

# Work on the Darche Interchange in Sherbrooke underway

Record Staff

Construction began this week for the restructuring of the Darche Interchange, located on King Street West (Route 112), above Highway 410, in Sherbrooke.

The work, set to begin on Aug. 7, aims to improve traffic flow and user safety, where an average of 28,000 vehicles pass daily. The project, in which the Quebec government is investing nearly \$77 million, primarily involves reconstructing the overpass bridge of the interchange and reconfiguring its entrance and exit ramps to eliminate crossovers on Highway 410. It is also planned to add two signalized intersections at the ends of the interchange and take advantage of the workzone to also upgrade the water supply network.

According to a press release from the transport ministry, the new interchange is expected to be operational by December 2024. The City of Sherbrooke is investing \$4.6 million to enable the development of mobility infrastructure, such as a multi-purpose path on the deck of the King Street West overpass.

During the preparatory work from Aug. 7 to Aug. 21, partial closures on King Street West are expected. To avoid disrupting this essential link, a temporary bridge with one lane per direction will be built.

# She's not just horsing around

## Paralympic gold medallist gives horsemanship clinic in Cookshire-Eaton



WILLIAM CROOKS

Horsemanship instructor Kari Bowser and Paralympic gold medallist Lauren Barwick in Cookshire-Eaton

By William Crooks

Canadian Lauren Barwick, dressage gold medallist, is visiting from Florida to teach horsemanship with local instructor Kari Bowser. The Record spoke with both at Bowser's

home in the countryside of Cookshire-Eaton.

"I am a four-star Pirelli instructor... I teach horse behaviour and psychology," Barwick began, with a specialization in finesse and dressage training. She is here to help some dedicated and

fun students, "at the refined level." Pirelli instruction has four levels, from basic safety teaching to the heights of excellence and mastery.

"[Dressage is] dancing with your horse," Barwick explained. Its roots lie

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## Weather



TODAY:  
RAIN

HIGH OF 20  
LOW OF 15



WEDNESDAY:  
RAIN

HIGH OF 22  
LOW OF 14



THURSDAY:  
RAIN

HIGH OF 23  
LOW OF 15



FRIDAY:  
CLOUDY

HIGH OF 19  
LOW OF 11



SATURDAY:  
A MIX OF SUN  
AND CLOUD

HIGH OF 22  
LOW OF 15

# The ferryman approaches



DISHPAN HANDS  
SHEILA QUINN

**W**e're here now, this is it. The clock's ticking can be counted now, more easily, than it once could be. Each tick is a much more limited number than we were faced with, once upon a time, not so long ago.

And, we find ourselves at a place I have been before. I know this place. I've only been once. It was thirty-two years ago, and I wasn't where I am now. I was where you are.

I just remember that it happened swiftly and nothing was ever the same again.

My parents were moving me in, mostly dropping me off, at College.

It feels like we're standing on a dock, in the glow of a white wall of mist – a mist that is humming lightly. And through the mist, I can see him coming, is the ferryman.

I am watching him approach.

Why is it that when the ferryman of time approaches, we are so preoccupied with what we didn't do? I know I should be seeing all that we survived together, how the gamble to bring you into the world, that was a discussion, a decision, a risk as the clarity of your older brother's special needs came to light, your existence involved a very tiny debate – one of those times when the weight of lists and variables leaned in the favour of yes. You were so wanted and loved, long before you were here (so was your brother, he just arrived with some significant needs we hadn't expected).

I know that this approach is tainted by the results of my departure with him, this ferryman.

The truth is that I was both completely ready, and yet completely unprepared when I was in your shoes. I was ready to fly the coop, to be on

my own, to be with my peers and in a brand new learning environment and community. I was hungry for higher learning, outside of the confines and generalities that restrain both the teachers and the students in high school. I was ready for something more specific.

But, I was completely unprepared, and it was a long floundering before I found my ground.

I know that's affecting how I watch him, and the things I have been saying to you, that you're really getting annoyed with. I am preaching a lot about responsibility as your eyes roll, and hearing your concerns about your own procrastination makes my gut churn with worry.

I stand firm and still say my piece(s). I reveal the boundaries, and I clarify expectations. I talk about consequences and lay down real ones. And then I tell you how much I love you, and how you will be missed. And that I am ready because you say you are ready, and that that is the right measurement.

I have an advantage to most parents who find themselves on their own docks.

Because the truth is that when you climb aboard, and I tearfully watch you disappear with a piece of my heart and soul that I will never retrieve, I will blow my nose and get into my car and drive around the fog with my special pass, and will be one of the people you meet on the other side, because I work at the College you will be attending. I'll be your mother and a stranger (different last names will help). That has a lot of safety in it, and yet it will also require a type of restraint, to balance behaving like your parent, and a leader in your school community. I will do my best to take you aside when the parenting thing has to happen.

Is there a parent out there who feels completely ready at this place? If they do, they must be somewhat naïve or a complete anomaly. This is a place where we need to feel vulnerable, because the truth is (and I know this from experience on the other side of the mist, the green pastures of post-secondary life) that youth who head into the world need their families as much as ever, just differently than before. You and your peers need solid expectations, you need consequences, you need to report back and to take

charge by doing their part to succeed, or to move on, and not drag out a period of costly uncommitted chaos if that is what you find themselves building.

This land, on the other side, the one you will be heading towards in a week's time, flying the coop, is one where the arrival sequence is as follows: you are greeted, celebrated, guided and then you hit the ground. You'll be on your feet, but you will have to pivot. The ground will only very rarely shift for you. You lean in to what you are capable of, and you roll your danged sleeves up and get to work.

Alas, it doesn't owe you a single thing, that world. But, as soon as you begin that pivot, the muscles of responsibility can grow. You just have to commit. Commitment doesn't mean that you have to follow the exact path that you thought you would, but that if you realize it isn't right, that you lace those shoes up and you turn in the direction of responsibility. And you welcome the new orienteering your compass will provide. You buckle down. You do the work. And you have all of the fun too.

I can feel your eyes rolling.

Hear me out though; I know you know that I know what I'm talking about.

When in doubt, head to where the leadership/community building students are. They are always a ragtag community, but there to support one another too, and be part of the flow where they remind themselves both of what they have to get done, and find the best way to have a great time and get through the tough stuff together.

You belong there. The other side, where I am a character, but where you are in a new land, with new boundaries and your own navigational system. A new citizen.

The white mist is so big.

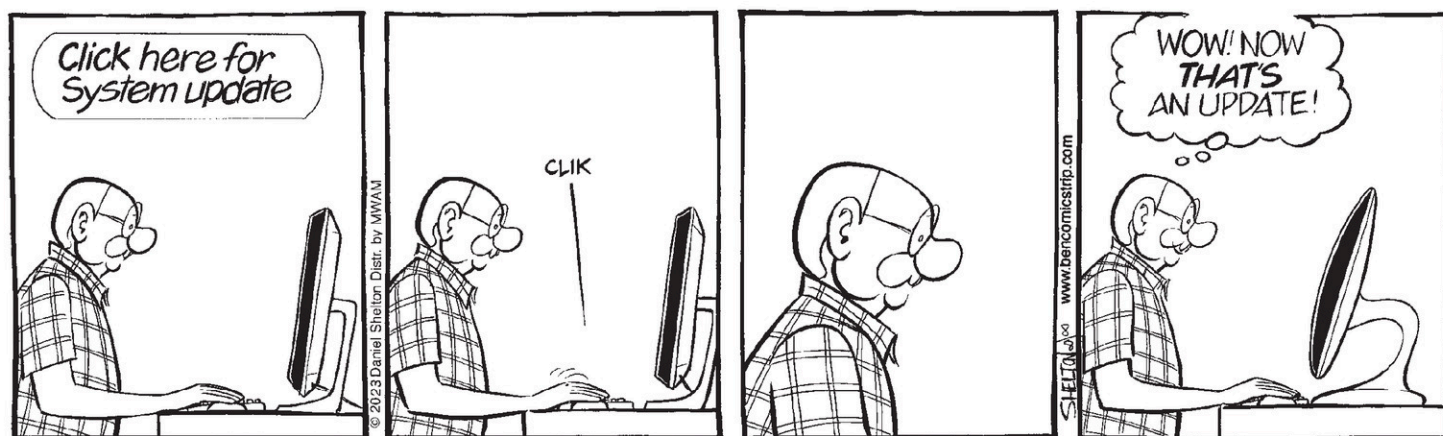
It's all encompassing.

This is the border of your childhood. All of your memories of it are behind you now, it is over.

I am sorry that it is. I know that you don't say it much, but that part of you is hurting/will hurt, but I know that the lightness of your being really is unbearable now, and you are antsy to grab your bags and climb aboard that ferry, where I cannot go.

I love you, son. See you on the other side.

## Ben by Daniel Shelton



## Local News

*It was estimated the change would make around 28,000 people eligible for the new allowance, or roughly 6,300 more than the previous program covered.*

# Canadian Armed Forces to phase out old housing benefit over three years

By Sarah Ritchie  
The Canadian Press

The Canadian Armed Forces has created a new program to gradually phase out its old housing benefit after hearing feedback from military members who were set to lose the payments.

The military announced plans in March to create a new housing allowance called the Canadian Force Housing Differential, which came into effect on July 1.

The program is based on a member's salary, unlike the post-living differential, which was aimed at offsetting the cost of living in particularly expensive communities. Those rates had been frozen since 2009, even as the cost of housing has soared.

It was estimated the change would make around 28,000 people eligible for the new allowance, or roughly 6,300 more than the previous program covered.

But the military also estimated around 7,700 members would become ineligible and thousands of others would see their monthly payments reduced. Officials said that would result in a net savings of \$30 million a year, bringing the program

*The military announced plans in March to create a new housing allowance called the Canadian Force Housing Differential, which came into effect on July 1.*

back within its budget at around \$150 million.

In an update emailed to Armed Forces members last Thursday, the director general of compensation and benefits said feedback on the change

had been heard and the Treasury Board has approved the creation of a provisional policy to phase out the payments.

Brig.-Gen. Virginia Tattersall said those who would have seen their monthly housing benefit decrease will be eligible, and will receive decreasing payments until July 2026.

"Your individual entitlement will cease prior to that time if you are posted to a new location, or if your (provisional post-living differential) calculation amounts to a negative value," Tattersall wrote in the memo, noting that individual circumstances, including promotions, will be taken into account.

Eligible members will be enrolled automatically and should get a lump-sum payment to cover the summer months sometime in mid-October.

In an interview in March, Tattersall said the new program was about "being equitable" and would benefit more people in the junior ranks.

She said the military wanted to

ensure no one was forced to spend more than 25 to 35 per cent of their monthly salary on rent. An outside

*Eligible members will be enrolled automatically and should get a lump-sum payment to cover the summer months sometime in mid-October.*

company was hired to assess average prices near military bases.

A critical shortage of housing on bases means that thousands of military members are on wait lists, and in some cases base commanders have allowed people to keep living in training quarters for months because they're struggling to find other accommodations.

## "Cultivate Change" grants for resilient young farmers

Record Staff

At a time when agriculture is facing major challenges, it's essential to support the next generation of farmers capable of meeting the challenges posed by climate change.

