

Cass
Funeral Homes



Penny Ward
Consultant

A personalized and warm support. We are with you, every step of the way.

819-564-1750 • casshomes.ca



The long road home from Brazil

Page 4

THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Expos jump into third place with two wins

Sports - Page 7

\$1.00 + TAXES PM#0040007682 WEDNESDAY, AUGUST 26, 2020

COVID-19 tracing app on backburner for now

Record Staff

With the COVID-19 pandemic considered stable in Quebec for the moment, Minister of Health and Social Services, Christian Dubé, and Minister for Government Digital Transformation, Éric Caire, announced yesterday the province will not proceed with the immediate use of any contact tracing technology.

Dubé pointed out, however, that public consultations with Quebecers confirmed that the population would be in favour of using the technology.

The government will continue working to prepare the infrastructure and logistics necessary for a rapid, safe and effective deployment of an application, the ministers said, should a second wave occur.

Ministers Caire and Dubé added that the application is an additional tool in the fight against the coronavirus, but that sanitation and good hygiene practices remain the best solutions to prevent the spread of COVID-19.

In a statement yesterday Minister Caire called it unthinkable to consider deploying an application without first making sure to obtain the support

CONT'D ON PAGE 4

Récupex recycled clothing containers vandalized



MATTHEW MCCULLY

By Michael Boriero - Local Journalism Initiative Reporter

Two recycling containers belonging to Récupex in Sherbrooke were vandalized using a tool to pry open the doors and

steal clothes from the inside.

The non-profit organization that helps give life to secondhand clothes has recently experienced a surge in property damage, according to Danny Roy, Récupex deputy general director.

"We only have a few vandalism cases

each year, but it's happening more frequently," Roy told The Record in a phone interview.

Récupex has 100 clothing containers - 60 in Sherbrooke and 40 scattered around the Eastern Townships. It's

CONT'D ON PAGE 3

THE RECORD

Already a print subscriber?
Get the E-Edition free!
Contact: 819-569-9528
billing@sherbrookerecord.com

The Record's **E-Edition** allows you to read the full edition of the paper without leaving your home **24/7**. The best way to stay abreast of local news.

To subscribe, go to www.sherbrookerecord.com. Click on E-Edition and follow the simple instructions. And then start enjoy The Record for as little as **\$9.78 plus tx per month**.



View issues of The Record, Brome County News, Townships Outlet and our special sections with just a click of the mouse!

The Record e-edition

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

Access the full edition of the Sherbrooke Record as well as special editions and 30 days of archives.
Renew or order a new 12-month print subscription and get a 12-month online subscription for an additional \$5 or purchase the online edition only for \$125.00

Record subscription rates
(includes Quebec taxes)

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

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

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

Subscribing is as easy as 1,2,3:

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

Weather



TODAY:
MIX OF SUN
AND CLOUD

HIGH 18
LOW 6



THURSDAY:
MIX OF SUN
AND CLOUD

HIGH 19
LOW 9



FRIDAY:
SUNNY

HIGH 21
LOW 8



SATURDAY:
RAIN

HIGH 17
LOW 11



SUNDAY:
60 PER CENT
CHANCE OF
SHOWERS

HIGH 18
LOW 7

HAND-IN-HAND



The Townshippers' Foundation mission is to offer support to projects across the historic Eastern Townships. We are proud to say that we have given away over a million dollars since our creation and that we continue to support projects.

2020 has been a difficult year for both the Foundation and the projects and partnerships we support. The office had to move in late 2019 due to building issues at our Queen street address. January 2020 everyone was back to a working schedule when COVID-19 forced the closure and cancellation of so many activities. We, luckily, had just held our general meeting to approve projects for this coming year. We were, however, unable to hold our annual Grant Giving Luncheon where we give out the cheques and learn more about the projects we support and the volunteers that make them happen. The groups did receive their grants to allow them to move forward.

We have contacted all the groups to see what their plans are and we have received very positive feedback. Some events have already taken place while others were postponed to 2021. This shows the resilience of the communities that we are so happy to support.

The 4H Club in Richmond had to cancel their plans to host the Provincial Rally but they will be attending in Howick 2021. The Ayer's Cliff Fair was and still is working very hard on celebrating 175 years of their local fair. The St. Francis Naturalist Club is doing its best to organize speakers for the local schools; an on-going project of the group. Winds of Change held its concerts outdoors with great success. There are twenty-two projects planned

and many organizers are working to rethink how they will proceed. Many, such as the Men's Shed in Lac Brome, are restricted by the space they would normally use for meetings/get-togethers. Please check our webpage for a complete list of the projects www.townshippersfoundation.ca

For our part we are holding our annual Capital Campaign and we hope that the Townships community will consider us for a donation. So many groups have been unable to

hold fundraisers and need our help more than ever. We will be accepting applications for projects in late January.

The office may be reached at 819-822-3314 or via email at trcf@townshippers.org. Our new address is 3355 rue College but note that the offices have not reopened to the public.

We are pleased to be in the same facility as the Townshippers Association, QAHN, Mental Health Estrie and The Townships Sun.



Group from 2019



Luncheon from 2019

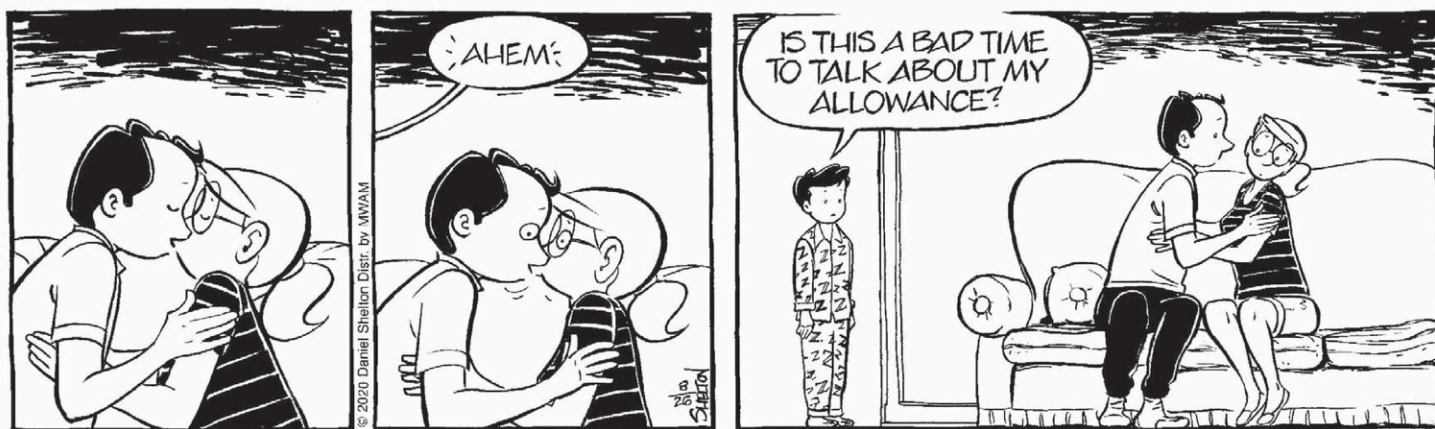
PHOTOS COURTESY



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

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

Ben by Daniel Shelton



Local News

...the signatories said the government's health directives for students aren't sufficient, school ventilation systems need to be updated, and families must be offered remote learning options.

Delayed alarm leads to discovery of stolen drill

By Gordon Lambie

The Memphrémagog police are reporting that the trailer and drilling equipment reported missing on August 10 were recovered this past Monday near Henryville in the Monteregie along with several other vehicles associated with different thefts and a large number of illegal cannabis plants.

According to Lieutenant Nathalie Fréchette of the Memphrémagog police, the equipment was located in a way that was very similar to the truck that had been towing it. Around 2 p.m. Monday the alarm system on board the equipment sent a signal indicating its location.

"We don't know why it only connect-

ed on Monday," Fréchette said, noting that two weeks have passed since the original theft. "It has been active the entire time."

