radio bringing in the music of the era into his home during his early youth. As the 75th anniversary of V-E Day approached in 2020 he started to write this piece. The pandemic postponed the production of this tribute to the Canadian men and women who served overseas, or who worked here in Canada in war-time related tasks,

and how their lives were affected by the experience of war.

Knowlton Players is a community theatre group which was founded in 1990. The cast of amateur thespians put on a great show. Everyone gave of their heart to the production. A few of the singers really stood out. Laura Kerr Barr, has a rich tone to her voice. Her dynamic presentation during her musical numbers draws in listeners. She is a singer in the harmony trio, The Honeysuckle Sisters, and she is very active in music in the Townships. Donald O'Hara has a charming voice, which is matched by his stage presence. In one number, "Bless Them All" he steals the show with his non-verbal antics on the stage. France Lepitre embodies the spirit of Edith Piaf when she sings her signature tune of "La Vie en Rose". Genevieve Lapensee plays the central character

CONT'D ON PAGE 3

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# Brome County Community Bulletin Board

**Lac Brome Food Bank** - If you need assistance, please call 450-242-2020 ext: 319. Pick up at 270 Victoria at the back.

## November 10

Knowlton Players presents "With Love, Johnny," a musical memoir of World War 2 with great live music from the 40's. Theatre Lac Brome, 9 Mount Echo Road, Knowlton, November 10, 11 and 12 at 7 p.m., November 13 2 p.m. Admission \$20. Tickets available at: <https://withlovejohnny.bpt.me> (or at the door).

## November 11

Remembrance Day Ceremonies will be held on Friday, November 11 at 10:55 a.m. at the park in front of Knowlton Academy. The community is invited to attend this special time of remembrance. The Knowlton Harmony Band will be in attendance. Saturday, November 12 - Soup lunch at the Church of the Ascension, West Brome. 11 a.m. to 2:30 p.m. There are also books and a "white elephant" sale. Info: 450-263-3025.

## November 12

Saturday, November 12 - Soup lunch at the Church of the Ascension, West Brome. 11 a.m. to 2:30 p.m. There are also books and a "white elephant" sale. Info: 450-263-3025.

## November 13

Craft workshops for women have resumed at the Marché des Artisanats Dunham. Learn to crochet Sunday mornings 10 a.m. to noon. Afternoon workshops from 1:30 to 3:30 are scheduled every second week until December 11. Check Facebook for the schedule or email [michilynnd@gmail.com](mailto:michilynnd@gmail.com) or call 450-295-2252.

## November 19

Christmas Craft Sale Brome Hall 330 Stagecoach Road Brome Saturday November 19 at 9 a.m. to 4 p.m. Lunch

\$8. Chilli, dessert, coffee, tea, drinks. Come and support our local vendors!

## December 2 & 9

Attention all seniors in Lac Brome! A Christmas Tea, hosted by the Wellness Volunteer Centre, will take place two consecutive Fridays, December 2 and 9, from 2 p.m. to 4 p.m. Thirty seniors maximum per date and only one date per senior. Reserve by Friday, November 25 at 450-242-2020. Free event!

## CHURCH BULLETINS

### ALL SAINTS ANGLICAN CHURCH - DUNHAM

All are welcome. We continue to participate in the Eastern Townships Regional Ministry with alternate week Eucharist services at Trinity Anglican Church in Cowansville. On Sundays, November 20, December 4 and December 18 Eucharist service will be held at All Saints' Anglican Church, Dunham, at 11 a.m. Come join us to kick off Advent with the "Festival of Nine Lessons and Carols" to be held at All Saints' Anglican Church, Dunham at 2 p.m., Sunday, November 27. All monetary and non-perishable food items offered at this service will be donated to the Trinity Anglican Church Cowansville "Helping Hands Food Bank." Light refreshments will follow in the church hall. For any additional information please call 450-877-8661.

### ANGLICAN PARISH OF BROME

Sunday services cancelled until further notice. See the announcement for Grace Anglican Church to join the online meeting on Sunday mornings. Information: Rev. Tim Smart 450-538-8108

### BEDFORD PASTORIAL CHARGE

Service at 9:30 a.m. Worship Leader: Rev. David Lefneski. Church office: 450-

248-3044; email: [bedford.pastoral@yahoo.ca](mailto:bedford.pastoral@yahoo.ca) "God is God, not of the dead but of the living; for God is all of them are alive!" Luke 20:38

### CREEK UNITED/ST.PAUL'S UNITED

Sunday, November 13- Worship and Music: Creek United, 278 Brill Rd., West Bolton, service at 9:00 a.m.; St. Paul's United, 4929 Foster, Waterloo, service with Baptism at 10:30 a.m. Service available on You Tube. Reverend Dave Lambie, minister. For information or to leave a message call: 450-539-2129

### EMMANUEL UNITED CHURCH

We honour our veterans in November and prepare for Advent lights. Welcome to worship on Sundays and Zoom Learning Circle on Thursdays. Thank you volunteers for being at the Welcome Project Winter Clothing Drive. All are welcome to our Advent Soup & Dessert Lunch on November 26. More info to follow. Sunday worship service at 11:00 a.m. Minister: Rev. David Lefneski. Messages at the church office are checked daily: 450-263-0204; email: [capcchurchoffice@bellnet.ca](mailto:capcchurchoffice@bellnet.ca)

### ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

Our 10:30 a.m. Sunday mass has resumed. However, we must comply with the latest Quebec Public Health restrictions. Thank you for your understanding. For more information, call: 450-263-1616 or visit the website <http://unitedesvignes.org>.