With this in mind, the Institut jardinier-maraîcher has launched the "Cultivate Change" bursary program, in collaboration with Fonds de Solidarité FTQ and other partners. The program offers prizes and support to six Quebec market gardeners.

According to a press release from the institute, the bursaries have a total value of between \$8,000 and \$13,000.

The deadline for applications is Friday Aug. 11.

The Institut jardinier-maraîcher is an online educational platform dedicated

to inspiring, equipping and supporting today's and tomorrow's growers.

Any interested market gardeners are invited to submit their application.

For more information visit <https://lejardiniermaraicher.com>

## Horsemanship clinic

CONT'D FROM PAGE 1

in ancient tactical methods for using horses in war, like moving away sideways one-handed, she said. She thinks of dressage's function today ultimately as creating balance with one's horse.

Barwick won gold and silver medals in 2008, the gold in the individual freestyle category and the silver in the individual championship category. The freestyle event involves mandatory technical manoeuvres along with optional moves all set to music. She remembers she was initially hesitant to participate but decided to do so with the encouragement of friends.

Bowser is also a Pirelli instructor who teaches mainly from home. She organizes horsemanship clinics and wants to keep students progressing through the levels, thus

the requirement for higher level instructors like Barwick to visit.

"I had dabbled a little bit in Pirelli before I broke my back," Barwick said. She had completed a level one clinic before her accident. Afterwards, she remembers spending a few years learning how to ride again. She realized she needed to commit herself to not only to riding but to the training of her own horse as well. After meeting with Pat Pirelli, founder of Pirelli Natural Horsemanship, she went to Colorado for an interview and rode some of his top horses. "Next thing you know, I was at his barn [in Florida] for seven years being sponsored," she said.

"I have an internationally approved adapted saddle," Barwick explained, commenting on how riding a horse is different without the use of her

legs. One must learn to communicate through one's weight. There are things she cannot do anymore, like jumping fences, she admitted. She trains the horses she uses from the ground as opposed to up in the saddle. The communication she has with her horses is double what it used to be, she said.

The difference between the natural horsemanship Barwick teaches and traditional horsemanship boils down to psychology, she continued. The goal is to create a kind of partnership with one's horse. "Horses' needs are... very different than human needs," Bowser explained, so the idea is to use that understanding to work with the horse in place of harsher, firmer methods. "There has to be a healthy respect for the horse," Barwick insisted.

"Horsemanship is old," Barwick

said, commenting on how these natural techniques have been built up and passed on over time. The Pirelli program puts words to the intuitive understanding of good horsemen, allowing it to be taught. Following Pirelli's program, "from A to Z," will turn anyone into a good horseperson, Bowser said. "And it's fun," Barwick added.

### Correction

In the article about Huntingville ballpark, published Aug. 4, 2023 Waterville Mayor Nathalie Dupuis was mistakenly referred to as Jay Coelho (the mayor of Waterville, Maine).

The Record regrets this error and any confusion it may have caused.

# Is prosperity possible with no economic growth?

By Dian Cohen

What do Swedish just-past-the-teen-years climate activist Greta Thunberg and British 20th century economist John Maynard Keynes have in common?

Both were TIME Magazine's Person of the Year – 54 years apart – and both espoused the belief that infinite economic growth is not only unnecessary but downright detrimental to one's physical and mental health as well as that of the planet.

Greta Thunberg, a Gen Z'er born in 2003, grabbed public attention at age 16 when she began her "School Strike for Climate." Within months she had inspired millions of people to join the largest climate demonstration in human history. Her rallying cry to the United Nations: "We are in the beginning of a mass extinction, and all you can talk about is money and fairy tales of eternal economic growth."

John Maynard Keynes' main claim to fame is that he developed the welfare state concept during the Great Depression – basically, that national governments should manage the economy by raising and lowering interest rates and taxes depending on whether they wanted to encourage people to spend money or save it. When it became government policy in Canada after World War 2, it brought 30 or 40 years of near-full employment with little inflation, growing affluence, a buoyant middle class, dazzling consumer technology, and growing economic

opportunity.

But even before this, in 1930, Keynes wrote an essay in which he speculated that 100 years hence, in 2030, capital investment and technological progress would have raised living standards by four to eight times, creating a society so rich that people might need to ration out work in "a 15-hour week [to] put off the problem of being bored." As striving for greater affluence faded, he predicted, "the love of money as a possession . . . will be recognized for what it is, a somewhat disgusting morbidity."

Keynes was a brilliant thinker and correct in predicting that economic growth could free society from the constant struggle for survival, but wrong in predicting that it would. The critics of economic growth policies (their ranks are increasing as the effects of climate change become more widespread and visible) have a number of obstacles to overcome.

For one thing, not all countries embraced Keynes' theory – most of what are now described as "developed" economies did to varying degrees and find that their output per person has gone up at least fivefold in the last century. Not so much or not at all in lesser developed countries. So policies to slow or even reverse economic growth would have to be tailored to each nation. For example, one could not ask the poorest nations in the world – Burundi, South Sudan and the Central African Republic – to curb their consumption. Indeed, economic growth there needs to be encouraged.

Then there is the issue of whether one nation alone can make a difference, even if they embark on a journey of lesser growth. Says Yuval Noah Harari in "21 Lessons for the 21st Century", effective climate change policies must be global. For example, "Chad could put a solar panel on every roof in the country and yet become a barren desert due to the irresponsible environmental policies of distant foreigners." And then there's the question that if developed economies stopped buying the output of developing countries, how would the developing economies grow to a level that allowed for a reasonable standard of living?

Without doubt, we in Canada, as in all developed countries, have the technology that would allow everyone to work less and still live highly prosperous lives, if only we would structure our work and

society towards that goal. But how do we deal with the fact that human beings have an insatiable appetite for more? Would David Thomson, richest of the rich in Canada, voluntarily give up a significant part of his income and net worth in the name of equitable income distribution? What about our other billionaires?

We have no answers yet for how we can start down this path. Perhaps the unhappy answer is that we will need a global crisis even more destructive than what we have already seen to encourage global solutions. Says British economist Kate Raworth, "Reversing consumerism's financial and cultural dominance in public and private life is set to be one of the twenty-first century's most gripping psychological dramas."

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## Quebec solidaire members pick byelection candidate, ignore calls to nominate a woman

By Caroline Plante  
The Canadian Press

Members of the left-wing party Quebec solidaire have chosen Olivier Bolduc to run in an upcoming provincial byelection, rebuffing suggestions from party leadership that a woman should be nominated.

The party announced at a nomination meeting late Sunday that Bolduc, a court stenographer, would run in the Quebec City riding of Jean-Talon, which was left vacant by the departure of Coalition Avenir Quebec legislature member Joelle Boutin last month.

The choice came after The Canadian Press revealed the existence of an internal party communication that "strongly" suggested party members should choose a woman to run in the riding.

The party's interim president had also thrown his support behind Bolduc's rival, accounting professor Christine Gilbert.

While Gilbert positioned herself as a unifying candidate with strong financial knowledge, Bolduc stressed the experience he's gained by running in four previous campaigns, including a second-place finish to Boutin in last year's general election.

Quebec solidaire co-spokesperson Gabriel Nadeau-Dubois acknowledged Sunday that the choice of candidate might disappoint some party members, but he described Bolduc as a fighter who knows the riding well.

"They want a guy who is tireless, who cares about Jean-Talon, who is there for the right reasons," he said of the voters.

On Sunday, Bolduc reminded voters that it took popular party member Manon Masse five tries to get elected. "A trust has been established between the citizens and me .... I will not disappoint you," he promised.

Several former candidates and party members had previously indicated to The Canadian Press that they believed the party should nominate a woman, and some even suggested that Bolduc step aside.

Quebec solidaire holds 12 seats in the legislature, with eight being held by men and four by women. The lack of a gender-balanced caucus has been a source of discussion in recent months, including in February when members voted in favour of a proposition asking for measures to be put in place to ensure more female candidates run in the next election.

In an interview on Sunday, Gilbert said it was important to have more women, "especially for a feminist party," adding, "I also have skills that will be extremely useful to Quebec solidaire."

While Bolduc has agreed there need to be more women in politics, he argued choosing Gilbert "would not solve the problems regarding the status of women in Quebec all at once."

"We have to be careful not to fetishize these things," he said in an interview.

A byelection date has not been set, but Nadeau-Dubois said the party's campaign would begin immediately. He predicted a tight race in the riding between Quebec solidaire, the Parti Quebecois and the governing Coalition Avenir Quebec. Quebec election rules say a byelection must be called within six months of the vacancy.

Boutin captured the former Liberal stronghold in a 2019 byelection and held it in 2022 before announcing last month that she was quitting to take a job in the private sector.

While the CAQ has a firm hold on power, winning 90 of the province's 125 seats in 2022, it is facing a challenge in from the newly resurgent Parti Quebecois, which has been climbing the polls in the Quebec City region.

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# Liberals lag on invitation to join global group that crafts vaccines for world's poor

By Dylan Robertson  
The Canadian Press

The federal Liberal government has spent three years deliberating on an invitation to join a global body that designs vaccinations to protect the world's poorest from preventable diseases.

Documents reviewed by The Canadian Press show South Korea has been encouraging Canada to join the International Vaccine Institute, an agency based in Seoul that the United Nations helped launch in 1997.

The agency conducts research on vaccines for diseases given less attention by pharmaceutical companies, and looks at how to tweak immunizations to make them work better in conditions such as rural parts of poor countries.

Since the COVID-19 pandemic, the institute has been focused on helping developing countries gain the capacity to manufacture vaccines.

"The only way we tackle infectious diseases, which are global, is to have global partnerships," said Paul Hodgson, operations director with the University of Saskatchewan's Vaccine and Infectious Disease Organization, which has worked with the institute.

the course of 20 years, including improving vaccines for whooping cough and respiratory syncytial virus.

He said the agency plays a key role in containing the spread of deadly diseases by working on immunizations that don't have the scale or profit potential that private corporations require.

He was part of a delegation that attended the Seoul headquarters in October 2019 with Saskatchewan Premier Scott Moe to launch a scientific exchange program. That same month, the agency welcomed a delegation from the National Research Council, a branch of the federal government, to discuss possible collaboration on unspecified vaccines.

The institute's global-affairs manager Colin McCann said that in a January 2021 call with Global Affairs Canada's head of health partnerships, the institute had to clarify that it carries out research and development on new shots. Ottawa is typically used to funding global organizations that purchase existing vaccines.

"It had not previously joined or funded an 'upstream' organization like IVI, which presented a new challenge and opportunity for Global Affairs Canada," McCann said in an emailed statement.

In its own response to questions, the department did not dispute McCann's recollections.

In spring 2022, the institute made what it called a sales pitch to Canadian officials, with a slideshow that stressed financial contributions are voluntary. Just five countries fund the institute, which gets them access to fellowships and scholarships.

The slideshow shared by the institute cites everything from Canada's desire for deeper ties with the Indo-Pacific to its aid commitments targeted at women and girls. It points to the agency's work in trying to find a vaccine for Group A Strep, which it pointed out is prominent among First Nations in northwestern Ontario.