Henryville being far outside the jurisdiction of the Memphrémagog department, the Sureté du Québec in the Haut Richelieu MRC were called on for assistance until such time as a warrant could be issued to search the location indicated by the alarm. Once on site, police located and seized the \$862,000 drill as well as a 2019 Kenworth truck stolen in Sherbrooke, a trailer stolen from Granby, and 1,200 cannabis plants.

An investigation into the theft is ongoing.



COURTESY

'Our plan is solid': minister rejects criticism of Quebec's back to school strategy

By Morgan Lowrie
THE CANADIAN PRESS

Quebec's health minister says the province does not intend to adjust its back-to-school plan, despite criticism from doctors and scientists who have called it inadequate.

Christian Dube told reporters Tuesday the plan was created in partnership with experts in the health and education fields and it will not be changed in response to the concerns raised in an open letter signed by some 150 doctors and scientists.

"Our plan is solid," he told reporters in Montreal.

"We're always open to suggestion, but I think at this time we have a clear plan, we have a way to go with schools, we'll go this way and if we need to adjust, as we've done in the last six months, we'll adjust."

Dube pointed out that the province successfully reopened most elementary

schools in May, and that the number of new cases have been declining even as Quebec reopened its economy and allowed inter-regional travel.

The province's current rate of positive tests, which stands at about 10 cases per million citizens, makes Quebec "one of the places where COVID is best controlled in the world," he said.

Dube said he wants to keep that number below 20 cases per million, or about 160 new cases per day, at which point he would consider making big changes.

In the open letter sent Monday to Dube as well as to Premier Francois Legault and to other officials, the signatories said the government's health directives for students aren't sufficient, school ventilation systems need to be updated, and families must be offered remote learning options.

The signatories are calling on the government to encourage social distancing within classrooms, require

mask-wearing inside classrooms, and to oblige schools to screen children for symptoms of COVID-19.

George Thanassoulis, an associate professor of medicine at McGill University and the letter's main author, said Tuesday the province has done a good job of reducing the number of active COVID-19 cases.

And while he doesn't want to scare his fellow parents, he said he believes now is the time to be careful and to make sure that all the progress isn't lost in the coming weeks when children go back to school.

"We all agree school is the best place for our kids, but more steps could be taken to ensure the safety of the children, the teachers and really our community," he said in a phone interview.

Thanassoulis said he was particularly surprised to learn that physical distancing requirements won't be enforced within all classrooms,

despite government messaging on the importance keeping a one or two-metre distance from other people.

He said classrooms can contain up to 30 students, even at a time when private indoor gatherings are limited to 10 people or less.

Meanwhile, Quebec reported 62 new cases of COVID-19 Tuesday and three additional deaths attributed to the novel coronavirus.

But officials said the total number of deaths increased only by two, to 5,746, because one death previously added to the tally turned out to be unrelated.

Hospitalizations increased by three to 118, while the number of people in intensive care remained stable at 12.

Officials completed 9,231 tests on Aug. 23, the last day for which testing data is available. That number is significantly lower than in recent days.

There have been a total of 61,803 COVID-19 cases in Quebec, of which 54,850 are considered recovered.

Récupex containers

CONT'D FROM PAGE 1

hard to monitor all of the containers, Roy explained, but it would help if residents kept an eye out for strange activity around the big blue containers.

"We can't put a camera next to each of our bins, so there's nothing strong we can do about it but if people are aware, these bins are in parks or commercial sites, so if you see something then let Récupex know or call the police," he said.

Roy is uncertain about what contents were taken out of the containers, but he speculates people are attracted to the possibility of finding high-end clothing that they can re-sell to turn a profit.

The vandalized property also adds

stress on the non-profit organization. He said Récupex now has to cover the cost of fixing the containers as well as keeping their image clean to the public.

Residents trust Récupex to process used clothes and give them to a secondhand shop, he explained, but broken containers sends the wrong message. Roy also wants to shed some light on a greater problem regarding vandalized charitable or non-profit containers.

"It also happens to other organizations like Estrie Aide, we're not trying to focus on this area, but the actual issue," said Roy.

Rush-hour speeding earns man heavy fines, licence suspension

Record Staff

Last Thursday, August 20, around 5 p.m. Sureté du Québec highway patrollers intercepted a man driving 161 km/h on Highway 10 near Sherbrooke. According to police, the 61-year-old was stopped near km 125 and given a \$1,233 ticket and 14 demerit points. As this was

not his first significant speeding infraction, the man's licence was also suspended for a period of 30 days.

As if speeding wasn't enough, the driver was also fined a further \$314 for executing a dangerous pass on the right-hand side in heavy traffic. The risky manoeuvre earned him an additional three demerits.

The long road home from Brazil

By Michael Boriero – Local Journalism Initiative Reporter

Suzanne Cordeau-Andrews and Gabriel Andreatto are in the middle of planning a small, intimate wedding in Magog, but there was a time not too long ago when it all seemed like a long shot.

The couple, which lived together in São Paulo, Brazil for the last six years, told The Record about their long, frustrating and complicated journey back to Canada at the end of July.

“Everyone just kept referring us to the official Canadian immigration website but it’s really not clear,” said Cordeau-Andrews. “They say ‘these are documents you need to present’, but you won’t necessarily be let into the country.”

Being a Canadian citizen, she had a fairly easy time moving back to her native country. But her partner had a much harder time. Andreatto, a native of Brazil, spent several weeks leading up to departure accumulating documents and translating them into English.

However, there was never any guarantee he’d be able to get into Canada. According to Andreatto, the whole process was a convoluted mess and he rarely got a straight answer from Brazilian and Canadian officials.

“No one gave me any reassurance before I got on the plane,” he said. “People would say you would only know if you’re allowed in Canada once you land in Canada.”

On top of that, there were no direct flights from Brazil to Canada. The couple needed to circumvent a travel ban by flying over the Atlantic to Europe and then back over the ocean to Canada. Cordeau-Andrews said she spent roughly 30 hours on a plane.

The whole experience was eye-opening for Andreatto, and Cordeau-Andrews. “It opened my eyes because I think as Canadians we don’t realize how lucky we are with the passport we have and then to think about my partner, just because he has a Brazilian passport, it’s so much more complicated for him,” she said.

The soon-to-be-married couple is away from all the chaos now, though, as they patiently wait to say their vows. They quarantined as soon as they hit Canadian soil, renting a trailer and parking it in the backyard of Cordeau-Andrew’s childhood home.

The couple has been engaged for roughly a year, but with the pandemic they postponed their original wedding plans. It was while in quarantine that they decided it would be smart to get their marriage out the way.



COURTESY

“When we got here in Magog, we realized our neighbour is a notary, so we figured why not get married because that might simplify things in the future,” she said.

Andreatto said he is just relieved the debacle to leave Brazil and get into Canada is over. Wedding planning occupies most of his time now. They converted Cordeau-Andrew’s parents’

backyard into a venue. His Brazilian family will tune in via Zoom.

“I think it’s all pretty exciting, we bought stuff to decorate the pavilion, and we hired a harpist, too,” Andreatto said adding that his future mother-in-law pushed for the music.

The newlywed couple will head off to Sweden for work in the coming months for work.

A cautionary tale by Lois Ogilvie Blanchette

There was once a young lady who lived alone in an apartment, and during the COVID-19 pandemic she felt very alone, indeed, because of course, she was not allowed to go out.

She would go to her large window and look outside, wishing she were there.

There was a large tree very close with a large, dark rather ugly bird in it. In spite of being rather ugly, the bird was very nice. He and the young lady were actually friends! She would wave at him and he-wanting to be friendly-would send her a loud SQUAWK! in return, which always made her smile.

She had given him the name

of Enza-without knowing why-but as mentioned, she and Enza were friends.

One day she woke early and went to the window to check the weather. It was gorgeous! Oh, how she wanted to open the window! But of course, she wasn’t supposed to. Of course not!

But-but-should she take a chance? Such a beautiful day-no wind-just warm sun. Well, should she take a chance?

Yes! Yes! She would!

And so-with a smile and a laugh, she opened the window!

And then, with a swish and a SQUAWK-
in flew Enza!