### GRACE ANGLICAN CHURCH

We are now open for in-person worship for our regular 10:30 a.m. Sunday services. Everyone is welcome. Alternatively, you can attend online. For an invitation to join, please email the Rev. Tim Smart, [revtimsmart@gmail.com](mailto:revtimsmart@gmail.com) or visit our Facebook page "Grace Church, Sutton" for the Sunday link. CHOIR Rehearsals begin on Sat. November 12 at 10 a.m. in Grace

Anglican Church, 52, Principale Sud, Sutton. for traditional Lessons & Carols service, December 18 at 4 p.m. Come, SING with US! Info. Sarah Hoblyn <[sarahhfhoblyn@gmail.com](mailto:sarahhfhoblyn@gmail.com)> or 450-242-6839.

### KNOWLTON MOUNTAIN VALLEY PASTORAL CHARGE

Welcome to in person and online worship beginning March 2022 at Knowlton United Church, 234 Knowlton Road, Knowlton at 11 a.m. Worship services will be held on the first 3 Sundays of each month unless otherwise stated. For further information, please contact Rev. Steve Lawson at 450-242-1993.

### ST. PAUL'S ANGLICAN CHURCH

St. Paul's has re-opened for Sunday in person worship at 8 and 10 a.m. We continue to livestream our Sunday morning worship at 8 and 10 a.m. at St. Paul's Knowlton on Facebook. All services are also available for replay, at 24 St. Paul's Road in Knowlton. St. Paul's is a dynamic diverse community pursuing and serving Jesus in the Eastern Townships. Our mission is to grow in members and spiritual maturity so that we can reach as many people as possible with the love of Jesus. Everyone welcome! Telephone: 450-242-2885, email: [stpaulsknowlton@gmail.com](mailto:stpaulsknowlton@gmail.com).

### TRINITY ANGLICAN CHURCH

Sunday Church Services at Trinity Anglican Church Cowansville are now being held at 11 a.m. In being a part of the Eastern Townships Regional Ministry, our church service schedule is in a period of change. Please contact the church office 450-955-3303 and leave a message if you would like to have more information.

## Holiday Magic & Christmas Angels

The Holiday Season is right around the corner, and Holiday Magic is in the air.

With the launch of Christmas Angels 2022, the Yamaska Valley Optimist Club reminds all our friends and neighbours that being an Angel lets us all spread that Holiday Magic.

Paper Angels are ready to be claimed at one of our Angel-outlets.

- In Knowlton: Barnes Home Hardware, Dépanneur Rouge, Le Panier Champêtre, La Touche Finale

- In Cowansville : Nettoyeur Houle, Tigre Géant

- In Sutton : Pharmacie Brunet

Here's how it works:  
Step 1: Visit one of our Angel-outlets and pick up a Paper Angel.

- These Paper Angels will indicate the gender/age/size of the child for whom you will be getting the gift.

- In most cases, a description of the child's interests is included,

however the type of gift and the amount you spend are completely at your discretion. Whatever gift you choose, you can be sure it will be greatly appreciated.

Step 2: Buy a gift, according to the specifics given on your Paper angel and wrap it.

Step 3: Attach the Paper angel to the gift using a single strip of tape (so it can be easily removed later on).

Step 4: Bring the wrapped and identified gift back to the retailer where you signed up

BEFORE SUNDAY, DECEMBER 4, 2022

Step 5: The Yamaska Valley Optimist Club will deliver the gifts before Christmas.

More information can be obtained from Darlene at 450-266-7789



# ETSB struggles with bus driver shortage

By Ruby Irene Pratkan  
Local Journalism Initiative

Although the labour dispute that threatened to keep school buses in park around the region in September has been at least temporarily resolved, normal service hasn't entirely resumed for the Eastern Townships School Board (ETSB). Board chair Michael Murray has said the board, which operates its own bus fleet in the eastern sector of its territory, has had to cancel an average of one run a day since school started.

The cancellations leave parents, some of whom live an hour or more from the nearest English public school, scrambling to find a backup plan to get their children to school. "We hate to put that burden on parents, but we don't have a choice," Murray said. Although he didn't know of any specific

instances where children had missed school due to a cancelled morning bus run, he said it has happened. Afternoon cancellations have left parents scrambling to find a way to get their children home from school.