"Joining IVI would offer Canada numerous advantages in the global health landscape," institute spokeswoman Youngmi Cho said in a recent emailed statement.

"By participating, Canada can actively collaborate on addressing public health challenges, particularly in vaccines, while contributing its expertise and resources to enhance vaccine research, development, and distribution worldwide."

South Korea's embassy in Ottawa said it supports the organization's work and expanding its membership. It declined to share the details of discussions between Joly and Jin.

McCann said Joly was slated to announce Canada was joining the agency during a visit to Seoul last October, "but the visit and announcement were postponed, on account of procedural delays



METRO CREATIVE

*In spring 2022, the institute made what it called a sales pitch to Canadian officials, with a slideshow that stressed financial contributions are voluntary.*

An internal briefing document obtained under

access-to-information law advised Foreign Affairs Minister Melanie

Joly that her South Korean counterpart, Park Jin, might bring up the

institute in a meeting last September.

Further documents provided by the institute show it first invited Canada to join nearly 40 other countries as a member in a July 24, 2020 letter.

The letter asked Canada to consider making a financial contribution and suggested it could use its membership to help advocate for developing countries' manufacturing capacity.

Other documents the organization provided show the invitation sparked a series of meetings in South Korea and correspondence between the agency and Canadian government officials in Ottawa and Seoul.

But Canada still hasn't announced a decision.

Hodgson has worked with the institute on various projects over

associated with parliamentary review of IVI's treaty."

Ottawa says it might have an update to share by next summer, which would mark four years since the invitation.

"Global Affairs Canada expects to have news of Canada's involvement with the IVI within the next 12 months," wrote spokeswoman Genevieve Tremblay.

*Canadian researchers played a central role in inventing a vaccine for Ebola and in the fight against polio, decades ago, through research at the now-defunct Connaught Laboratories in Toronto.*

She noted that signing the treaty would require a vote in Parliament, and that some of the steps involved are confidential as they involve federal cabinet business.

At the height of the pandemic, Canada faced global scrutiny for being among the countries that

bought the most COVID-19 vaccines per capita while being slow to provide unused doses to other countries.

Last month, a British Medical Journal article called Ottawa "one of the most prominent hoarders of the limited global COVID-19 vaccine supply."

It said Canada was among the few countries that adequately funded the vaccine-sharing initiative COVAX, but undermined the entire project by holding onto doses and doing little to help developing countries manufacture their own shots.

Hodgson argued Canada is an obvious candidate for the institute, which seeks to empower developing countries.

Canadian researchers played a central role in inventing a vaccine for Ebola and in the fight against polio, decades ago, through research at the now-defunct Connaught Laboratories in Toronto.

The Liberals' biomanufacturing and life sciences strategy calls for building on these skills and making Canada one of the top sources of vaccine innovation.

"We've punched disproportionately above our weight in vaccines in Canada, and I think we can continue to do so," Hodgson said.

"That can't happen in a bubble. The only way we make progress on these things is collaboration."

## EDITORIAL

The minister's response as well as those by right-wing news media have helped to fuel a narrative that anti-racism and equity work is to blame.

# Why a Toronto high school principal's death is wrongly linked to anti-racist training

By Nicole Bernhardt  
Assistant Professor, Political  
Science, University of Toronto

Anti-racism training denigrated by  
news media

The Daily Mail described the investigation into Bilkszto's death as one that will look into "whether the obsession with woke policies may have contributed" to his death.

The National Post wrote: "It's no coincidence that Bilkszto came out humiliated" since "the DEI industry is designed to sell guilt and shame and perpetuate a culture of victimhood."

The Toronto Sun has suggested there is need to look at "the general issue of diversity, equity and inclusion training" concluding "reform may be sorely needed."

Equity work disrupts 'safe spaces'

Equity training aims to address practices that sustain institutional inequities. It begins with the acknowledgement of both historical and contemporary inequities and the premise that such work is needed to bring about equity.

Even at its mildest, equity work involves taking some people outside of their comfort zone. But equity work at its most meaningful involves getting people to recognize that their comfort zone has depended on other people's silence and marginalization.

Yet equity work is often conducted within the context of a market-based relationship, where client priorities dictate the boundaries of change and disruptiveness. These boundaries are frequently constructed around language choices — with terms like "diversity" and "inclusion" being permissible while, "racism" is deemed too polarizing.

When wading into discussions about equity and racism, the practice of establishing guidelines has been a central strategy for mitigating the associated risks. This practice has often been described as building a "safe space."

Last month, a former Toronto school principal, Richard Bilkszto, died by suicide. Although the reasons for suicide are complex, his family and lawyer released a statement linking his death to an anti-racism workshop he had attended.

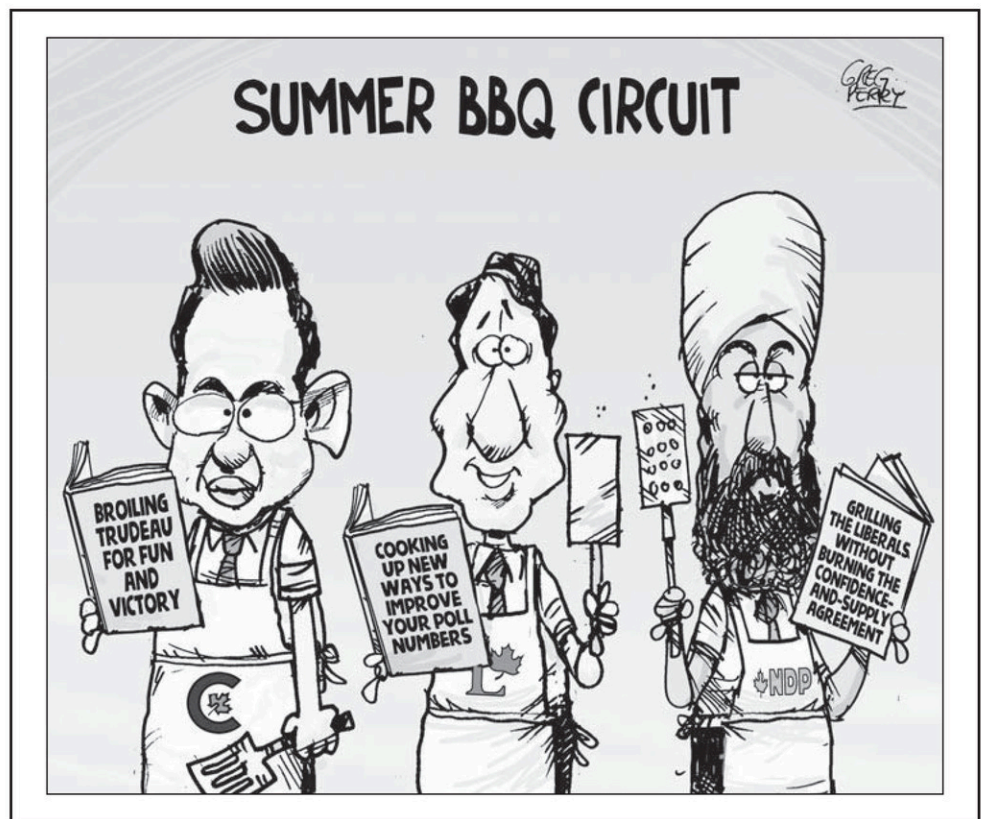
Those ardently opposed to "woke politics" are now using Bilkszto's tragic death to decry anti-racism and equity work. The Ontario Ministry of Education, led by Stephen Lecce, has called the allegations "serious and disturbing" and plans to conduct a review of how anti-racism and equity work is done at school boards.

The workshop Bilkszto attended was led by Kike Ojo-Thompson, CEO of the KOJO Institute. Ojo-Thompson has called the death of Bilkszto a tragedy. Ojo-Thompson was unaware that earlier this year, Bilkszto had filed a lawsuit against the school board concerning the anti-racism workshop she led about white supremacy.

As someone who has worked in the fields of equity, education and anti-racism, I understand both the importance and the burden of naming "racism" and "white supremacy" within institutions. It is crucial to support those who risk their reputations and livelihoods to do this naming.

I see the current media storm as a precedent-setting moment on the risks associated with institutional equity work. I believe it will also test Canadians' commitment to doing the work needed to address racism.

The minister's response as well as those by right-wing news media have helped to fuel a narrative that anti-racism and equity work is to blame.



But long-time social justice educators, Brian Arao and Kristi Clemens, argue "that authentic learning about social justice often requires the very qualities of risk, difficulty and controversy that are defined as incompatible with safety." This is especially the case when these conversations are taking place within the very institutions that are being asked to confront their own racist and inequitable practices.

Safety also gets conflated with comfort when people expect these conversations not to be upsetting or difficult, or expect not to be held accountable for their comments. This is an impossible standard to set for conversations that challenge institutional norms and social inequities.

McGill University political scientists Tari Ajadi and Debra Thompson describe this type of racism as "simultaneously individualistic and systemic." Discussing racist systems requires reference to tangible individual instances of racism to illustrate how racism is reproduced.

Sometimes this is met with tears and sometimes this is met with defensiveness. For example, in a training I once conducted, a white woman cried when she realized that she had been using language to describe Black children which I explained reiterates racialized stereotypes that harm and dehumanize Black people.

Even when we try to make intentional language choices, such as "address the comment, not the speaker," the illustration of racism will feel personal for those whose behaviour is implicated.

In her column for the Toronto Star, journalist Shree Paradar, carefully delineated between the ideas of "upholding white supremacy" and "calling someone a white supremacist" in her review of Ojo-Thompson's words in the session recordings. But this delineation fails to satisfy those avowedly anti-woke commentators for whom the language of racism and white supremacy is always considered unspeakable.

The unspeakability of racism

Following the 2020 "summer of racial reckoning," almost every sector in Canada was compelled to initiate equity work. Many developed Equity, Diversity & Inclusion (EDI) policies, and several demonstrated a willingness to have difficult conversations on racism.

Since then, the perceived urgency of this equity work has been steadily waning, yet the resistance to this work has remained forceful.

Equity studies scholar Sheila Dawn Gill offered the term "unspeakability of racism" to describe the barriers to naming racism within Canadian spaces. She used the example of the silencing of the late Cree politician, Oscar Lathlin, for using the term "racist." This silencing was again applied to current NDP Leader Jagmeet Singh's use of "unparliamentary language."

Broad acceptance of the reality of systemic racism is meaningless if it cannot be applied towards understanding how racism is enacted both individually and institutionally through comments, actions and specific circumstances. Institutional commitments to anti-racism are meaningless if they do not extend support and care to those doing this work.

Two decades ago, Canadian political scientist Malinda Smith described how the "race manners" of Canada continue to support the suppression of the naming of racism and obscure the way that race continues to matter throughout Canadian institutions.

The vilification of Ojo-Thompson for talking about white supremacy demonstrates the enduring hold of Canada's race manners, even in the wake of our collective racial reckoning.

This article was originally published on *The Conversation*.

If you are experiencing suicidal thoughts, you need to know you're not alone. If your life or someone else's is in danger, call 911 for emergency services. Or, call Talk Suicide Canada at 1-833-456-4566.