Nature Conservancy of Canada launches week-long virtual event

Record Staff

The Nature Conservancy of Canada (NCC) is launching its Big Backyard BioBlitz event in an effort to connect Canadians with nature and learn more about habitats and species in their backyards and neighbourhoods.

People can download the non-profit’s iNaturalist app for free and immediately begin observing their backyards and local green spaces. The goal is to take photos and contribute to the conservation of species and natural habitats.

“Anyone can participate. It’s a great way for people of all ages to look at their surroundings differently and learn more about the plant and animal species close to home,” said stewardship coordinator, Lucie Veillette.

In order to participate, people need to

register prior to the event or anytime during the bioblitz week at natureconservancy.ca/bioblitz. They will then receive a welcome package with instructions.

After they download the iNaturalist app, they can head outside and observe plants, animals and insects, snap photos and upload the images, which will be reviewed by a global network of scientists.

“Spending time outdoors is beneficial for physical and mental well-being. This is a great way to connect with nature and fellow nature lovers, while contributing to community science,” Veillette said.

Participants can also visit the iNaturalist project page to observe other the findings of other people from across the country. According to a press release, community science is more important now than ever as traditional forms of volunteering for nature and conservation are impacted by COVID-19.

COVID-19 tracing app

CONT'D FROM PAGE 1

of the citizens of Quebec. “If the situation required it, the government could deploy the application. We have a responsibility to be ready and to make available to Quebecers the maximum number of tools to stop the spread of the virus, without compromising the security of citizens’ personal information. Should it be deployed, it seems important to me to remind that its use would be voluntary and that

its operation would be subject to the active consent of the individual,” Caire said.

The public consultation, held last month, involved 16,456 participants from across Quebec.

Of those, 77 per cent said they believe in the usefulness of such an application, 70 per cent have confidence in its effectiveness, 66 per cent feel they need an application of this type, and 75

of consultation participants said they would install such an application on their smartphone.

According to Caire, the application intended for the Quebec population would be free, anonymous, secure and installed on a voluntary basis and could be temporarily deactivated or deleted at any point. The app would work without GPS geolocation, biometrics or facial recognition and would not track users.

The application would allow an individual with a positive diagnosis to enter, on a voluntary basis, a unique code, provided by a health specialist, to trigger notifications. Using the app,

individuals who have been in close proximity to another person who has tested positive to COVID-19 would be notified.

Rights and freedoms protest planned in Sherbrooke this weekend

Record Staff

Action Coordination, a grassroots initiative to coordinate peaceful demonstrations across Quebec and Canada to support rights and freedoms,

is planning several protests throughout the province and in Ottawa.

Action Coordination believes Canadians are facing unfair sanitary and back-to-school measures in regards to the ongoing COVID-19 pandemic. The movement started around Fondation

pour la défense des droits et libertés du peuple and Appel à la liberté.

All of the protests will begin at 1 p.m. on August 29. The Sherbrooke iteration begins and ends in front of city hall. Organizers have planned speeches to conclude the event.

There are also demonstrations scheduled in Trois-Rivières, Montreal, Quebec City, Carleton-Sur-Mer, Rouyn-Noranda, Rimouski and a rally in Ottawa. The group supports freedom of choice and expects to see a decent turnout in Sherbrooke.

Townships parents ponder homeschooling options

By Gordon Lambie

The world of education has been on something of a roller-coaster ride this year as decisions have gone back and forth about how best to run schools in the context of a global pandemic. As that ride makes its way through the twists and turns leading up to the start of the school year next week, one subject that has been getting more public attention than usual is that of homeschooling.

Under Quebec's Education Act, all children are required to attend school as of the school year following their sixth birthday, but a child who receives appropriate homeschooling may be exempt from compulsory school attendance. In order for their schooling to be deemed "appropriate" a family must notify the Ministry of Education of their intention and present a plan within the following ten days which will then be evaluated at various points through the academic year.

"I know for a lot of families it can be intimidating," said Charity Kerrigan, who has been homeschooling for the last five and a half years in the Lennoxville area. While stating that she is always proud to present what her family has been working on during mid-term and end of year reviews, she acknowledged that the oversight can be intimidating at first.

Kerrigan explained that, while in favour of the public education system, her interest in homeschooling took root years before she even had children. Now years into the experience with her children, she shared that her family has become something of a reference point for others who have become curious about the idea.

"Since the start of the pandemic we've been getting a lot of messages," she said, adding that the 2 a.m. arrival of some of those questions about whether or not to homeschool in the context of Covid-19 speaks to people's level of concern.

The Record spoke with two mothers, Mandy Levoy and Jennifer Larose, who said that they were either considering or had decided to keep their children home this year.

"My daughter has lungs that are compromised" Levoy said. "For us, to keep her safe, the best choice to keep her safe is to keep (the kids) home."

Noting that her one-year-old daughter's diagnosis of bronchopulmonary dysplasia means that Covid-19 infection in the family

could be life threatening, she said that there is little choice but to keep her nine and twelve year old sons home this year.

"We had talked about it for about a month but said we'd wait to see what the plan would look like," she said. "For me it's not safe enough."

"There's a lot of fear," said Larose, sharing that she feels the information available about the safety of children in public spaces is too new and limited to be completely trustworthy. "I feel like this is the most vulnerable group," she said, adding that with expectations and rules having changed so often since the spring, she doesn't feel like she can trust the government anymore on what is or is not safe.

Among other things, Larose said that her thoughts about keeping her children home are rooted in the fact that the risks of a second wave of infections this fall will come at the same time as the usual flu season and the inevitable other sicknesses that always seem to make their way through schools in the fall and wintertime.

"We're not going to take that risk," she said.

Neither Larose nor Levoy has ever homeschooled their children before and both acknowledged that there would be challenges involved.

Levoy is still on maternity leave until December but said that timing would likely be more difficult after she is expected to return to work. In the meantime she said that she plans to turn to experienced homeschoolers that she is friends with for support and ideas as well as some digital resources she hopes to be able to access through the local school board.

"It's a personal choice," she said, while also acknowledging that it is a choice not everyone has the time or finances to be able to make. "The boys don't like it, they want to be with their friends, but they understand."

"It really comes down to what is best for your family" Kerrigan said, explaining that while her family's plan was not influenced by a global crisis, "five just seemed to come really fast."

Although happy to advocate for the benefits of homeschooling from a position of experience, she underlined the fact that people should not launch into it thinking that every day will be a breeze.

"It's a significant responsibility to take on," the homeschooler said, sharing that even as a person with a background in early childhood



COURTESY

Mandy Levoy with her boys Viktor, 12, and Emmett, nine.

education and a longtime interest in the concept, the reality of homeschooling still threw her some curveballs. "I was still surprised by how differently each child learns," she added. "I had to have my ego put in check a few times."

Looking to the tone of the conversation around homeschooling that has been taking place this year, Kerrigan also aimed to clear up some misconceptions about the practice.

"Some people misunderstand; staying at home in your house all day is not homeschooling," she said, stressing the fact that under normal circumstances most homeschoolers are people deeply involved in their communities and involved in a wide variety of different experience-based, multi-age learning opportunities. "We have memberships to every museum from here to Sarnia."

Because of this engagement, she added that the common argument that homeschooled children miss out on the socialization of their public-school peers often misses the mark.

"I am totally in support of public education," she clarified, noting that she just feels that there are things to be gained from multi-age learning environments that are missed in a system where children are divided by grade levels.

The Ministry of Education has detailed information on the requirements for homeschooling available in English on its website at <http://www.education.gouv.qc.ca/en/school-boards/support-and-assistance/homeschooling/>

Asked about increased interest in the option since the announcement of the government back-to school plan two weeks ago, ministry representatives did not respond except to say that 6,066 children were registered for homeschooling in the province as of August 5, versus 5,964 March 10, 2020. People can pull their children out of the school system at any moment provided that they give proper notice.

EDITORIAL

"We can't stop COVID-19 without protecting our health workers." This entails not only personal protective equipment, but also financial protection.

Paid sick days could help prevent second wave

Charles S. Shaver, MD

“Like vaccines, paid sick days must be universal.” – Decent Work and Health Network report, August 19, 2020

The report states that universal, paid sick days are a “necessary, evidence-based protection” to mitigate risks of a second wave of COVID-19. But this should apply to all persons, including physicians.