Murray said the board had recruited enough regular drivers for each of the 65 daily bus runs in the eastern sector, but that it had very little breathing room in the event a driver couldn't come to work. The board's large territory also makes it difficult to reassign drivers at short notice. "At times we can shuffle staff around, but other aspects of our operation are affected," Murray said. "If we know the day before that we have to cancel a run, we can let families know in advance, but if the driver calls in sick at four or five in the morning, we have a whole routine to get that information out."

He said the private transport

companies which handle busing in the western sector of the ETSB are facing similar problems, although the BCN could not independently verify this.

Murray said the provincewide labour shortage and the ripple effects of the COVID-19 pandemic were to blame. "More and more drivers retire with every passing year," he said. "The schedule is not very convenient - the school year is only 180 days, and a driver starts work before six in the morning. Add to that the risk of exposure to COVID, driving a heavy vehicle on country roads in all weathers, being responsible for the behaviour of more than 40 children...and the fact that you need a specific type of driver's licence. With so many jobs available, potential drivers are looking for other options." At the same time, more families are moving to the region, leading to more potential demand for school busing.

He said the board was actively recruiting drivers and that anyone interested in becoming a bus driver who was willing to undergo a background check and several weeks of training was welcome to call the ETSB office.

Audrey Leboeuf is a spokesperson for the Centre des services scolaire Val-des-Cerfs, which oversees French public schools in the area. She said the service centre hadn't experienced extensive busing issues. "We've had a few delays, but almost no breaks of service," she said, adding that a new feature on the service centre website let parents and students check for delayed or cancelled routes. "We've been lucky, but we're staying vigilant."

"Transportation has always been one of the services we've taken for granted - buses just came," said Murray. "That assumption of accessibility has been undermined by the driver shortage."

## With love

CONT'D FROM PAGE 1

of Wendy and her clear vocals are enchanting.

The play ends with the full cast on stage singing two songs. Each line of performers takes a turn bowing to the audience. They then point to the projectionist and to John Barr, who plays live music throughout the show on the piano. It ends with a photo of Steve Trew. Steve was very active in getting the show ready and he is listed on the program as the director. A sincere tribute to him is written up in the program. This show is a glowing testament to the work of Steve and his dedication to the Knowlton Players.

The show will play again on Nov. 10, 11, and 12 at 7 p.m. and on Nov. 13 at 2 p.m. Tickets are twenty dollars each. Reservations can be made at <https://withlovejohnny.bpt.me>.



LOUISE SMITH

Cast members were happy with the warm reception given by audience members.

## Doctor's appointments

CONT'D FROM PAGE 1

online or by phone (811, option 3). However, Mines and others say it isn't that easy in practice.

"You have to jump through a lot of hoops [to get a doctor's appointment] and a lot of seniors aren't adept at using cell phones," Mines commented. He added that some of his interactions with Info-Santé personnel were in French, although he doesn't consider himself bilingual and had requested English service.

Gladys Hall, 90, is a cancer survivor who has been without a family doctor since last April. She says it took her several months to be seen by a doctor after she broke out in a rash. In the interim, she self-medicated using cream for cows' udders and an over-the-counter cream provided by her pharmacist. Hall, who lives on a fixed income, can't afford to consider private health care options. Like Mines, she is registered with the provincial waiting

list for a family doctor, the Guichet d'accès à un médecin de famille (GAMF); although as a senior and a cancer survivor she should be near the top of the priority list, she hasn't heard back. "When you call 811, you wait and you wait and you wait. I just gave up and hung up," she said. "Our whole

system stinks."

The CIUSSS de l'Estrie-Chus told the BCN in an email that the Knowlton clinic "was under no obligation to serve the clients of doctors who had left" and advised patients who were concerned about their health to call 811 or speak

to their pharmacist.

Brome-Missisquoi MNA Isabelle Charest said she was "very much aware of the situation that the 'orphaned patients' of the Knowlton Medical Clinic are going through."

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## LETTERS

### West Bolton Democracy in peril

DEAR EDITOR:

In 2020 or 2021, the previous administration made an offer to purchase a lot on Bolton Pass comprising 12.9 acres with more than half under water without a mandate from the citizens, and without a Council resolution. This item had to be withdrawn from the agenda of the Council meetings of September 13th and 23rd, 2021 due to public uproar of citizens who were vehemently opposed to the project.

It would encompass the building of a new town hall (for 3.5 office staff), a community center, a municipal garage, a shelter for emergency use, a public market, a playground for children, pedestrian trails, etc. even though such services are offered in the neighboring municipalities.

When concerned citizens asked for a copy of the offers to purchase that lot, the Director-General denied the request for the bizarre reason that this offer was not really an offer because it was made in the form of an "ebauche", a mere sketch, and that the rules of access to information would therefore not apply. It stretches the imagination how written, dated, signed and delivered offers to purchase could be understood as a mere sketch. This request for information is now before the Commission des demandes d'accès à l'information for revision.

In a municipality, the person responsible for the requests for

information should not be the same person as a Director General who has an active part in the development projects.