## THE RECORD

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# Local Sports

Fernandez says despite that she feels her game is making strides as she continues her development, but admits she's eager to get results.

## Venus Williams has high praise for Canada's Leylah Fernandez

By Daniel Rainbird  
The Canadian Press

Canada's Leylah Fernandez has an all-time great in her corner. Venus Williams, a seven-time Grand Slam champion, former world No. 1 and Olympic gold medallist who's still playing at 43 years of age, couldn't have more time for the young player from Laval, Que.

"She has the greatest attitude on the court. Unbelievable competitor. I think she's so good for the game," said Williams in her pre-tournament availability at the National Bank Open. "When you watch her play, you feel like you're a part of it. You feel like you're a part of something."

Williams says she and Fernandez used to hit balls together often during the pandemic.

That's happened less lately with Williams often injured, but Fernandez has certainly left an impression on the veteran, much like she did with the tennis world during her compelling underdog run to the 2021 U.S. Open final.

"She gives you that energy, you want to root for her," said Williams. "Every time I see her on the court I'm always rooting for her because you feel something for that."

Fernandez opens her first-round National Bank Open match against qualifier American Peyton Stearns,

*After suffering an injury in New Zealand to start the year, the five-time Wimbledon champion made a return for the grass-court season in June but suffered a knee injury in first-round play at the All England Club.*

likely Tuesday, in front of a hometown crowd. The 56-player WTA1000 women's singles tournament runs through Sunday at IGA Stadium in Montreal.

Her ranking, however, has slid to 88th—far below the No. 13 she held at the tournament last year.

Fernandez says despite that she feels her game is making strides as she continues her development, but admits she's eager to get results.



AP PHOTO/ALBERTO PEZZALI

Canada's Leylah Fernandez returns to Caroline Garcia of France in a women's singles match on day four of the Wimbledon tennis championships in London, Thursday, July 6, 2023.

"I think the challenge is that I'm very impatient and I want the results right away," she said. "But I have to learn to be patient and take it step by step."

Williams, who was scheduled to play Monday night against fellow American Madison Keys as the main draw action got underway, has spent the better part of this year injured, playing in just six matches before this week.

After suffering an injury in New Zealand to start the year, the five-time Wimbledon champion made a return for the grass-court season in June but suffered a knee injury in first-round play at the All England Club.

She says she fought hard to be in Montreal, with a steady routine of "icing five times a day, therapy three times a day, and praying."

"I've never played here a lot in my career and I just didn't want to miss it," said Williams. "I gave my all to be here, so I'm going to give my best out there on the court."

As the oldest player on the WTA tour, Williams says she likes giving advice to young players and seeing them pursue their dreams.

Fernandez is grateful she's been a beneficiary—and appreciates the opportunity to play in the same tournament as a legend like Williams once again.

"We talk sometimes and she encourages me and gives me some words of encouragement for my career," said Fernandez. "I'm happy she's here and still has the strength to play against us, and it's always a challenge for us to play her because she's such a legend."

## OPERATION BACKPACK

### Equipped to Learn

Operation Backpack is serving children at Lennoxville Elementary, Alexander Galt and Grade 6 students from our community schools attending Galt for the first time with a new backpack and school supplies.



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Charitable receipts will be issued for donations of \$10 or more

## Death



**Doreen  
Bertha  
(nee Moffatt)  
COATES**

Peacefully in Ottawa on July 30, 2023, at the age of 90.

She was predeceased by her husband the late Colan Coates and her parents the late Edna & Ben Moffatt and her sister the late Shirley Mahanna whom she joins in rest.

She is survived by her children Monty (Karen) of Ottawa, Caroline (Brian) of Ottawa, and Bradley (Judy) of Aurora, as well as two grandchildren Chris and Katie, her sisters-in-law and several nieces and nephews.

Family and friends will be able to pay their respects at a service to be held at the Pine Hill Cemetery in Magog, Quebec at a later date to be announced.

She will be forever loved and missed.

For those wishing, a donation to The Glebe Centre, 77 Monk Street, Ottawa, ON, K1S 5A7 (glebecentre.ca) would be appreciated. She received wonderful care from their staff during the last few years of her life.

# Date Book

TUESDAY, AUGUST 8, 2023

Today is the 220th day of 2023 and the 49th day of summer.

**TODAY'S HISTORY:** In 1945, President Harry S. Truman signed the United Nations charter.

In 1963, 15 thieves stole close to 2.6 million pounds sterling from a mail train in Britain's "Great Train Robbery."

In 1974, President Richard Nixon announced on national television that he would resign the presidency at noon the following day.

In 1990, Iraq announced its "unification" with Kuwait, days after its military forces had invaded and taken over the country.

**TODAY'S BIRTHDAYS:** Sara Teasdale (1884-1933), poet/Pulitzer Prize winner; Marjorie Kinnan Rawlings (1896-1953), novelist/Pulitzer Prize winner; Benny Carter (1907-2003), jazz musician; Esther Williams (1921-2013), actress; Mel Tillis (1932-2017), singer-songwriter; Dustin Hoffman (1937- ), actor; Keith Carradine (1949- ), actor; Robin Quivers (1952- ), radio personality; Deborah Norville (1958- ), journalist; The Edge (1961- ), guitarist; Roger Federer (1981- ), tennis player; Meagan Good (1981- ), actress; Shawn Mendes (1998- ), singer-songwriter.

**TODAY'S FACT:** Thomas Edison received a patent for the mimeograph on this day in 1876.

**TODAY'S SPORTS:** In 1988, the Chicago Cubs hosted their first-ever night game under the newly installed lights at Wrigley Field. Rain caused the game to be called in the fourth inning with the Cubs leading the Mets 3-1.

**TODAY'S QUOTE:** "It seems to me that the Earth may be borrowed but not bought. It may be used, but not owned. ... We are tenants and not possessors, lovers and not masters." - Marjorie Kinnan Rawlings

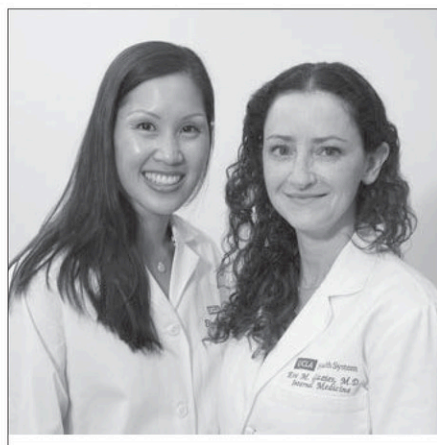
**TODAY'S NUMBER:** 2,121 - height (in feet) of the Warsaw radio mast in Poland, which held the title of the world's tallest structure until it collapsed on this day in 1991.

**TODAY'S MOON:** Last quarter moon (Aug. 8).

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# New diet research focuses on methylation



## ASK THE DOCTORS

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

Dear Doctors: I keep seeing news stories about a diet that supposedly reverses aging. It involves something called "methylation." Is this real, or is it just someone's new theory? It seems like instead of doing what we know works, like eating right and keeping fit, we keep hoping to find a magic formula.

Dear Reader: The quest for longevity dates back thousands of years. Historians have found references to life-extending elixirs in virtually every culture with a recorded history.

In the early 1900s, however, the focus of that search began to shift. Instead of a longer life, sustained youth became the holy grail. The concept of the anti-aging diet took firm hold. As the news stories you're seeing attest, it's a fascination that persists to this day.

These recent stories come from the results of a small study in the journal *Aging*. The researchers looked at how certain lifestyle behaviors, including a detailed diet plan, would affect participants' physical well-being. More specifically, they were interested in potential changes to each participant's biological age. Unlike chronological age, which is how old you are in years, biological age is the pace at which you age at the cellular level.

This brings us to the word "methylation." It refers to a metabolic process in which the transfer of carbon molecules influences DNA. This, in turn, affects the activity and behavior of genes. As a result, methylation affects aging. And because methylation is tied to certain nutrients, diet plays an important

role.

In this recent study, six women between the ages of 45 and 65 spent eight weeks following a detailed lifestyle plan. The daily diet they were instructed to follow included specific amounts of cruciferous and colorful vegetables, dark leafy greens, pumpkin and sunflower seeds, liver, lean proteins, beets and eggs. They were also asked to take probiotics, stay hydrated and consume foods known as methylation adaptogens. These included turmeric, rosemary, garlic and green or oolong tea. The study called for at least seven hours of sleep per night, 30 minutes of daily exercise and deep-breathing exercises. They were also asked to fast from 7 p.m. to 7 a.m.

The women followed this plan on their own and self-reported adherence. Over the course of two months, adherence ranged from 70% to close to 100%. Interestingly, intermittent fasting proved easy, but adherence to deep breathing reached only 50%.

Analysis of before-and-after blood tests found that five of the six women had succeeded in lowering their biological age. This ranged from 1.2 years to 11 years. This should not be confused with the idea of looking more youthful. Rather, a lower biological age translates into the potential for a lowered risk of disease and an improved chance of longevity.

The concept of methylation grabbed the media's attention. It's a fascinating area of research, and we look forward to learning more in years to come. But this study also supports your own observation. That is, we already know that we have a better chance of maintaining good health when we eat right and keep fit.

(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](mailto: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.)



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# 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

Art Exhibits at Uplands: Come and visit Uplands, located at 9 Speid Street, Sherbrooke (Lennoxville), and discover the latest works by artists Darren Millington (paintings) and Marko Savard (ceramics). The exhibit will be on display in our art gallery until September 10, 2023. For nature lovers, come and see the outdoor exhibit showcasing stunning photographs of the Townships landscape by François Lafrance. Admission is free. Info: www.uplands.ca / 819 564-0409.

## LENNOXVILLE

CFUW Sherbrooke & District will be holding a Summer Market at Lennoxville United Church, 6 Church Street, on Friday, August 25 from 9 a.m. to 5 p.m. and Saturday, August 26 from 9 a.m. to 2 p.m. There will be a Silent Auction as well as books, attic treasures, baked goods, jams & jellies, cut flowers, etc. Proceeds will go to the Lampe Foundation and CFUW Sherbrooke & District. Book bag sale on Saturday starting at noon - \$5.00/bag.

## NORTH HATLEY

Waterville-North Hatley United Church is sponsoring the Marie Claude Dubeau show, a musical revue of popular vocalists, at the Piggery on August 12 at 8:00 p.m. To reserve tickets, call Nancy at 819-837-2762.

## BROOKBURY

Card party at Centre Communautaire de Brookbury Community Center, 571 Brookbury Road, on Tuesday, August 8 at 1:30 p.m. Lunch and cards, \$8 per person. Info: 819-884-5984.

## NORTH HATLEY

North Hatley Legion members and friends THANK YOU night on Friday, August 11. Free corn and hot dogs from 5:30 p.m. to 7 p.m. Music with Wayne Doucet at 7 p.m. All welcome. 18+. Information: 819-842-2933 after 2 p.m.

# Wife leaves without a word

## Dear Annie

TUESDAY, AUGUST 8, 2023

Dear Annie: So I have one for you. I was out of town working, and when I got home, my wife was gone! We were having some marriage problems but were supposed to see a therapist after I returned home. I'll say it again: When I did get home, she was gone!