The OECD (Organisation for Economic Cooperation and Development) in a March 20, 2020 policy statement asserted, “By ensuring that sick workers can afford to remain at home until they are no longer contagious, paid sick leave also helps to slow transmission of the virus.” It goes on to support “Extending paid leave coverage to non-standard workers, including the self-employed. This would include most MDs. Of note it that Bill Morneau now wishes to become secretary-general of this organization.

After enduring major financial losses, physicians in Quebec and across Canada are beginning to return to a “new normal” as operating rooms, hospital clinics, and private offices open.

However, as schools, restaurants, and bars also reopen there may well be a “second wave” in the fall or winter. Sadly, most physicians remain economically unprotected. If a physician is exposed to a person found to be COVID-positive, will he/she be reluctant to be tested because of probable loss of income?

At present, New Brunswick, Nova Scotia, and Quebec cover 100 per cent of lost income from day one if a physician is forced to self-isolate due to COVID-19. PEI, Newfoundland and Labrador, Saskatchewan, and the Yukon offer similar coverage.

Most British Columbia physicians are covered (up to age 70) by a government-funded Doctors of BC Physicians’ Disability Insurance Plan. This includes quarantine or COVID-19

illness from day one.

Sadly, Ontario, Manitoba, and Alberta leave MDs forced into isolation from COVID-19 financially unprotected.

Across Canada, older physicians cannot qualify for private disability insurance. Even for those who do, there is usually a waiting period of several weeks.

Clearly there is a need for provincial and territorial governments to show appreciation and respect to physicians by at the minimum, covering their lost income if they are forced into self-isolation or contract COVID-19. Some provinces would find it difficult to do; for example, Ontario has just announced a projected deficit of \$38.5 billion (triple that of last year) with a debt of \$397 billion.

Therefore, Ottawa should send sufficient extra funds to the provinces and territories to provide their physicians with sick leave not dependent on age, and also income stabilization, such as was agreed to by several provinces. These include Quebec, Saskatchewan, Nova Scotia, PEI, and Newfoundland and Labrador. With COVID-19, if we are truly “all in this together,” then all practicing physicians in Canada deserve financial benefits when off work due to the coronavirus. They should not be deprived of these because of their age, pre-existing illnesses, or just because they happen to live in a certain province.

Former Finance Minister Bill Morneau pledged, “We have the capacity to help businesses if they go through challenges, if that happens, or individuals if they find themselves either having to be away from work for a short period of time or a longer period of time.” He also promised, “We will not put a cap on what we might need to solve the problem

It is time to translate Morneau’s words into action, both in fairness to physicians and to help control the pandemic in Canada. As WHO Director-General Tedros A. Ghebreyesus stated a few months ago, “We can’t



stop COVID-19 without protecting our health workers.” This entails not only personal protective equipment, but also financial protection.

Premier Legault should ensure that this topic is on the agenda when the Council of the Federation meets in Quebec City this fall.

Ottawa physician Dr. Charles S. Shaver was born in Montreal. He graduated from Princeton University and Johns Hopkins School of Medicine. He is Past-Chair of the Section on General Internal Medicine of the Ontario Medical Association.

The views here are his own.

Letters

DEAR EDITOR:

Things have changed now.

As we hear quotes by Al Gore, David Suzuki or Dr. Tam dismissed as ‘Conspiracy Theory’ or ‘Fake News’, we realize that the media has become a political device.

Fox has become a disseminator of Trump agenda.

Legislating kids back to school in unsafe conditions is a typical manoeuvre, promoted by that network.

Surely Canada will not subscribe to such fascism.

Surely our networks will exercise some discretion, and exorcise some of this posturing.

ERIC LANCASTER

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

THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2

Fax: 819-821-3179

E-MAIL: newsroom@sherbrookerecord.com
WEBSITE: www.sherbrookerecord.com

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

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

PRINT SUBSCRIPTIONS

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

ON-LINE SUBSCRIPTIONS

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

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

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

PM#0040007682

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

Member

ABC, CARD, CNA, QCNA

KNOWLTON OFFICE
5B VICTORIA STREET, KNOWLTON, QUEBEC, J0E 1V0
TEL: (450) 242-1188 FAX: (450) 243-5155

NEWSPAPERS MATTER

NOW MORE THAN EVER

Subscribe today - print or online
819-569-9528 • www.sherbrookerecord.com

Local Sports

Expos jump into third place with two wins over the weekend

Record Staff

With only two games remaining in the Ligue de Baseball Majeur du Québec (LBMQ) regular season, the Sherbrooke Expos are starting to heat up as they have now won four of their last five games.

This past weekend, the Expos kicked off a three-game home stand with a bang, downing the St-Jean-sur-Richelieu Pirates 14-8 on Saturday afternoon. John-Anthony Lantigua had another memorable match and propelling his team to victory.

Lantigua smashed a deep ball in the first inning, bringing in three runs. In the second inning, he brought in another run with a hard single shot. The third inning is where the Expos put the game to rest with a five-point barrage.

Nelson Ercia Jr. hit a grand slam notching four points and Kyle Hazel hit a double. The Pirates didn't back down, though, putting up four runs at the top of the fourth inning. They chased Expos pitcher Claudio Ortiz, but failed to mount a comeback.

Later in the evening, before their matchup against the Coaticook Big Bill, the Expos, LBMQ and Baseball Québec Estrie honoured former umpire René Provencher. He retired last year after 35

years as an umpire in North America.

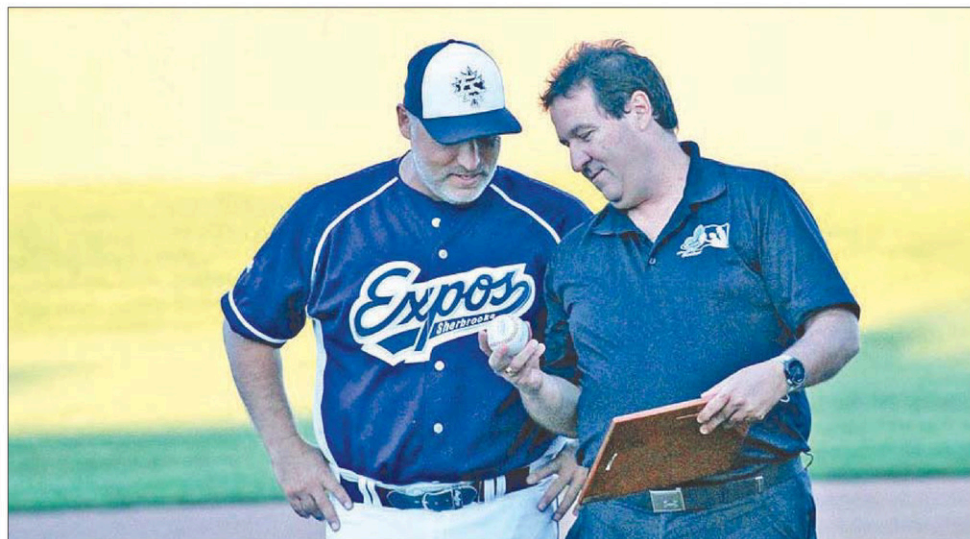
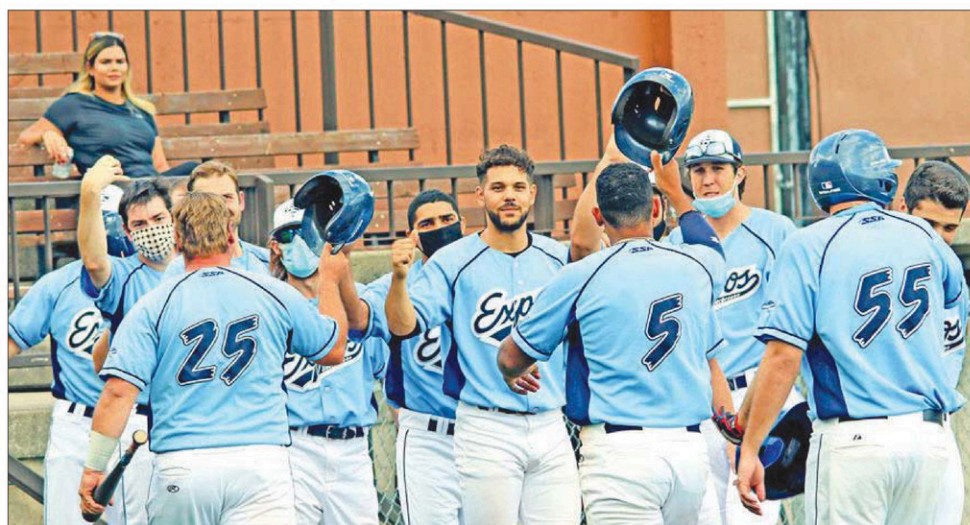
Sherbrooke, sparked by Provencher's retirement ceremony, went on to blank the Big Bill 7-0, earning their first shutout victory of the season. Expos pitcher Samuel Greene was lights out, conceding four hits through six innings.