The municipality ordered a report from a consulting firm to evaluate the commercial potential along Bolton Pass. Such a development would change the tranquility and landscape of our municipality forever. When concerned citizens asked for a copy of that report, the request was denied on the grounds that it was confidential and that it belonged to the municipality! Apparently, the Director General does not realize that it is we, the taxpaying residents, who constitute the municipality. It took 12 months (Feb 2021 to Feb 2022) for the report to be released for the citizens to read.

The Director General's responses perpetuate the ways of the previous administration which included the well-documented systematic suppression of uncomfortable letters and questions. The access to information is a sacred and essential tool for citizens to hold officials accountable, ensure democratic proceedings and to prevent the abuse of power.

We can only repeat our request for publication of the offers to purchase made on the lot.

In the words of our Canadian Prime Minister: "It is never too late to do the right thing".

GERHARD ZIMMERM  
MICHELLE CHARTRAND

## Ben in Focus



BEN MCAULEY

*Do I look majestic enough?*

gift from the  
grandchildren  
a deer jaw with teeth  
root canal this week



Brome County News welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste.

Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request.

Preference is given to writers from the Eastern Townships.

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# A moving Remembrance Day ceremony in Cowansville

By Louise Smith

The warm temperatures from the end of the week held out for Sunday's parade and ceremony, but not the clear skies. However, during the laying of the wreaths, the rain let up. The bagpiper was under a small tent but it was still hard for him to stay dry.

The Royal Canadian Legion, branch no. 99, in Cowansville held their ceremony and parade on Sunday.

The first wreath laid was The Silver Cross Wreath. It was laid by Pierrette Laliberte who is the grandmother of Frederic Couture who lost his life in the Afghanistan campaign. The wreath from Canada was laid by Karine Goyette who laid it on behalf of Brome-Missisquoi MP Pascale St-Onge. Isabelle Charest, the MNA for the region, laid the Quebec wreath. The mayor of Cowansville, Sylvie Beaugard, laid the town wreath.

Many family members honoured

those in their families who had served for Canada. Quite a few organizations also laid wreaths including Emmanuel United Church and the Fordyce Women's Institute. One of the more poignant moments was when the family of Rodney Smith laid the wreath for Heroes' Memorial School. Rodney had placed the school wreath for many years. He passed away this fall and his family came together to honour him on this day for this special occasion.

After the wreath laying, the honour

guard and current and former members of the service and the cadets and members of the Lions Club marched briefly on Davignon Boulevard before going in to the Legion for a light sandwich luncheon.

The poppy campaign is over in stores in the area, but poppies are still available at the Legion until the 11<sup>th</sup>. On Nov, 11 members from the Legion will be attending an assembly at Heroes' Memorial Elementary School.



Frederic Couture served in Afghanistan. His grandmother laid a wreath in his honour.



The bagpiper tried to stay dry during the ceremony.



The family of Rodney Smith placed the wreath for Heroes' Memorial in his honour.



The wreaths made a moving display.



Frank Davignon was born in Chambly. He served 45 years in the air force.



Pierrette Laliberte laid the Silver Cross Mother wreath.

PHOTOS BY LOUISE SMITH



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Royal Canadian Legion

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Royal Canadian Legion

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# Canadian War Museum acquires three Victoria Crosses from the First World War

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OTTAWA, ON, Nov. 1, 2022 /CNW/ - The Canadian War Museum is pleased to announce the acquisition of three Victoria Crosses from the First World War. These were awarded to Second Lieutenant Edmund De Wind, Sergeant Thomas William Holmes, and Private James Peter Robertson. With these acquisitions, the War Museum is now home to 36 of 73 Victoria Crosses awarded to Canadians who fought in the First World War.

"We are pleased to be able to acquire these three Victoria Crosses, the highest honour for military valour," said Dr. Dean F. Oliver, Acting Vice-President and Director General of the Canadian War Museum. "Each medal highlights a personal story of exceptional bravery under extraordinary circumstances."

Second Lieutenant Edmund De Wind, 15th Battalion, Royal Irish Rifles, was posthumously awarded the Victoria Cross for his actions on March 21, 1918 at the Race Course Redoubt near Grugies, France. Despite being wounded twice, De Wind defended this redoubt for a period of seven hours, repelling attack after attack, until another section could arrive to help. He was fatally wounded during one of the final attacks.

Sergeant Thomas William Holmes and Private James Peter Robertson each received the Victoria Cross for their actions on different dates during the assault on Passchendaele, one of the most epic and tragic battles of the First World War.

On October 26, 1917, while German pillbox defences were keeping two waves of the Canadian Corps bogged down, Sergeant Holmes, 4th Canadian Mounted Rifles, noticed a lull in firing and attacked with hand grenades while the enemy was reloading. After killing and wounding the crews of two machine

guns, he returned, under heavy fire, with more grenades and threw one into the pillbox entrance, causing the 19 occupants to surrender.

Private James Peter Robertson, 27th Canadian Infantry Battalion, was posthumously awarded the Victoria Cross for his actions on November 6, 1917. When his platoon was held up that day during an attack to capture Passchendaele, Robertson dashed to an opening on the flank, captured a machine gun, and inflicted several casualties among the enemy. Later, when two of his snipers were badly wounded in front of his trench, Robertson carried them back under severe fire. He was killed as he returned with the second man.