She packed her stuff and left me and our dog all alone. I tried to call and text with no answer. I'm left in the dark trying to find out where everything went wrong. I have started therapy by myself to try to figure things out. Please help with some advice on how to keep going in life. - Left High and Dry

Dear High and Dry: First off, I want to say I am sorry for the way your wife handled this situation. It certainly adds to the trauma of a divorce, getting left without notice and being caught off guard. I am so glad that you began therapy, and while I know it will take time to heal, it certainly is good to be rid of someone who was that inconsiderate and cold.

Dear Annie: I am at a loss because my son is getting married, and his soon-to-be wife wants it all in terms of a big wedding. She keeps asking me to help pay for things, and I do what I can on a fixed income, but I can't just keep handing over money when I can't pay my own bills.

I am trying to keep the peace, but it never seems to be enough. Week after week, I am asked for money. Please help, as I am not sure how to deal with this. Can you tell me what to do? - Signed at a Loss

Dear Loss: What you do is say no. No can be a full sentence. You don't need an explanation; just simply say no. However, you can enlist help from your son by pointing out that the money they are requesting is needed for your basic bills. But offer to help in another way - either with your time or support for your son and soon-to-be daughter-in-law.

Dear Annie: Last month, a court process server came to our house, and I had asked my wife not to answer the door because I needed to buy myself a little more time on an ongoing custody case. But she thought one of her relatives who doesn't like me sent a restraining order. That was ridiculous because I don't even visit that relative.

So she accepted the paperwork and completed the process service. It was my custody paperwork, of course. I feel betrayed. Not only did my wife serve me, but she was hoping it was a restraining order from someone else. Additionally, it put me on a tight schedule with my case. I thought she had my back; what should I do? - So Betrayed

Dear So Betrayed: What you should do is get your custody in order. Don't blame your wife for your legal situation with your children. As far as your wife thinking that someone was sending you a restraining order, that is something you have to speak with her about. The whole situation seems like a mess that you have to clean up, starting with yourself and not blaming your wife. Don't shoot the messenger, as the old saying goes, and no, your wife was not in the wrong.

Dear Annie: My recently retired husband of 43 years has agreed to take a 10-day trip with his sisters. He will be off seeing the Caribbean as I go to work each day back home. He agreed to this trip, and now I find out he will be sharing a bed with his oldest sister, who paid for the trip as a gift to her siblings.

I am not sure how I feel about this, and I am sure he may regret it, too, as she can be quite difficult at times. Am I wrong to be sad by the fact that I am still here, actually paying every bill that we have and working to keep a business afloat? Our neighborhood has also seen a huge uptick in crime, and so I must be home before evening sets in to feel safe here alone.

This is not what I imagined our golden years would be like. Am I wrong

to feel excluded and, yes, like a bit of a doormat? - Feeling Like an Old Shoe

Dear Feeling Like an Old Shoe: It is understandable that you feel left out. You and your husband are a unit, and his sister should have taken spouses into consideration. If it was a financial matter, then perhaps she could have invited siblings but everyone pays their own way. As for his sleeping in the same bed with his older sister, that's highly inappropriate.

Dear Annie: I was raised by a mother whose best parenting skill was neglect. Please let "Concerned Grammy" know that her gentle modeling will give her grandkids more than she can ever imagine.

I modeled my parenting - and my behavior toward others - on my grandmother.

Now I am retiring at age 65 as a registered nurse with a very long and happy career. I give my grandmother all the credit for how I turned out. She is long gone - over 40 years - but she remains in my heart all the time. I quote her often.

Let this lady know she is on the right path by providing an excellent example for her grandchildren, just as my beloved grandmother did for me. - Missing My Granny

Dear Missing My Granny: You are a very wise person; you saw what you didn't like in your mother's parenting and instead found a role model in your grandmother for what you wanted. Thanks for sharing.

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

Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).

**"Watch me, Grandma!"**

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### CELEBRITY CIPHER

by Luis Campos

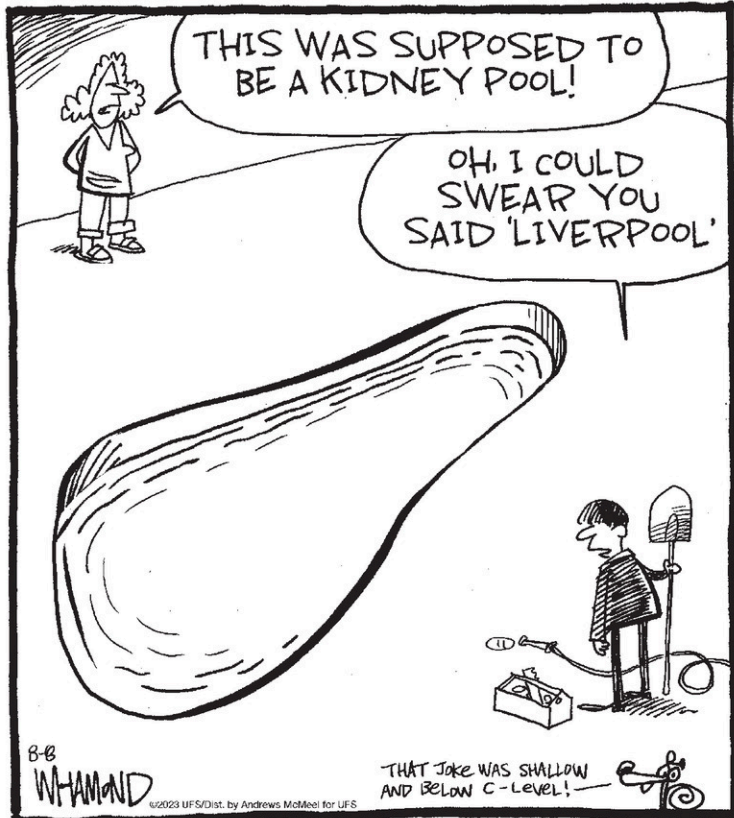
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"VSHB NP PNGXVW RTNZF XDTXIDTC  
LED EXXEDOSZNOW MJTZ NO  
HEGTP WESD MIW. RT XDTXIDTC."  
— BTNOJ HIDDICNZT

Previous Solution: "Anxiety is part of creativity ... the need to be rid of something or to get in touch with something within." — David Duchovny

TODAY'S CLUE: *d s i e n b e x*

### REALITY CHECK

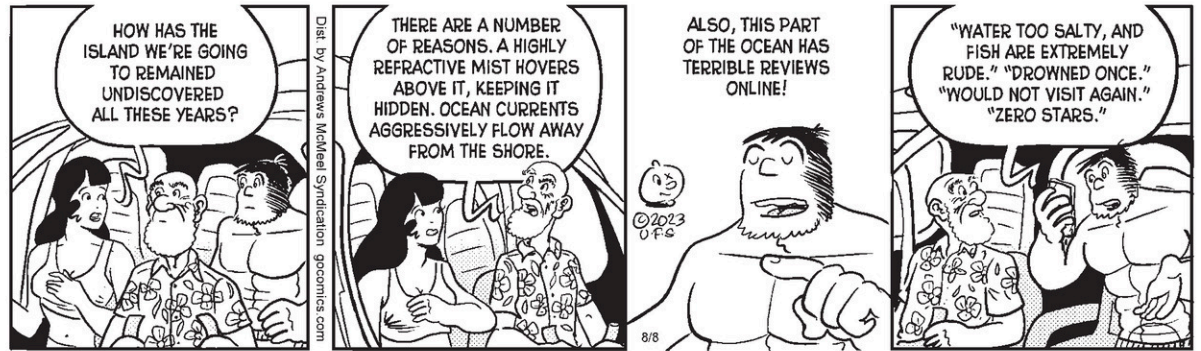


### HERMAN



"It was just a bit of bad luck that 11 of the 12 jurors had their homes burgled."

### ALLEY OOP



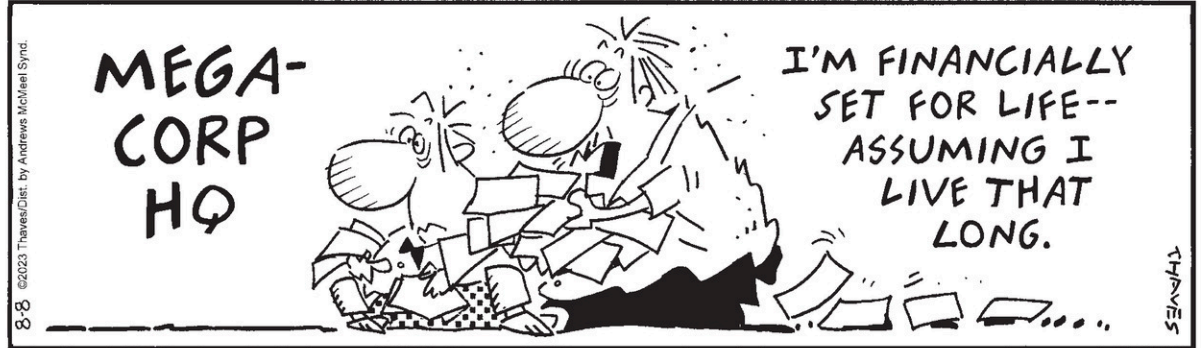
### ARLO & JANIS



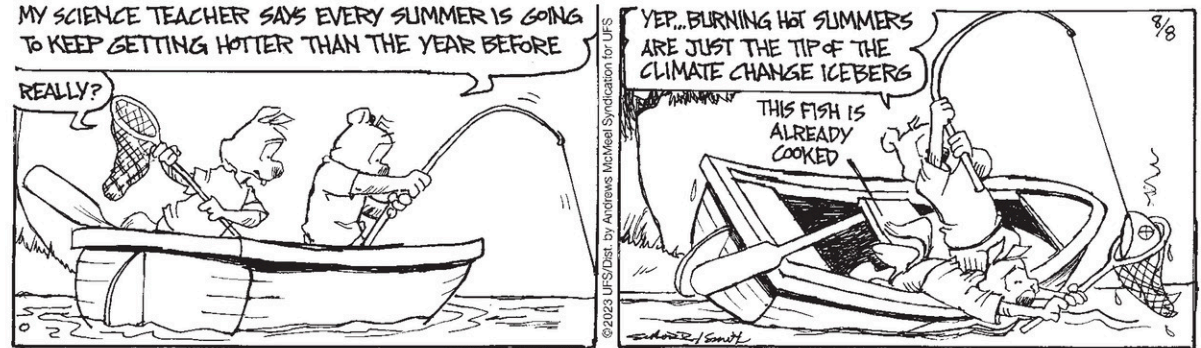
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	7		3					4
	5	3		2			1	9
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3	2			5		7	8	
9					3		4	

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## PREVIOUS SOLUTION

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

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

THE RECORD



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# NEA Crossword Puzzle

# Your Birthday

TUESDAY, AUGUST 8, 2023

**CAPRICORN** (Dec. 22-Jan. 19) – Don't let anything expire or leave you without a safety net. Look for investment opportunities, but don't take on a financial burden. Keep life simple, healthy and affordable.