The game was quiet until the fourth inning where Sherbrooke exploded for five runs. The Expos twice capitalized on defensive errors. Ercia Jr. hit a double, and Samuel Brousseau hit a sacrifice fly to bring in another run. Jared Kersh's double in the fifth made it 7-0.

After claiming two impressive victories, Sherbrooke came crashing back down to earth on Sunday evening against the offensive juggernaut Shawinigan Cascades. The Cascades buried the Expos 21-3 to take over first place in the B45 division.

Vincent Bourget put in most of the legwork for Shawinigan. He hit a single, two doubles and a home run. Jean-Philippe Martin also hit a home run late in the match. The Expos used four pitchers but none of them could slow down the Cascades bats.

The Expos are staying in Sherbrooke again this weekend with games against the Big Bill on Friday evening and Shawinigan on Sunday evening to conclude the LBMQ shortened season.



PHOTOS: NATHALIE MICLETTE, LBMQ

Need a medical consultation? Don't wait.

If you need an appointment with a healthcare professional and have no symptoms of the flu, gastroenteritis or COVID-19, contact:

- your doctor
- your medical clinic
- your family medicine group
- or Info-Santé 811 if you don't have a doctor

to get a consultation over the phone or, if needed, in person.

A mask must be worn for in-person consultations.

Cough into your sleeve

Wash your hands

Keep your distance

Wear a mask

Let's continue to protect ourselves properly.

Québec.ca/coronavirus

1 877 644-4545

Datebook

WEDNESDAY, AUGUST 26, 2020

Today is the 239th day of 2020 and the 68th day of summer.

TODAY'S HISTORY: In 1768, British explorer James Cook set sail from England on his first expedition to the southern Pacific Ocean.

In 1920, the 19th Amendment was formally adopted, granting women the right to vote.

In 1957, the Soviet Union announced it had successfully developed and tested an intercontinental ballistic missile.

In 1968, thousands of antiwar protesters flooded the streets of Chicago as the four-day Democratic National Convention began.

TODAY'S BIRTHDAYS: Lee de Forest (1873-1961), inventor; Albert Sabin (1906-1993), microbiologist; Mother Teresa (1910-1997), missionary; Ben Bradlee (1921-2014), journalist; Irving Levine (1922-2009), journalist; Will Shortz (1952-), crossword editor; Branford Marsalis (1960-), musician; Melissa McCarthy (1970-), actress; Macaulay Culkin (1980-), actor; Chris

Pine (1980-), actor; John Mulaney (1982-), actor/comedian; David Price (1985-), baseball player; James Harden (1989-), basketball player.

TODAY'S FACT: Lee de Forest invented the Audion tube, which amplified weak electronic signals and made broadcast radio possible.

TODAY'S SPORTS: In 1939, announcer Red Barber called the first Major League Baseball game to be broadcast on television.

TODAY'S QUOTE: " I'm like an iPhone: It's going to be worse versions of this every year, plus I get super hot in the middle of the afternoon for no reason." – John Mulaney

TODAY'S NUMBER: 1,550 – strategic nuclear warheads the United States and Russia are permitted to have deployed according to the terms of the New START treaty signed in 2010.

TODAY'S MOON: Between first quarter moon (Aug. 25) and full moon (Sept. 1).

Fordyce Women's Institute News

August 12 was a beautiful sunny day, and the members of Fordyce Women's Institute gathered in the Davignon Park in Cowansville. President Norma Sherrer welcomed the members and thanked Cathy Stone for accepting the position of secretary. This was the first time we had met since March when the COVID-19 pandemic hit us! We all brought our own lunch and no food was shared. We respected social distancing. It was great to be together as many of us hadn't seen each other in months. We really enjoyed being outside and socializing.

Our Motto was: Live simply. Dream big. Be grateful. Give love. Laugh lots.

Our Roll Call was: Tell what you have been doing and how you are coping with the Pandemic. Several said they were downsizing; doing handicrafts; cooking; sewing, quilting; spending time on Zoom visiting with family and friends.

The passing of June Lamey was acknowledged and the donation of many articles to the W.I. table at the Marché des Artisans in Dunham. We have not been able to hold our fundraisers, so the revenue from the sale of these items is very much appreciated.

We discussed our programs for 2021, and it was decided that since we hadn't met since March that for 2021 we would use the same program book. Because the Annual QWI Convention had to be cancelled in May, we were unable to present Evelyn Lewis with her certificate for being chosen the Adelaide Hunter Hoodless Canadian Woman of the year. It is hoped that some of our members will be able to present this certificate to her in the near future.

We are hoping that on September 9, weather permitting, we will once more meet in the park for a short meeting

and socializing.

In honour of June Lamey who always told a joke, President Norma read the following joke:

"The Wrong E-mail Address": A couple decided to go to Florida to thaw out during a particularly icy winter. They planned to stay at the same hotel where they spent their honeymoon 20 years earlier. Because of hectic schedules, it was difficult to coordinate their travel schedules. So, the husband left and flew to Florida on Thursday, and his wife flying down the following day.

The husband checked into the hotel. There was a computer in his room, so he decided to send an email to his wife. However, he accidentally left out one letter in her email address, and without realizing his error, sent the e-mail.

Meanwhile somewhere in Houston, a widow had just returned home from her husband's funeral. He was a

minister who was called home to glory following a heart attack. The widow decided to check her email expecting messages from relatives and friends. After reading the first message, she screamed and fainted. The widow's son rushed into the room, found his mother on the floor, and saw the computer screen which read: To: My Loving Wife. Subject: I've arrived. Date: October 16, 2018. I know you are surprised to hear from me. They have computers here now and you are allowed to send emails to your loved ones. I've just arrived and have been checked in. I've seen everything has been prepared for your arrival tomorrow. Looking forward to seeing you then! hope your journey is as uneventful as mine was.

P.S. It is mighty hot down here!

Submitted by Norma Sherrer,
President
Fordyce W.I.

Quarantine bubbles only as safe as least-careful person

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

Dear Doctor: Our kids are having a hard time with social distancing, which seems like it will last forever. My husband and I know some people who have formed a "quarantine bubble" for socializing and getting the kids together. How does that work? Is it safe?

Dear Reader: An important thing to understand about sustained contact during the pandemic, whether it's with the people in your own household or the quarantine bubbles that have become increasingly popular, is that everyone is only as protected as the least-careful person in the group. The novel coronavirus is highly contagious, and evidence continues to show that it can be spread before an individual develops symptoms. So when talking about groups of people quarantining together, safety is

a relative term.

Protecting against the virus requires ongoing vigilance by every individual within a group. This includes frequent and thorough handwashing, sanitizing high-touch surfaces, keeping at least 6 feet apart from any new contacts and wearing a facial covering while in public. As we mentioned recently, emerging research suggests that face masks made with multiple layers of cloth may offer a measure of protection to the wearer as well as the people around them.