The purchase of these medals was made possible with support from the National Collection Fund and from individual donors. The Robertson Victoria Cross was purchased with support from Honorary Colonel (Ret'd) Brian Hastings.

The War Museum is home to 42 Victoria Crosses. In addition to 36 from the First World War, the Museum holds five from the Second World War and one from the 19th century. A total of 99 Victoria Crosses have been awarded to Canadians, each one reflecting the outstanding heroism of ordinary people under extraordinary circumstances.

*The Canadian War Museum is Canada's national museum of military history. Its mission is to promote public understanding of Canada's military history in its personal, national and international dimensions. Work of the Canadian War Museum is made possible in part through financial support of the Government of Canada.*

For more information, visit [historymuseum.ca](http://historymuseum.ca) and follow us on Facebook, Instagram and Twitter.



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**Remembrance Day**  
is a day when we encourage each individual to pause, give thanks and remember.

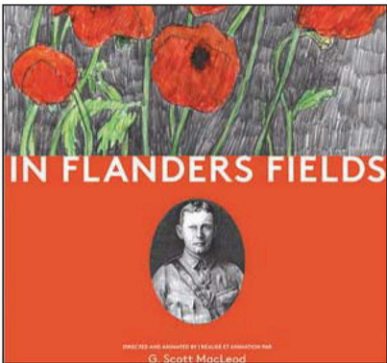



**Cowansville**

# In Flanders Fields animated film

Director G. Scott MacLeod highlights the atrocities of war for peace through animating & scoring WWI Canadian field surgeon John McCrae's poem In Flanders Fields.

In Flanders Fields animated film launch at Musée Lac-Brome Museum on November 10 from 11 a.m. to 12 p.m., 130 Lakeside Knowlton, QC, JOE 1V0, www.lacbromemuseum.ca, 450-243-6782.



**IN FLANDERS FIELDS**  
In this short black and white pencil animation, director and animator G. Scott MacLeod scored and animated WWI Canadian field surgeon John McCrae's poem In Flanders Fields. He has referenced notable Canadian war art to create a work about the atrocities of war for peace.

John McCrae was born in Ontario in 1872. He graduated from the University of Toronto with a degree in medicine, established a practice in Montreal, and lectured at McGill. McCrae went overseas after the outbreak of World War I in 1914 and served with the army medical corps in France. He died of pneumonia in January 1918. As a poet, he wrote only occasional pieces. His reputation rests solely on his single achievement,

In Flanders Fields. 600,000 of Canada's people went overseas by the end of WWI. At home, mothers and daughters entered the workforce, aiding in the war effort. They were told it would be over by Christmas. Four long years later, Canada lost 60,000 of her people. War poetry became a healing activity for this generation who witnessed great loss and senseless destruction. John McCrae's In Flanders Fields is an unforgettable piece.

In Flanders Fields (2022) - Running time 05:41, black & white animation. Language English.

Produced by MacLeod 9 Productions, Direction & Animations G. Scott MacLeod, Editor Rachelle Hamilton, Stabilization & VFX Jono Aitchison & Jo Meuris

Composition, vocals & acoustic guitar G. Scott MacLeod,

Electric guitar Clarke Goodman, Bass Zbynek Bozdech, Viola Christine Vaughan, Drums Kingsley Gordon, Sound engineer Gavin Whiteley, Recorded at Studio A McGill University Montreal, Quebec, Mastered by Morris Apelbaum at Silent Sound, Video music mastering William Le Gallee

Funding for this project was made possible by Foundation Townshippers Foundation through the Brome County Historical Society www.lacbromemuseum.ca

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## “Beatles Studio” rocked the house on Saturday night for La Coop Gym

By Louise Smith

“Beatles Studio” is a nine-member band who rock out many of the hits from the Beatles. They put on a two and a half hour show on Saturday night at the Sutton Elementary gym during a show that

was a benefit for La Coop Gym. The gym has 600 members and many of them came out to support the fundraiser.

The musicians were very versatile. There was even a brass section. The sound was full and authentic. The lead singer rocked the stage.

He played the keyboard and the guitar. The evening was warm and it was hot on stage under the lights. Towels were needed by several of the performers as the night wore on.

Two incredible sets of Beatles tunes, covering many albums, satisfied everyone in the audience.

At the sides of the gym quite a few people were up and dancing. When it came time for the show ending “Hey Jude”, hundreds of voices joined in with the band. If the gym wants the band back next year, there will be a willing audience waiting.



The “Beatles Studio” band played for over two hours.



PHOTOS BY LOUISE SMITH

The lead singer played the keyboards and the guitar.

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# School Page

Waterloo Elementary School

With Halloween just behind us, witches and wizards are fresh in everyone's minds. Arguably the world's most famous wizard is Harry Potter, beloved and titular character in J. K. Rowling's bestselling series. If you're familiar with the books, you might be familiar with the House System that takes place at Hogwarts, where students are sorted into one of four Houses that best represents their personalities and values. While it might not be Hogwarts, our friends at Waterloo Elementary School have set up something similar to spice up the year!