**AQUARIUS** (Jan. 20-Feb. 19) – Say no to anyone trying to waste your time or take advantage of you. Someone will use compliments to tempt you into taking on too much. Nurture your relationship and protect your heart.

**PISCES** (Feb. 20-March 20) – Refuse to let anyone take advantage of you financially. Play to win, and use your skills in a unique manner that targets trends and puts you a step ahead of the competition.

**ARIES** (March 21-April 19) – Practice makes perfect, and once you choose a course of action, you will find it easier to look forward instead of living in the past. Recognize your skills and add to your qualifications.

**TAURUS** (April 20-May 20) – Overreaction or poor behavior will cost you. Use your intelligence, courage and strength of character, and you will bypass making a mistake. Control your emotions and secure your position.

**GEMINI** (May 21-June 20) – Execute intentions with stamina and finesse. Your actions will stand out, positioning you for bigger and better things. Believe in yourself. Personal gain and self-improvement are apparent.

**CANCER** (June 21-July 22) – Listen to your heart, not to someone trying to take advantage of you. Align yourself with those with something worthwhile to contribute. Learn from experience, and opportunity will follow.

## Answer to Previous Puzzle

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

- ACROSS**
- 1 Saucepan
  - 4 Deadly sin
  - 8 Hit again and again
  - 12 Actress — Thurman
  - 13 Largest continent
  - 14 Bewildered
  - 15 Kind of unlikely chance
  - 16 Semester
  - 17 Extract
  - 18 New and different
  - 20 Legislative body
  - 21 Grassland
  - 23 — soda
  - 24 Former N.Y. stadium
  - 27 Cartographer
  - 32 Message type
  - 33 "Woe!"
  - 34 Lyricist — Gershwin
  - 35 "Exodus" hero
  - 36 Person of great influence
  - 37 In a — (vexed)

- 38 Non-workers
  - 40 Ogive
  - 41 Dr.'s field
  - 42 Sprite
  - 44 Standing wide open
  - 47 Upstairs room
  - 51 Lovers' —
  - 52 Unpleasant fellow
  - 55 Poem
  - 56 Poke
  - 57 The bishop of Rome
  - 58 Chess pieces
  - 59 December 31st word
  - 60 Cain's brother
  - 61 Cudgel
- DOWN**
- 1 Magic dragon in song
  - 2 Actor Epps
  - 3 London gallery
  - 4 Machine for a turner
  - 5 Employ
  - 6 Knightly title
  - 7 Cap

- 8 Bribe of a sort
- 9 Jacob's twin
- 10 Monocle
- 11 Money collected
- 19 Louver
- 20 Second-rate actors
- 22 Floored
- 23 Few and far between
- 24 Holiday tree topper
- 25 "Present!"
- 26 Departure
- 28 Winglike parts
- 29 Crowned head
- 30 Pa. port
- 31 Tempo
- 36 Indigenous Canadian
- 37 Squishy
- 39 Block
- 43 Gucci or Prada, e.g.
- 44 Mont Blanc's range
- 45 Cooper or Oldman
- 46 Shortly
- 48 Place of rest
- 49 Brainwave
- 50 Penny expert (abbr.)
- 52 Books
- 53 Fleece
- 54 King Kong

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
18			19						20			
			21		22		23					
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44	45	46						47		48	49	50
51					52	53	54			55		
56					57					58		
59					60					61		

Trust yourself, and you won't be disappointed. Build a solid base and clear any influences that are inconsistent or causing doubt. Leave nothing to chance and oversee everything that has meaning to you. Ask questions and map out a course to help you achieve your dreams. Protect your heart, health and happiness from anyone trying to lure you down the wrong path.

**LEO** (July 23-Aug. 22) – Tidy up loose ends that can set you back. Rethink your lifestyle and pay more attention to how you present yourself to others. Be a leader, and you'll discourage anyone trying to throw you off your game.

**VIRGO** (Aug. 23-Sept. 22) – Elaborate, but do not make promises you can't deliver. A change that improves your health and emotional well-being will help you distance yourself from temptation. Lead the way.

**LIBRA** (Sept. 23-Oct. 23) – Someone funny, endearing and helpful will increase your awareness regarding how to make your life better. Enrich your lifestyle by saying no to whoever tries to dominate you and your choices.

**SCORPIO** (Oct. 24-Nov. 22) – Use your intelligence to market yourself, and a positive turn of events will unfold. Interviews, updating your skills or sending out your resume will point you in a new and exciting direction.

**SAGITTARIUS** (Nov. 23-Dec. 21) – You can talk all you want, but you will fall by the wayside, and your skills and talents will go to waste, unless you act. Actions speak louder than words; do your part, and don't look back.

TUESDAY, AUGUST 8, 2023

## Do you choose no-trump or suit?

By Phillip Alder

You and your partner have game-going values with a 5-3 major-suit fit, but otherwise balanced hands. When should you play in three no-trump and when in four of the major?

Goodness knows! However, if I had to hazard a guess, I would suggest that if one hand is 4-3-3-3 and no suit is wide open, three no-trump is probably the way to go.

Look at today's deal. If North is in three no-trump and East leads the spade queen, declarer will lose the first four tricks but will take the last nine when the heart finesse wins.

If North is the dealer and plays in four hearts after a transfer sequence, the spade-queen lead will be lethal.

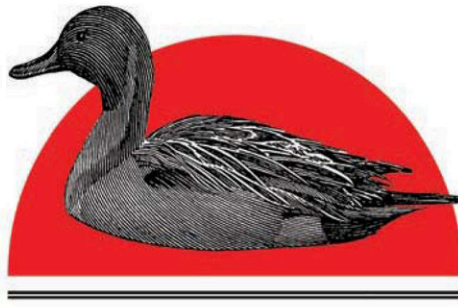
Finally, let's put South in four hearts. After West leads the diamond queen, how should declarer proceed?

The primary risk (apart from a 5-0 trump split) is finding West with the spade ace, and East getting on lead in trumps.

The original South found a cute line. At trick two, he called for the heart two, and when East played the three, he covered with the four. (Here, if East had played the eight or 10, South could have won with the ace, crossed to dummy

		North	08-08-23
		♠	8 5 4
		♥	7 5 2
		♦	A K 4
		♣	A K Q 6
West		East	
♠	A 10 7 2	♠	Q J 9
♥	9	♥	Q 10 8 3
♦	Q J 10 8	♦	7 6 5 3
♣	8 7 4 3	♣	9 5
		South	
		♠	K 6 3
		♥	A K J 6 4
		♦	9 2
		♣	J 10 2
		Dealer: South	
		Vulnerable: Both	
South	West	North	East
1♥	Pass	2♣	Pass
3♣	Pass	3♥	Pass
4♥	Pass	Pass	Pass
Opening lead: ♦ Q			

and led the heart seven, picking up the whole suit without loss.) After winning with the heart nine, West returned the diamond 10. Declarer won in the dummy and led a heart to the ace, discovering the bad break, but he just crossed back to the board with a club, finessed the heart jack, drew the last trump and ran the clubs, discarding a spade. He lost only two spades and one heart.





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## Brome Lake noise corridor to stay in place after register

By Ruby Pratka  
Local Journalism Initiative

The town of Brome Lake has dropped a plan to shorten the noise corridor along Highway 104 after nearly 80 residents of the immediate area signed a register opposing it.

Noise corridors are aimed at reducing noise pollution in residential areas alongside provincial roads where the speed limit is 70 km/hour or greater and the estimated traffic flow is 5,000 cars per day or more. If a stretch of road is designated a noise corridor, construction is forbidden on an 86-metre strip of land on either side of the road; due to recent legislation, municipalities can no longer grant exemptions to let people build closer to the highway.

Earlier this summer, town councillors tabled a bylaw to remove the noise corridor designation from a 1.65-mile stretch of Highway 104 between Moffatt Rd. and Tibbits Hill Rd., arguing that speed limits had been lowered to 50 km/h in part of the sector and traffic flow no longer met the 5,000-car threshold. Town clerk Owen Falquero told the BCN that removing the designation would also allow people who lived or owned property within the 86-metre buffer strips to build, expand or demolish on their property.

The proposed bylaw was subject to a register, held July 21. Seventy-nine concerned citizens signed the register to request a referendum on the bylaw – well above the 51 needed to force

CONT'D ON PAGE 3

## Royal Canadian Legion garage sale in Cowansville was a great success



LOUISE SMITH

The garage sale would not have been possible without volunteers.

By Louise Smith

This past Saturday and Sunday, a huge garage sale was held on the grounds of the Legion on Davignon Boulevard in Cowansville. Donations had been made over several weeks and volunteers set up the garage sale and worked for two long days. Money raised by the Legion goes towards supporting the Legion and its work helping many important

programs within the community.

The Legion offers many activities and services for the community. Volunteers are needed to help out, some in the kitchen, and some to run activities on various nights. The Legion canteen at Brome Fair, which is located in the field with the farm machinery, offers the most reasonably priced food on the fair grounds. It, too, is operated by volunteers.

If you wish to join the Legion, drop by during operating hours. You can further support the Legion by coming out for activities and thinking about volunteering to help out, even if it for just one event or a weekly activity. Help to be part of keeping your local Legion alive and well.

SEE MORE PHOTOS ON PAGE 11

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COWANSVILLE

# 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.

## August 11

Royal Canadian Legion, Shefford Branch #77, Waterloo will hold their regular Friday night B.B.Q on August 11 from 5 p.m. to 7 p.m. Come and enjoy! Rain or shine!

## August 13

Karnak Shriner's E. T. Club Estrie once again is putting on a Shriner's Brunch, at the Royal Canadian Legion, 2 Curley Street, Sutton on August 13 from 9:30 a.m. until 12:30 p.m. Admission \$15, will be at the door only.

## August 19

Flea Market at Holy Trinity Church Hall, 218 Iron Hill Road, August 19, 8 a.m. until 4 p.m. Spaces available. Please bring your own table. Call Doug 450-263-2579.

## CHURCH BULLETINS

### ALL SAINTS ANGLICAN CHURCH - DUNHAM

All are welcome! Come join us for the upcoming services at All Saints Anglican Church - Dunham at 11 a.m. Sung (BCP) Morning Prayer on August 13 and August 20, then on September 3 will have Holy Eucharist Service. Fellowship & coffee follow our services in the Church Hall. For Parish Information, please contact Richard at 450-877-8661. For Pastoral Support,

please contact Archdeacon Tim Smart or Fr. Tyson Rosberg at 450-538-8108.

### 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

Sunday worship with Worship Leader Karen Lackey-Ryan at 9:30 a.m. Ice Cream Social on Saturday, August 19 from 2-4 pm at St. James Anglican church, 15 rue Maple, Stanbridge East. Tickets for \$7 are available at the door and from David Kidd (450-248-7209), Audrey Haydock (450-248-2407), or Karen Lackey-Ryan. Free for children three years and under. Church office: 450-248-3044; email: bedford.pastoral@yahoo.ca. "How wonderful it is, how pleasant, for God's people to live together in harmony." (Psalm 133:1.)