All of which brings us to the quarantine bubbles – some people refer to them as pods or "quaranteams" – that you are asking about. These are small groups of people who have agreed to engage in non-distanced activities only with each other. Outside of the group, they continue to wear a mask, stay 6 feet apart and limit the time of contact. Quarantine bubbles have been formed

with groups of friends as well as with groups of families. They have arisen out of necessity. In the early days of the lockdown, it was possible for people to white-knuckle their way through strict isolation. But as the pandemic stretches on, people are responding to a need to take care of their mental and emotional health as well. Since the pandemic began, depression, anxiety and loneliness have increased dramatically. Each of these are risk factors for physical illness, including heart disease, stroke and premature death. In the language of public health, the formation of quarantine bubbles is a harm-reduction strategy.

You can mitigate risk by following some important guidelines. Be certain that the network you're forming or joining is as serious about safety measures as you are. It's important to keep the group small, 10 people at most. Each additional member increases risk

for everyone. Each group member agrees to limit non-distanced activities only to the group, with no exceptions. For the concept to work, you need a closed circuit. Have a plan for what happens if someone breaks safety protocols. Indoor venues are risky, so when possible, keep interactions outdoors. And agree on a trial run, maybe a week or two. That lets everyone get comfortable with the mechanics involved, and to figure out if the bubble approach is right for them.

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, 10880 Wilshire Blvd., Suite 1450, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.)

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.

The last straw

Dear Annie

WEDNESDAY, AUGUST 26, 2020

Dear Annie: I am 68 years old and have been married to my husband for 44 years, and we have two children and three grandchildren. Our son has the three grandchildren, and he is close to the final decree of divorce from his wife of 13 years.

I have always tried to allow our children to live their lives. Our daughter is married and has a very successful career. Our son is successful in the music industry.

I knew there was trouble when I first met the woman who is our soon-to-be ex-daughter-in-law. The problem I saw at the time was the mother. I got a bad vibe from some of the comments she made the first time I met her but brushed it off as nervousness around new people. Fast-forward to a year later, when our son and daughter-in-law decided it was time to look for a house. She and her mother looked for houses and settled on one just eight minutes apart.

As time went on, it became evident that the mom was way too involved in the marriage and their home life. If there was any conflict or problem to work out, our daughter-in-law would run over to Mom's and spend the day. She did not work outside the home. Our son at one point was working two jobs to put a roof over their heads.

Eventually, the situation proved too much for my son. His wife became controlling like her mother and would not allow him much interaction with the kids. He could not take it anymore, and to emphasize the

point and try to impress upon her how serious the situation was, he left and got an apartment. They spent a year in counseling, ending with the therapist telling them they needed to separate. The wife said, "I just want him gone."

So now the divorce is happening.

The child visitation schedule was agreed upon in January. The situation has been a nightmare ever since. Our son shows up at the designated time and place to pick up the kids for his parenting time, and she refuses to allow them out of the house. She and her mother are there and make derogatory comments about our son in front of the children.

Our son has been recording the interactions, and I have listened to them and am heartbroken as to what is being said in front of the children. They are 12, 10 and 8 years old. Our son's lawyer just wants to keep things peaceful and avoids filing a contempt of court order even though the mom is in complete contempt of court. I have tried to be supportive of my son, but it is difficult to watch this go on and on.

The final straw was yesterday, our son's birthday, when he was supposed to have the kids from 9 a.m. to 9 p.m. However, he was willing to spend less time to be accommodating. He was going to pick them up and take them to a park for a picnic lunch for just a couple of hours. No go.

What should I do? I am very stressed about the welfare of the kids and knowing how the mom and her mother are discouraging the father-child relationship. I think his lawyer is not doing a very good

job of advocating for him. – Stressed-out Grandma

Dear Stressed-out Grandma: I am so sorry you have to witness this. It is so hard to see your son in pain and your grandchildren hurting. The father-child relationship is as important as the mother-child relationship, and it is a shame she is taking out her frustration with your son on your grandchildren. She does sound like a narcissist and very immature, and her mother sounds even worse. Sadly, there isn't much you can do except support your son and encourage him to maybe get a new lawyer and keep fighting to see his children.

The kids are getting to an age where they will have opinions of their own. If they find out that their mother was keeping them from their father, they will have a lot of resentment toward her. Once they turn 18, my guess is they will turn back to your son. But let's hope a good attorney can help your son and grandchildren now. The attorney should also be fighting for you and your husband to be able to spend time with your grandchildren. Best of luck.

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book – featuring favorite columns on love, friendship, family and etiquette – is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

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

Find your brew: Explore different beer styles

Beer has been produced by humans for longer than many people may know. Barley beer researchers have traced beer production to present-day Iran in the fifth millennium BC. The making and drinking of beer also is noted in the written history of ancient Egypt and Mesopotamia.

Beer is one of the most popular alcoholic beverages available today and it is an important sector of the beverage industry. Business Insider says an estimated \$661 billion worth of beer was sold around the world in 2017. In the United States alone, more than 7,000 new breweries opened in 2018, according to the Brewers Association. An additional 1,000 breweries were expected to open in 2019.

All beers are either lagers or ales, which are distinguished by the type of yeast used during the fermentation process (bottom- or top-fermenting, respectively). These beers are further labeled to describe the brew's overall character, and oftentimes its place of origin, states BeerAdvocate.

The following are some of the most popular types of beers on the market.

- **Bocks:** BeerAdvocate says a German Bock is a lager that is stronger than your typical lager, with a more robust malt character. The hue of these beers ranges from dark amber to brown. Bocks were once brewed by Bavarian monks and were consumed at the end of Lent.

- **Brown ales:** These beers feature toasty flavors with malty overtones. They have a mid-range alcohol content and boast a hoppy bitterness. Brown ales are full-bodied beers that pair well with heavier foods, like red meats and stews.

- **Dark lagers:** Many dark lagers have malty, smooth, caramel flavors. They tend to have a mid-range alcohol level and relatively low bitterness profiles.

- **India pale ales:** IPAs boast strong hop bitterness and piney, floral flavors. They are especially popular among craft beer enthusiasts and brewers. IPAs tend to have a higher alcohol content



than other pale ales. Imperial or double IPAs have even more pronounced flavors and higher ABVs.

- **Pale ales:** These beers are hoppy, but generally light, drinkable beers. Many easily pair with fish, poultry and cheeses.

- **Pilsners and pale lagers:** These similar, golden-colored beers are light in flavor and lower in alcohol content than other styles of beer. This style of beer was made popular in Germany, but many American brands like Coors and Budweiser have made pale lagers a favorite of the masses.

- **Porters:** Porters were developed in London in the early 18th century. These beers are well-hopped and dark in appearance due to the use of brown malt. The name grew from the popularity of the beer among street and river porters.

- **Stouts:** Stouts tend to be dark in color and are often mistaken as being heavy and strong. This isn't always the case. Many stouts are complex and low in alcohol, according to All About Beer magazine. Dry stouts are well-known in Ireland. A distinguishing characteristic of a dry stout is its black, essentially opaque appearance.

Beer is a complex beverage that comes in many unique styles.

(Metro Creative)

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

8/26

© 2020 Dist. by Andrews McMeel Syndication for UFS

PREVIOUS SOLUTION

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

HOW TO PLAY:

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

Follow The Sherbrooke Record on Facebook and Twitter!

[sherbrookerecord](https://www.facebook.com/sherbrookerecord) [@recordnewspaper](https://twitter.com/recordnewspaper)

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.