Around the world, school administrators are taking inspiration from the Ron Clark Academy system to bring some friendly intra-school competition to their students and staff. Adriana Lyons, principal at Waterloo Elementary School, is one of them. At the start of the year is the choosing ceremony, where a popped balloon sorts students at WES into one of four main houses, with a fifth designated for preschoolers to get acclimatized before graduating into Cycle 1. Once you're part of a House, your actions at school start contributing points on behalf of your team to an overall pot. When the school manages to hit certain thresholds, fun rewards are doled out to celebrate.

WES' Houses include Isibindi, the House of Courage, reserved for preschoolers to get acclimatized to the system; Amistad, the House of Friendship, known for their kindness of heart; Rêveur, the House of Dreamers, known for their freedom and wild abandon; Nukumori, the House of Kindness, known for their friendship and strength of character; and Altruismo, the House of Givers, known both for their generosity and fiercely competitive spirits.

Every other Friday, all students wear their team shirts and the last period of the day is designated for House activities. This year's activities have included untying human knots, escape rooms, scavenger hunts, and more. Points may come on behalf of your House, but the total is shared by everyone in the school - and so are the rewards! This makes for a climate that's more "comparative" than "competitive", motivating students to contribute for bragging rights without leaving anyone out of the fun. Already by mid-October, students had managed to earn a pajama day, and a day where school staff had to come dressed up as elderly people.

Houses are not broken down by grades, so students from Grades 1 through 6 get to know each other and work together in any given team. Lyons has said this is intentional to help foster socialization between students of different ages, and the "House Leaders" (students in Grade 5 or 6) benefit as much from their role as mentors as the younger students do from having them. This blending and camaraderie between students of all ages is especially appreciated, says Lyons, in the wake of COVID-19 restrictions which had

students isolated to their grade or even homeroom class "bubbles".

Waterloo Elementary prides itself on having an annual theme for the school year; this year's theme is "piece-by-piece", symbolized by a puzzle. Every student and staff member is unique, but everyone fits together to make a

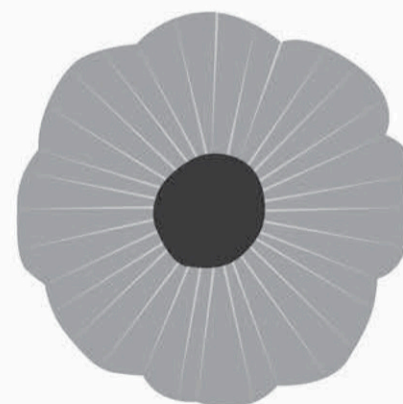
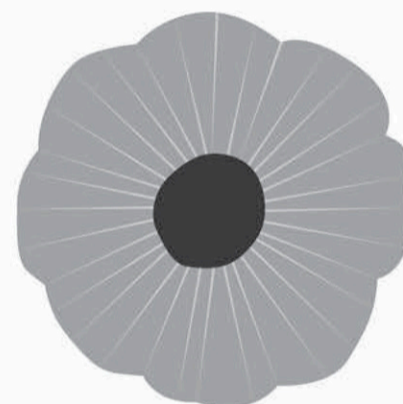
beautiful whole. The House System is just yet another way to celebrate the way diverse individual pieces can create something bigger than themselves when working together.

Submitted by Waterloo Elementary School



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# Today in History

## On this date:

In 1308, medieval scholar Duns Scotus died. His given name led to the introduction of the word dunce.

In 1414, in Constance, Switzerland, more than 50,000 people gathered to resolve the Great Schism in the Roman Catholic Church. The Constance council got rid of three men who all claimed to be pope and elected Martin V as the church's new leader.

In 1519, Spanish explorer Hernando Cortez reached Mexico City.

In 1623, William Shakespeare's collected works were first published.

In 1656, British astronomer Edmund Halley, who discovered the comet that bears his name, was born. He was the first to predict the return of a comet.

In 1793, the Louvre Palace in Paris was opened as a public museum.

In 1847, British author Bram Stoker was born. His literary legacy is "Dracula," first published in 1897.

In 1873, Winnipeg was incorporated as a city.

In 1887, the gramophone was patented by American Thomas Edison.

In 1889, Montana became the 41st U.S. state.

In 1889, Oswald J. Smith, founder of the Peoples Church of Toronto, was born. Smith wanted to be a missionary, but was turned down because of health reasons. So he began a church that was heavily focused on mission activities. Smith also wrote several books and composed more than 1,200 hymns. He died in 1986.

In 1900, Margaret Mitchell – author of "Gone With the Wind" – was born in Atlanta. She died in a 1949 car crash.

In 1917, Vladimir Lenin became chief commissar and Leon Trotsky was named premier as the Bolsheviks seized power in Russia.

In 1917, The Canadian Press news agency was founded in Toronto.