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

Sunday, August 13 - Worship and Music: Creek United, 278 Brill Rd., West Bolton, service at 9 a.m. St. Paul's United, 4929 Foster, Waterloo, service at 10:30 a.m. Service available on You Tube <https://youtube.com/@stpaulsucwaterlooqc>. Reverend Dave Lambie, minister. For information or to leave a message call: 450-539-2129.

### EMMANUEL UNITED CHURCH

A summer hymn sing this

Sunday at 11 a.m. Join us. Venez nous rejoindre. Elevator accessible sanctuary. A musical fundraiser for Cowansville Cemetery in the outdoor sanctuary (behind Emmanuel) on Saturday, August 12 from 1-3 p.m. Local musicians. Check updates on Facebook (<https://www.facebook.com/emmanuelunited/>). Worship leader Rev. David Lefneski. 205 rue Principale, Cowansville. Church office: 450-263-0204; email: capchurchoffice@bellnet.ca. Website: emmanuelcowansville.ca.

### ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

Our church offers a bilingual mass on Sundays at 10:30 a.m. A Eucharistic Adoration takes place on Mondays from 11 a.m. until noon. We are presently in need of a musician to accompany our singer(s) during our Sunday mass. For more information call: 450-263-1616 or visit the website <http://unitedesvignes.org>. Please Note: Starting on July the 2 the Sunday mass will be at 9 a.m. in our summer chapel. Looking forward to seeing new faces as well as old ones.

### GRACE ANGLICAN CHURCH

All are welcome to our regular 10:30 am Sunday services. 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 link. Hope to see you at our third organ recital on September 9 at 3 p.m. For more information use the above link.

### KNOWLTON MOUNTAIN VALLEY PASTORAL CHARGE

Sunday worship services have resumed at Knowlton United Church at 11 a.m. Services are held 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 Knowlton will have one service only throughout the summer at 10 am. The service will also be livestreamed on Facebook at St. Paul's Knowlton and is available for replay. We are 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). 8 and 10 a.m. services will resume in September.

### 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.

## "Boutique" Ste. Therese Reopening Aug. 8

By Louise Smith

The well visited basement second hand "boutique, located in Ste. Therese Church, was closed for three weeks. When open, the Ste. Therese basement has all sorts of

goodies at super low prices. The whole basement is organized into sections from linens, to books, to children's toys, kitchen ware, and clothing organized into sizes.

Money raised is used in the community to support various

endeavours. The volunteer ladies work tirelessly, but manage to do so with smiles.

The church is located at 209 rue Ste. Therese, in Cowansville. The "boutique" operates on Tuesdays from 9 a.m. to 3 p.m. It will reopen on Aug. 8.

There are clothing bins behind the church and people wishing to drop off donations must have them in plastic bags and not loose when going into the bins. If you have fragile items like glass or if you have bigger items, they can be brought into the church on Tuesdays.



Happy volunteers work at Ste. Therese Church



There is so much on offer at the "boutique" in the Ste. Therese basement in Cowansville

PHOTOS BY LOUISE SMITH

# Local entrepreneur sounds alarm on credit card payment scam

By Ruby Pratka  
Local Journalism Initiative

A family-run coffeeshop in Brome Lake was scammed out of thousands of dollars by two online mystery buyers earlier this year, and the co-owners are warning other businesses not to get caught out the same way.

Tara Moar is co-owner of Brûlerie Virgin Hill Coffee Roasters in Knowlton. The company has imported and roasted coffee beans and supplied them to local restaurants for nearly 20 years; four years ago, they opened their Brome Lake coffeeshop to the public. Besides selling beans and lattes to go, they developed a flourishing sideline in high-end espresso machines.

Moar said that several months ago, the company decided to stop selling espresso machines on its website, to avoid shipping difficulties. "The day we took [the machines] off the website, we got a call from a guy in Stratford, Ont., looking for a specific kind of machine which we did have in stock. I emailed him an invoice, his payment was processed through Square, the payment went through and we shipped it. I emailed him to ask if he got the shipment and he wrote back and said yes." A week later, a Quebec buyer inquired about the same type of machine; the payment was processed and the shipment sent, apparently without incident.

That's why it came as a shock when, weeks later, Square contacted Virgin Hill to say the first buyer was contesting the charge made on their credit card. A few days afterward, they learned the second buyer was also contesting the charge.

Moar and her colleagues gathered all the documentation they had of the two purchases and sent it to Square. "We have all the evidence saying everything went perfectly...[the first buyer] even confirmed receipt," Moar said. "We thought we were sitting pretty."

Three months after the initial purchases, Moar was told that the



METRO CREATIVE

credit card companies had resolved both disputes in the buyers' favour. "All we were told is that the clients had no knowledge of the charge," said Moar. The two espresso machines and the proceeds from the sales – about \$9,000 – were both gone.

A Square spokesperson told the BCN that although Square has a procedure in place to help businesses gather and submit documentation to contest disputes, "the final decision is made by the cardholder's issuing bank." Mathieu Labrèche, vice president of research and communications at the Canadian Bankers Association, said credit card companies make the final decision. Either way, Moar said she would like to see "more transparency and accountability" in the dispute resolution process.

Benjamin Rousse is a policy analyst at the Canadian Federation of Independent Businesses. He said the federation receives calls about "dispute the charges" scams from small business owners, although it's hard to say how prevalent they are.

When a merchant has a payment dispute with a client, the companies involved "throw the ball at each other," Rousse said. "The credit card company says they don't have the final word. The bank says they don't have the final word. All we know now is it's very vague, who's behind the curtains making those decisions," he said.

Like Moar, Rousse is concerned about the clarity of the dispute

process: "It's unclear what the path is [for a business owner] to challenge a disputed charge." The CFIB is calling on credit card companies to change their code of conduct to make dispute processes more transparent and easier to navigate - a process which would need buy-in from around the financial services sector. "We need to sit down with the merchants, the credit card companies and the banks," said Rousse, whose organization plays a role in drafting the code of conduct.

Rousse said that while larger companies that get scammed can usually absorb the loss, losing several thousand dollars can be a body blow for a small company. Although dealing with the fallout from the scam has cost Virgin Hill time and money they'll never get back, Moar said the company will be fine in the long run. She advises other small business owners to scale up their payment verification practices and restrict online sales to prevent scams. "I would say, don't sell anything on the internet that you can't afford to lose," she said. "You get excited over big sales, but sometimes they're too good to be true."

Moar said she had contacted the Stratford Police, who referred her to the Sûreté du Québec. She has not yet had time to file a complaint with the SQ. SQ Sgt. Valérie Beauchamp advised anyone who has lost money through a suspected scam to contact their local police and the Canadian Antifraud Centre.

# Brome Lake noise corridor

CONT'D FROM PAGE 1

the city to hold a vote or drop the project. The city took the latter approach. "The population of this sector of Route 104 has spoken, and council acknowledges the message that has been sent to us," Mayor Richard Burcombe said in a statement on July 31. "Since there are significant

costs associated with organizing a referendum, we've decided not to go that route."

Benoit Bourgon is a co-founder of Vigilance Lac-Brome, a citizens' group opposed to the bylaw. He said keeping the noise corridor in place would "make the situation better for people living along the 104."

"It's not safe and it's unsightly to build there [within the noise corridor]," he added. "I don't know why a family would want to live in a house so close to the street."

The noise corridor register signing was held the same day as two other register signings – concerning changes to regulations governing bed-and-breakfasts, and legalizing the use of shipping containers as industrial storage units. Those registers did not receive the required number of signatures to force referendums. Bourgon expressed concerns about the register process, speculating that if residents had had two days to sign, as has been the case

with some past registers, instead of just one, "we probably would have gotten the number of signatures we needed" to force a referendum or scuttle the plan entirely.

Bourgon expressed hope that the registers would serve as a wake-up call for increased participation in civic life. He pointed out that Burcombe was acclaimed after the 2021 election. "If Burcombe has no opposition, it's not because everyone is happy with the way he governs, but because no one else is interested [in becoming mayor]. Now, citizens are realizing that if they don't express their views, nothing will change."

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## LETTERS

### Imagination II – an open letter to Town of Brome Lake Residents

Together with my esteemed colleagues Ken Smarzik and Alicia Southall, I have formed a temporary ad hoc group that we are calling Imagination II.

We are taking our inspiration from the famous original Imagination exercise, carried out with great success throughout the Town of Brome Lake for five months in 1989, in preparation for the Town's five-year strategic plan of that time. Imagination was an excellent example of participatory democracy.

The three of us are bilingual permanent residents of the Town of Brome Lake. We have wide experience in strategic planning, and we are all dedicated to the welfare of our beautiful Town and the preservation of its outstanding rural ambience.

Imagination II is an independent initiative that is open to any TBL resident.

Our only purpose is to encourage the participation of, and solicit opinions and suggestions from, any and all TBL residents with regard to the contents of the Town's upcoming five-year strategic plan. We hope that this exercise will complement the work being carried out by the Council with the help of its consultants Raymond Chabot Grant Thornton.

Our hope is that residents will continue to actively engage with the Council throughout the execution of the new five-year plan, to ensure that the plan benefits both the entire Town and our several historical local villages and settlements within it.

To this end we are holding open public meetings in each of our Town's six electoral districts: Fulford-Bondville, West Brome-Iron Hill, East Hill, Knowlton-Victoria, Knowlton-Lakeside, and Foster.

So far we have held two meetings at the Club de la Bonne Humeur in Bondville, and one meeting at the Fulford Community Hall in Fulford.

Once all our public meetings in each district are over, we will prepare a summary of the views and suggestions of the various residents and submit it to the Town for consideration. We will also circulate it widely in all local media.

Depending on circumstances at that time, we may convene a general open public meeting for all TBL residents to give everybody a chance for some final input.

We would like to assure the Council and administration that our greatest hope is to be helpful and constructive in the very important process of developing our next five-year strategic plan.

We know from long experience that the greater the public participation and input in the planning process is, the better the plan will be, and the more likely it will be that the plan will actually be carried out over the next five years.

I can be reached at (450) 242-1260, and at white.peterg@gmail.com

By PETER WHITE

Our area is plagued with bikes whose drivers have no idea that the law applies to them also. Funny how trucks, automobiles, motorcycles, boat drivers must pay and follow a course before obtaining the right to drive, yet bicycles just buy a bike and away they go with no idea on traffic laws. I hope they drive their cars better than they drive their bikes. No better, the law seems to close their eyes on these people. One person said why should I stop at a stop sign if no one is coming? I hope they do not all think this way. I saw eight bikes in a row not stop at the daycare stop with SQ squad car parked in the daycare entrance facing the street. He did not even blink an eye or even move. A tragedy in the waiting driving car drivers crazy and very nervous at their every presence on their road. The government needs to clamp down, they spent millions on bicycle paths what are bikes doing on public roads?

LARRY INGOLD  
KNOWLTON

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.

### \*\*\* FOSTER FAMILY NEEDED OR COMPASSIONATE ADOPTION \*\*\*

## Pet of the week: Cedrik



Cedrik (#9230) is a charming 3-to-4-year-old silver-grey tabby with gorgeous greenish-turquoise eyes; his shy demeanor is so endearing! This handsome boy was living outdoors with several other cats in very rough conditions and was brought to the shelter early January 2023.