“YXOLH OXSFLFTO TFTSDIULJE, BJP
VLAT EWP, LI LO BVKBDO CSTOTJI.
LI JTTPQ JW UTVC, BJP OXZZTSO JW
ULJPSBJHT.” — TSLH HVBCIWJ

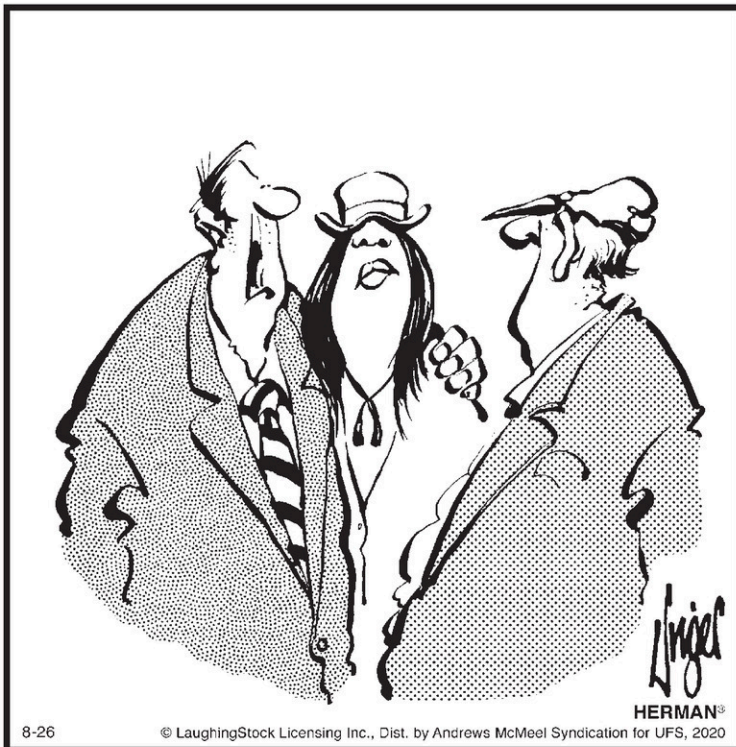
Previous Solution: “Responsibility, pressure. It’s a bit stressful. I try and come to terms with it by not thinking about it.” — Joe Strummer

TODAY’S CLUE: *k equals a*

REALITY CHECK



HERMAN



“We’ve decided on a small wedding.
I’m not going.”

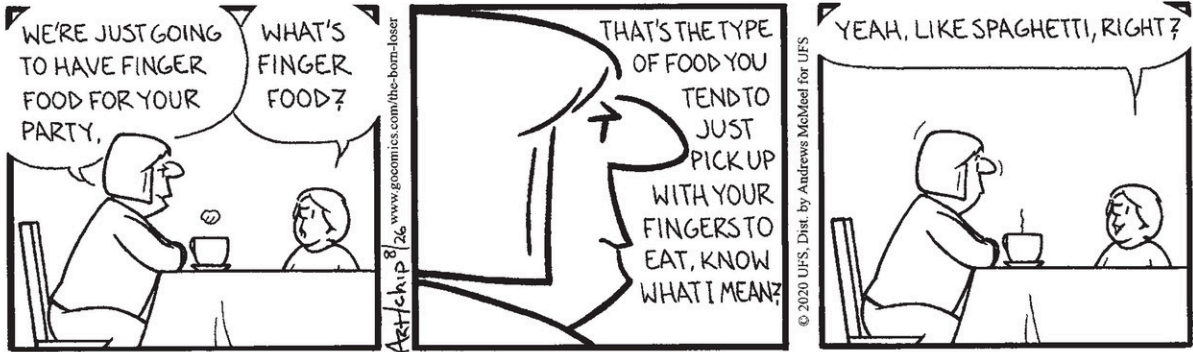
ALLEY OOP



ARLO & JANIS



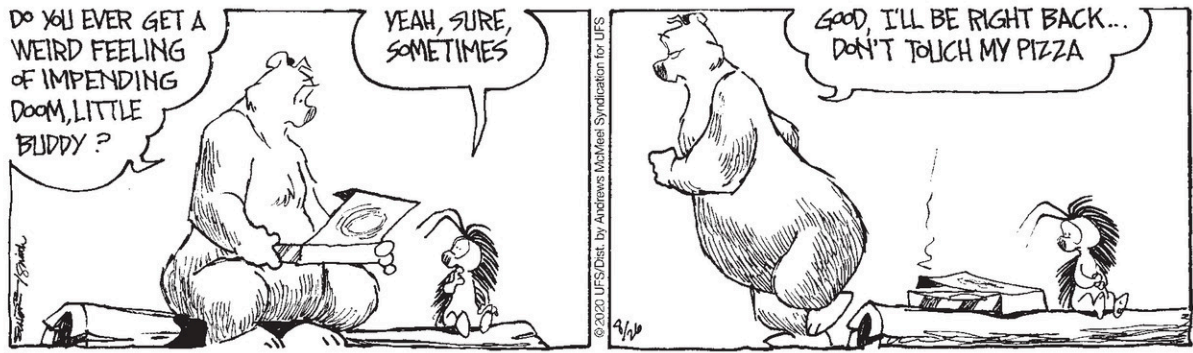
THE BORN LOSER



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

Diabetes Québec

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

REACT NOW!

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

CLASSIFIED

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

001 Property for Sale



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. **819-569-9525. classad@sherbrookerecord.com**

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.



THE RECORD

CARRIER NEEDED in Lennoxville

The Record is currently looking for a carrier in Lennoxville to start on **Tuesday, September 8** for the following streets:

- Amesbury
- Charlotte
- Convent
- Queen (9 customers)

If interested, please contact our office by phone at **819-569-9528** or email at **billing@sherbrookerecord.com**

49% of Quebecers have serious difficulty reading
 Help us help them!
 Online giving: www.fqa.qc.ca/en/ or 1-800-361-9142
 Literacy Foundation Words of hope

THE RECORD

SALES REPRESENTATIVES

The Record is looking for dynamic, motivated sales representatives to join its sales team.

We offer

- Competitive salary
- Established clients
- Flexible hours

Job Requirements

- Maintain current customer accounts and relationships
- Grow an established customer base
- Work as part of a sales team on special projects
- Be creative and innovative to ensure client satisfaction

Interested candidates should send a letter outlining their interest and experience to

Jesse Bryant, Sales Manager
jbryant@sherbrookerecord.com

Don't miss your opportunity to join an amazing team!



PUBLIC NOTICE

REGULAR MUNICIPAL COUNCIL MEETINGS

Please be advised that due to the current pandemic, starting September 8th, 2020 and until further notice, the official monthly council meetings for the Ville de Richmond will be held at the Centre communautaire, situated at 820 Gouin Street in Richmond at the dates and hours mentioned in the 2020 calendar of council meetings that is available on our web site.

Please note that during these meetings the municipal authorities will respect all guidelines set forth by Institut national de santé publique du Québec.

Given in Richmond (Québec), August 26th, 2020.

Rémi-Mario Mayette, OMA
 Director General and Secretary-Treasurer

Peanut butter and chocolate: a pairing for the ages

Few dessert pairings are as beloved as chocolate and peanut butter. These are strong flavors that are coveted on their own, and especially so when eaten together. When packed in a decadent terrine, peanut butter and chocolate take indulgence to new heights.

Whether hosting a gathering at home or preparing a dessert for family, this recipe for "Chocolate-Peanut Butter Terrine with Sugared Peanuts" from "Classic Stars Desserts" (Chronicle Books) by Emily Luchetti is sure to please. For best results, use chocolate with 58 to 62 percent cacao, rather than a chocolate of higher percentage.

Chocolate-Peanut Butter Terrine with Sugared Peanuts Serves 8

- Terrine**
 11 ounces bittersweet chocolate, finely chopped
 1 ounce unsalted butter
 6 tablespoons creamy peanut butter
 4 large egg yolks
 1/4 cup granulated sugar
 13/4 cups whipping cream
- Glaze**
 4 ounces bittersweet chocolate, finely chopped

- 2 1/2 ounces unsalted butter
 2 teaspoons light corn syrup

- Sugared Peanuts**
 1 large egg white
 6 tablespoons granulated sugar
 1 1/2 cups unsalted peanuts

Spray an 8 1/2-by-4 1/2-by-2 3/4-inch loaf pan with nonstick spray. Line the sprayed pan with plastic wrap, allowing a 1 1/2-inch overhang on all sides.

In a stainless-steel bowl, combine the chocolate, butter, and peanut butter. Place the bowl over a pan of simmering water, making sure the bottom of the bowl does not touch the water. Heat, stirring occasionally, until the chocolate and butter melt. Remove from the heat and whisk until smooth.

Combine the egg yolks and sugar in the bowl of a stand mixer fitted with the whip attachment and whip on high speed until thick, about 1 minute. Remove the bowl from the mixer stand. Using a wooden spoon, stir in the chocolate mixture in 3 equal additions. The mixture will be quite thick.