In 1923, Adolph Hitler staged what became known as the "Beer Hall Putsch" in Munich when he and his supporters tried to overthrow the republican government of Germany. The next day, however, police fired on a Nazi procession through the city and the revolt was broken up. He was arrested, tried and convicted of high treason. He served nine months of a five-year sentence, during which time he dictated Mein Kampf.

In 1942, Operation Torch, resulting in an Allied victory, began during the Second World War as U.S. and British forces landed in French North Africa.

In 1943, Charlottetown-born Capt. Fred Peters won the Victoria Cross during the Second World War naval battle at Oran Harbour, North Africa. Five days later, Peters was killed in a plane crash while heading to England to receive his medal.

In 1950, during the Korean conflict, the first jet battle took place as U.S. Air Force Lieutenant Russell J. Brown shot down a North Korean MiG-15.

In 1960, 43-year-old John F. Kennedy narrowly defeated Richard Nixon for the presidency of the United States.

In 1961, Conservative John Robarts became premier of Ontario.

In 1965, Pierre Trudeau first won a

seat in the House of Commons, as Liberal member for Mount Royal, in a general election. The future prime minister held the seat until 1984.

In 1972, a landmark ruling by a Philadelphia judge cleared Bobby Hull to play for the Winnipeg Jets of the World Hockey Association. The star left winger had missed the Jets' first 14 games while the NHL's Chicago Blackhawks challenged his departure.

In 1975, William Eustace, an ironworker, leapt off the top of Toronto's CN Tower and made a successful parachute jump.

In 1988, Republican George Bush defeated Michael Dukakis to become the first vice-president in 152 years to follow his boss to the U.S. presidency. He succeeded Ronald Reagan.

In 1990, the Greenpeace ship "Rainbow Warrior" escaped from the Spanish port of El Ferrol where it was being held on \$140,000 bond. It was in custody because of its interference with Spanish whaling operations.

In 1991, Canada and the European Community imposed economic sanctions on Yugoslavia in an attempt to stop the Balkan Civil War.

In 1995, one of the last paintings by Vincent Van Gogh, "Sous Bois," was sold for \$27 million at Sotheby's in New York.

In 1999, Germany's appeal court upheld the 1997 manslaughter conviction against Egon Krenz, the East German leader who ordered guards to kill those who tried to cross the Berlin Wall to the west, and who oversaw its dismantling in 1989.

In 2001, Canada 3000, the country's second-largest airline, ceased operations and cancelled its flights after being granted bankruptcy protection from creditors. It went bankrupt three days later.

In 2005, David Bergen won the Scotiabank Giller Prize for his novel "The Time in Between."

In 2006, Democrat Nancy Pelosi became Speaker of the U.S. House of Representatives – the first woman in U.S. history to hold the powerful post.

In 2008, CBC reporter Melissa Fung, who was kidnapped by Afghan insurgents at a refugee camp outside Kabul, was released after spending 28 days in captivity.

In 2010, Angela James and Cammi Granato became the first women inducted into the Hockey Hall of Fame. They accepted their rings along with former NHL'er Dino Ciccarelli and builder Jim Devellano. The late Daryl "Doc" Seaman, one of the founders of the Calgary Flames, was also inducted.

In 2011, Victoria-based author Esi Edugyan won the coveted \$50,000 Scotiabank Giller Prize for her novel "Half-Blood Blues," about a group of black jazz musicians trying to survive in Europe during the Second World War.

In 2012, an explosion and fire at the Neptune Technologies & Bioresources plant in Sherbrooke, Que., killed two people and sent 19 others to hospital. A third person died two days later in hospital.

In 2012, Jared Lee Loughner was sentenced to seven consecutive life sentences plus 140 years in prison for

killing six people and shooting 13 others, including grievously wounding former Arizona Congresswoman Gabrielle Giffords, in a 2011 shooting rampage at a Tucson shopping centre.

In 2013, Typhoon Haiyan, one of the most ferocious typhoons on record, slammed into the Philippines with tsunami-like storm surges, flattening entire towns and villages. At least 6,300 people were killed, and more than 1,000 were missing. More than 1.1 million houses were damaged or destroyed and more than 3.8 million people were displaced.

In 2015, Nobel laureate Aung San Suu Kyi led the National League for Democracy party to a massive election victory over Myanmar's military-backed Union Solidarity Development Party.

In 2016, brash billionaire Donald Trump was elected the 45th president of the United States, an astonishing victory for a celebrity businessman and political novice whose campaign was like no other in modern times. His triumph over Hillary Clinton ended eight years of Democratic dominance of the White House.

In 2018, the deadliest U.S. wildfire in a century swept through the northern California community of Paradise, about 290 kilometres north of San Francisco. Tens of thousands of people scrambled to flee the fire, which destroyed nearly 14,000 homes and killed 85 people. Several lawsuits had been filed against Pacific Gas and Electric Co. by the end of November, alleging it could have prevented the fire. The cause remained under investigation but the utility had reported an outage on a transmission line near the time and place where the fire began.

In 2018, a wind-whipped wildfire erupted in southern California, spreading destruction from Thousand Oaks to Malibu, west of Los Angeles. By the time the Woolsey Fire was 100 per cent contained on Nov. 22, it had killed three people and destroyed about 1,600 homes and other buildings.

In 2018, media advocates were outraged after the White House revoked the press credentials of CNN reporter Jim Acosta. The network's chief White House correspondent had his media pass cancelled after a 90-minute news conference in the East Room that saw President Donald Trump engage in several heated exchanges with reporters.

In 2018, Bombardier Inc. announced it would cut 5,000 jobs company-wide and sell off two units as part of a five-year plan to rein in costs, focus on rail and business jets and reduce the net long-term debt of \$9 billion. About 2,500 Bombardier workers were being laid off in Quebec and 500 in Ontario, with the 2,000 other cuts occurring overseas.

In 2018, a Montana judge ruled the \$10-billion Keystone XL pipeline must pass a further environmental review. The decision was announced as Calgary-based TransCanada was preparing to build the first stages of the oil pipeline in northern Montana. The company said it remained committed to the project despite the setback.

In 2018, Statistics Canada's controversial plan to harvest personal

## In Memoriam

**JONES** – In memory of James Jones' family.

James - November 12, 1989

Adeline (wife) October 24, 2006

Glenna (daughter) November 5, 2003

Marcel Premont (son-in-law) May 29, 2009

Roland Page (son-in-law) August 29, 2009

Myrna (daughter) October 15, 2012

Dorothy (daughter) October 17, 2015

Kenneth Kirby (son-in-law) November 28, 2016

Berry Kerr (son-in-law) November 30, 2016

Eugene Jones November 1, 2021

*We cannot have the old days back*

*When we were all together*

*But secret tears and loving thoughts*

*Will be with us forever.*

**THE JONES FAMILY**

financial data without people's consent was put on hold pending the completion of an investigation of the legality and intrusiveness of the project. The federal agency caught nine financial institutions off guard by informing them they were required to provide banking information on Canadians in 500,000 households across the country.

In 2018, the captain of a Missouri tourist "duck boat" that sank during a storm in July, killing 17 people, was charged with misconduct, negligence and inattention to duty in an indictment by a federal grand jury. U.S. Attorney Tim Garrison said Kenneth Scott McKee, 51, was accused of not properly assessing the weather before or after the boat went into Table Rock Lake near the tourist town of Branson.

In 2020, Alex Trebek, one of Canada's most famous citizens and the legendary host of iconic quiz show "Jeopardy!" died at 80. The show's Twitter account said Trebek died at home, surrounded by family and friends. He had revealed in March 2019 that he'd been diagnosed with Stage 4 pancreatic cancer. Trebek kept working, recording new episodes of "Jeopardy!" until late October. Prime Minister Justin Trudeau said Canadians had "lost an icon."

In 2021, non-essential traffic was once again moving in both directions across the Canada-U.S. land border. Shortly after midnight, fully vaccinated vacationers, visitors and day-trippers were cleared to drive into the United States for the first time since the onset of the COVID-19 pandemic in March 2020.

In 2021, Montrealers opted to stay the course and rewarded Valerie Plante another term as mayor of the island city. With most of the votes counted, Plante was on top with 52 per cent of the vote – compared to almost 38 per cent for her chief rival Denis Coderre. Plante became the first woman elected as mayor of Canada's second-largest city when she defeated Coderre in 2017.

In 2021, Omar El Akkad was announced as the year's winner of the coveted \$100,000 Scotiabank Giller Prize. The Egyptian-Canadian author and journalist received the honour for "What Strange Paradise" at the gala in Toronto.

(The Canadian Press)

# Remembrance Day in Cowansville

PHOTOS BY LOUISE SMITH



Sylvie Beauregard, the mayor of Cowansville, laid the town wreath.



Eduardo Gallante served for NATO during his military service.



Karine Goyette represented Pascale St. Onge to lay Canada's wreath.



Families down to the youngest generation were part of the wreath-laying process..



The colour party led the parade.



Isabelle Charest, the provincial representative of our area, laid the Quebec wreath.



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Dear Friends of the BMP Foundation,

Our 2018-2022 Capital campaign is coming to a close, and we are pleased to announce that it was a success! Thanks to the mobilization of the campaign cabinet and the generosity of our donors, we have exceeded the \$5 million goal, and we have reached the magnificent sum of **\$5,202,574!**

We owe this extraordinary result to all the kind-hearted people of the Brome-Missisquoi community who gave 90% of the donations received during this campaign. These funds will be invested in your BMP Hospital to improve the care offered to the people of our region. Over the course of this campaign, we have faced challenges and overcome obstacles, and it is this spirit of solidarity that has allowed us to continue to realize major projects. You, dear donors, have maintained your generous support and your confidence in your foundation, and in your caregivers.

Thank you for caring about the improvement of health care in your region!



*Patrick Boucher*

**M<sup>re</sup> Patrick Boucher**  
Chairman of the Board



For more details about our Capital campaign, you may consult the campaign report on our website [www.fondationbmp.ca](http://www.fondationbmp.ca)