In a separate bowl, whisk the cream until it starts to thicken. Using a spatula, fold the cream into the chocolate mixture in 4 equal additions. Spread the batter in the prepared pan. Cover with the plastic wrap overhanging the

sides and refrigerate until firm, at least 4 hours.

To unmold the terrine, fold back the plastic wrap and invert the pan onto a wire rack. Pull on a corner of the plastic wrap to release the terrine from the pan. Lift off the pan and carefully remove the plastic wrap. Line a baking sheet with parchment paper and place the rack on it. Return the terrine to the refrigerator while you make the glaze.

To make the glaze, in a stainless-steel bowl, combine the chocolate, butter and corn syrup. Place the bowl over a pan of simmering water, making sure the bottom of the bowl does not touch the water, and heat, stirring occasionally, until the chocolate and butter melt. Remove from over the heat and whisk until smooth. The glaze should be pourable but not so thin that it will run off the terrine. If the glaze is too thin, let it sit at room temperature for about 30 minutes.

Slowly pour the glaze evenly over the top of the terrine, allowing it to stream evenly down the sides. With an offset spatula, spread the glaze to cover the terrine smoothly and completely. Refrigerate until the glaze is set, about 30 minutes.

To make the sugared peanuts, preheat the oven to 350 F. In a bowl, whisk the egg white until frothy.



Whisk in the sugar. Add the peanuts and mix until they are evenly coated with the mixture. Spread the peanuts in a single layer on a rimmed baking sheet and place in the oven. Toast the nuts, stirring them every 5 minutes, until dry and golden brown, 15 to 20 minutes.

To serve, transfer the terrine to a serving platter and arrange the sugared peanuts on top. Cut the terrine with a hot, dry knife.

(Metro Creative)



Go grocery shopping with dietitians.

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

Check for Health Check™

NEA Crossword Puzzle

Your Birthday

WEDNESDAY, AUGUST 26, 2020

Concentrate on doing the best job possible. Refuse to let someone or something from your past disrupt your plans. Offer others the same freedom you want in return.

PISCES (Feb. 20-March 20) – Stick to the truth or be prepared to face an emotional dispute. A loved one will disappoint you if you expect too much too soon. **Avoid making permanent decisions for the time being.**

ARIES (March 21-April 19) – A positive attitude will help you excel. Take on a challenge or sign up for a course that interests you. An emotional encounter will bring you closer to a loved one.

TAURUS (April 20-May 20) – Friendship is featured, and a chance to learn more about someone you enjoy being around will open your eyes to new possibilities. Kindness and honesty will make differences.

GEMINI (May 21-June 20) – Avoid using force and making ultimatums, and be wary of emotionally manipulative people. A trusted friend will offer sage advice. Diplomacy and tact will be necessary.

CANCER (June 21-July 22) – Change direction. Spice up your life, move things around at home to suit your new lifestyle and be open to suggestions that will encourage spending more time with a loved one.

LEO (July 23-Aug. 22) – Keep active. Physical activities and challenges will encourage you to test your strength and help you dodge situations you aren't ready for. Refuse to give in to outside pressure.

You'll receive some winning proposals this year. Don't let emotional issues stand between you and the changes you want to make. Let go of a personal problem to pursue your dreams. You'll have to spend money to make money, but it'll be worth it in the end.

VIRGO (Aug. 23-Sept. 22) – You'll be disappointed if you rely on anyone. Something unexpected will stop you in your tracks if you are not prepared. Be ready to accept the inevitable and make it work for you.

LIBRA (Sept. 23-Oct. 23) – Reach out and help others. Offer your time, knowledge and services, but not your cash. Someone will recognize your skills and make you an offer you can't refuse. Don't sell yourself short.

SCORPIO (Oct. 24-Nov. 22) – Get organized, and you'll make your life easier. The pressure to finish what you start will mount. Your professionalism and reliability will be crucial. Don't promise anything you cannot deliver.

SAGITTARIUS (Nov. 23-Dec. 21) – Stick to the truth or don't say anything at all. Focus on personal growth, physical fitness and emotional stability. Don't make unnecessary changes. Truth and fair play will be essential.

CAPRICORN (Dec. 22-Jan. 19) – Trust in your ability to make your own decisions. Listen to suggestions, but don't give in to something you don't approve of. Keep your loved ones close, and watch your wallet.

AQUARIUS (Jan. 20-Feb. 19) –

Answer to Previous Puzzle

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

- ACROSS**
- 1 Multi-room hotel accommodation
 - 6 Geographical feature
 - 12 Map details
 - 14 Black-and-yellow bird
 - 15 Revive (2 wds.)
 - 16 Ad-lib (2 wds.)
 - 17 Big burger
 - 18 Have a bite
 - 19 Corporate execs
 - 21 Heifer's mouthful
 - 23 WNW opposite
 - 26 TV knob
 - 27 Countdown start
 - 28 Flying machine
 - 30 Observe
 - 31 Pendulum's path
 - 32 Wilde or de la Renta
 - 33 Speeder's nemesis
 - 35 Blurbs
 - 37 Cable network
- DOWN**
- 38 Shooting marble
 - 39 Reimburse
 - 40 Raised railways
 - 41 Poetic contraction
 - 42 PC button
 - 43 Sault — Marie
 - 44 Fido's shaker
 - 46 Tear
 - 48 On terra firma
 - 51 Pizza toppings
 - 55 More beloved
 - 56 Scatter-brain
 - 57 Silt deposits
 - 58 Londoner's tube

- 7 Opera highlight
- 8 Thresholds
- 9 Ship's record
- 10 Ivy Leaguer
- 11 Even so
- 13 Pele's game
- 19 Ocean crossing
- 20 Solemn promise
- 22 Pops the top
- 24 Perfumed bag
- 25 Permit
- 26 Ms. Miles
- 27 Container weight
- 28 Bunch of flowers
- 29 Love god
- 34 Runway site
- 36 Easy-care fabric
- 42 Washstand items
- 43 Meanness
- 45 Zone
- 47 — — for the money
- 48 Extend
- 49 Realize
- 50 Sutton of golf
- 52 Nocturnal predator
- 53 None at all
- 54 Hog's abode

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

WEDNESDAY, AUGUST 26, 2020

The tastiest grape on the deck

By Phillip Alder

This deal from the 1991 European Championships featured a defensive play that would have been overlooked by the vast majority of players.

In the auction, North made an aggressive jump to three no-trump.

West led a fourth-highest spade three; but I think it would have been better to lead the six, second-highest from a weak suit when the top two cards are not touching. East won with his ace and returned the spade 10.

If declarer could have peeked at West's hand, he would have played a heart to the ace and a heart to the nine, but he preferred to attack diamonds, leading a low one from his hand.

Against most defenders, this would have worked fine. East would have won the trick with the 10 and played his last spade to dummy's jack. Now a low diamond from the dummy would have allowed South to execute an avoidance play. If East played the jack, declarer would have won with his ace and led another diamond. Or if East put up his king, declarer would have played low. Either way, South would have established two more tricks in the suit and kept West off the lead.

However, Jan Nicolaisen from

North		08-26-20	
♠ J 9 4			
♥ A 7 6 4			
♦ 6 5			
♣ K 10 3 2			
West		East	
♠ 8 6 5 3 2		♠ A 10 7	
♥ K Q		♥ 10 8 5 3	
♦ Q 9 8		♦ K J 10	
♣ J 7 4		♣ 9 8 6	
South			
♠ K Q			
♥ J 9 2			
♦ A 7 4 3 2			
♣ A Q 5			
Dealer: North			
Vulnerable: Neither			
South	West	North	East
		Pass	Pass
1NT	Pass	2♣	Pass
2♦	Pass	3NT	All Pass
Opening lead: ♠ 3			

Denmark ruined declarer's plan: He won the third trick with his diamond king, before returning his last spade. After this defense, West had to gain the lead in either red suit and cash two spade tricks to defeat the contract.

Nicolaisen's play couldn't cost, because if declarer had the diamond ace-queen, he could have always finessed East out of his king on the next round of the suit.