Cedrik was adopted in the spring of 2023 but was unfortunately returned early July for health reasons. This precious treasure was found to have a health condition called Feline Pododermatitis. It's a foot pad disease which causes the swelling of the pads and is sometimes accompanied with limping, ulcers, pain, or fever. Cedrik is currently receiving treatment and the prognosis for remission is good, once the swelling has resorbed itself completely.

What this conditions means for his everyday life: Cedrik must absolutely remain an indoor cat; hot or rough surfaces could harm his paw pads. He must avoid climbing and jumping from high up so no tall cat trees or shelves installed up high for him! He can however easily jump on a bed or on a couch.

Cedrik being somewhat reserved, in order to feel safe, he has a tendency to hide in enclosed cat beds. Although he's timid, he is a sweet kitty with an amiable & tender nature; he has never displayed any aggressive behaviors. If you approach him gently while whispering reassuring words to comfort him, you can pet and caress him. Our furry gentlemen truly appreciates getting attention and affection and starts to relax gradually while purring softly;

he can nibble your fingers when overexcited. Cedrik enjoys taking naps in a comfy cocoon next to a window or close to a heat source. This darling fellow adores tasty cat treats so this is an excellent way to initiate contact with him to gradually create a loving and lasting bond.

Cedrik will be happiest in a calm and cozy environment with adopters who have experience with shy cats, and enough time to regularly interact in order to help him adapt to life in his new home. We recommend a household without children or dogs for Cedrik as he is afraid of loud noises and abrupt movements. Should you already have one or more cats, they must be non-dominant. Hence, our sensitive boy would be equally content being the only pet in the home...that way, he gets all your attention. Cedrik hopes to live the rest of his life being treated like a prince, comfortably snuggled next to you. Who will give him the chance to know the joy of being loved and pampered he so deserves? If you are looking for an affectionate but discreet kitty, Cedrik will be a very pleasant companion with whom you can share your days...all he wants it to be loved!

If you wish to foster or to adopt Cedrik, please write to us at: adoptionpcamonteregie@gmail.com Thanks!

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# Volunteers at heart of Cowansville's watermilfoil combat efforts

By Ruby Pratka  
Local Journalism Initiative

The city of Cowansville, the Comité de sauvegarde du bassin versant du Lac Davignon (CSBVLD), Sherbrooke-based water protection cop RAPPEL and 100 local volunteers are teaming up to fight the Eurasian watermilfoil in Lac Davignon. RAPPEL has worked on similar projects in a dozen lakes in the region since 2014, according to its website.

CSBVLD president Pierre St-Arnault explained that volunteers spent several days filling hundreds of sacks of gravel before going out on the water – some in their own boats – with RAPPEL divers. The divers position large tarps in predetermined areas where the watermilfoil is abundant, and the sacks are then dropped on the tarps to weigh them down, first by professional divers and then by volunteers piloting a pedalboat. Groups of volunteers are expected to be on the water five days a week, weather permitting, until Aug. 22. The tarps will biodegrade on their own and the bags of gravel will need to be fished out of the lake by a future squad of volunteers – “That’ll be fun,” St-Arnault said. The goal, according to St-Arnault, is to suffocate the invasive plant in as many areas of the lake as possible.

The city earmarked over \$228,000 from its environmental fund, known as the Fonds bleu, to finance the project this year – the first year of a three-year plan. The Eurasian watermilfoil, an invasive, feathery-leaved aquatic plant which grows in dense clumps of up to 1,000 plants per square foot, has been present in Quebec lakes for years, but this is the first time divers have been used to attempt to control it in Lac Davignon. “There is more and more of it in Quebec lakes – Waterloo, Bromont, everywhere, and several studies showed it was present in our lake,” said Mayor Sylvie Beaugard. “The lake is our water source, and a lot of people use it for nautical activities, so we decided to do something.”

St-Arnault said the plant is non-toxic, but its dense strands can get caught in boat motors. “If you have a little motorboat, it stops it right there... and it’s not pleasant for kayakers and waterboarders either.”

He said the volunteers aren’t aiming to eradicate the watermilfoil in the lake – the lake is too large and the plant is too widespread for that. “We need to identify the areas where it’s most dense and bothersome – such as near the quay – and control it there.”

St-Arnault has gone out on the water himself every day since the operation began on July 31, with a ten-person team

of volunteers and divers, three small boats and a pedalboat. After a short briefing from the RAPPEL specialist, the team carefully maneuvers a jute tarp into place over a dense cluster of watermilfoil. “Everyone has done great work; we thought it would be hard but it hasn’t been, and we’re super happy,” he said.

“This project takes volunteers who

are sensitive to the lake, and we want to thank them for the precious time they’re contributing to this operation,” Beaugard said. St-Arnault said people interested in contributing to the volunteer effort should contact the CSBVLD.

While the cleanup is ongoing, boats will not be allowed in areas near where divers are working.



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# Setting up for Bedford Fair

By Sarah Pledge Dickson

For 198 years, the Bedford Fair has drawn thousands of people. This year, taking place from Aug. 10-13, the fair will feature a demolition derby, equestrian competitions, music and a tractor pull.

Sam Salois is the fair manager and a firefighter in Bedford. She says this is one of the most memorable things to do in Bedford in the summer.

"It's one of the biggest activities in Bedford, so we get about 20,000 people that come to see it over the weekend," she says.

This year, there will be a woodsmen competition.

"People can come and show us their wood cutting skills in different chain saw categories and with manual tools," Salois says.

Jessica Pelletier works with the administration of the festival and helps out as a volunteer. She says that this event is important for the community of Bedford.

"It brings so much to the community, it's an enormous weekend for the businesses in Bedford," she says. "Last year, there were businesses with nothing left to sell because there were so many people."

Almost 200 years ago, the fair was nomadic, travelling from town to town each summer. The fair purchased land in 1873 and it's been taking place there

ever since.

"It used to be hosted in different farmers' properties and fields," says Salois. "It purchased land where it now stays in Bedford."

One of the things this fair does is bring together the community with the agriculture of the area.

"This is the one time of year where people can come and see farmers in action, whether it be with their animals or having fun with their tractors," says Salois.

Pelletier agrees that this supports the community of Bedford.

"It's a great way to bring together the agriculture of the area with the citizens of Bedford," says Pelletier.

For Pelletier, the best part of the festival is the demolition derby.

"I love seeing exciting things so the demolition derby on Friday night is my favourite part of the fair," she says.

For Salois, the fair brings back memories of showing her horse.

"My whole life, this has been the only fair that I've brought my horse to because it was local and close to home," she says. "I was there every day with my horse and we got to see friends and family and have fun."

As the fair approaches, Salois hopes that this fair will blend the old with the new and teach people about the importance of agriculture in the community of Bedford.

"The fact that we've been able to



continue such a long run, 198 years of activities, is amazing to me," she says. "It's heritage in action, so we get to see how things were done in the past but we also get to see some of the new technology at the same time. It's a blend of what agriculture was and can be."

The fair opens on Wednesday Aug. 9 with a parade at 6:30 p.m. The following

four days feature horse competitions, line dance, dairy cattle judgements, music and more. Admission is \$25 per day as an adult and \$15 for children 5-11 years old. Packages for families or the entire weekend are also available for purchase.

Find out more at [expobedford.com](http://expobedford.com) and check out the festivities at 16 rue Philippe-Côté.

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- 18 h **Rallye Derby** / Rallye derby **B**
- 19 h **Soirée de danse country avec Winslow Dancers** / line dance evening with the Winslow Dancers **F**

## VENDREDI 11 FRIDAY

- 9 h **Compétitions équestres** / Equestrian competitions **G**
- 12 h **Conférence interactive sur les vaches laitières** / Interactive conference on dairy cattle **J**
- 19 h 30 **Derby de démolition** / Demolition derby **B**
- 22 h 30 **Spectacle de Musique** / music show **F**  
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## SAMEDI 12 SATURDAY

- 9 h **Compétitions équestres** / Equestrian competitions **G**
- 9 h 30 **Jugements de bovins laitiers** / Dairy Cattle judgement **J**
- 12 h **Compétition Bûcheron** / woodsman competition **B**
- 17 h **Courses de tracteur à gazon modifiés** / Modified lawn tractor races **F**
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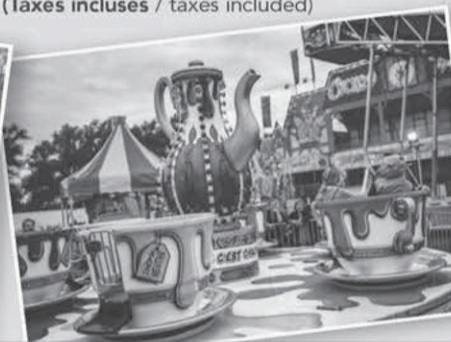
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# Deluxe Rodeo to play at Bedford Fair

By Sarah Pledge Dickson

On Friday night during the Bedford Fair, head to the main stage at 10:30 p.m. to check out Deluxe Rodeo, a new classic country band.

Cindy Delaney is singing with the group and is excited to be taking the stage.

"It's our first time in Bedford and I think that's a good thing for us," Delaney says, "we're so excited to be there with all the people."

Deluxe Rodeo was founded in 2018 in the Montreal area. They have performed nearly 400 times and features four vocalists, including Delaney, making for

wonderful harmonies. Concert goers can expect country rock style music that will have them dancing and tapping their foot along to the beat.

Delaney started singing in a band at 15 years old. After singing in a pub band for a while, she became a country singer at around 23 years old. She says this kind of music is the best because she can be herself.

"Singing country music, I think it's the heart of the music," she says. "You're always thinking about your emotions, who you want to be and the life you live. I think it's the best thing for me."

The group has performed

at many different outdoor festivals.

"We do a lot of festivals from May to October," says Delaney. "That's such a good thing in the summer."

She says that the environment of festivals means you feel closer to the audience.

"I like it so much I think because of the proximity to the people," she says. "When you're working and playing in a room, you don't have the proximity to everyone. When it's in festivals, people can be really close and we're really grateful for that."

She's especially excited to start performing more in the Eastern Townships.

*Enjoy the Fair!*

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**Death**



**Evelyn (nee Grubb) BISAILLON**  
1926 - 2023

At the B.M.P. Hospital in Cowansville, QC on Thursday, August 3, 2023, at the age of 97, Evelyn Grubb passed away, beloved wife of the late John Bisailon.

She leaves to mourn close family members, late Bobby (Connie), Brenda (Mark), Valerie, Steven (Gilles), many nephews nieces, and close friends.

The family wishes to thank the staff of Manoir Lac Brome for their excellent care and kindness and for the love for Aunt Evelyn.

Resting at the Désourdy Funeral Home, 101 rue Jean-Besré, Cowansville, QC, J2K 0L3, 450-263-1212, www.desourdy.ca, on Saturday, August 12, 2023, from 1 p.m. to 2 p.m., followed by a chapel service at 2 p.m. Interment will be at Ste-Rose-de-Lima in Cowansville.

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**Death**



**Gwen BADHAM**  
1964 - 2023

Beloved mom of Dominica & Taylor Badham-Sayer, adopted daughter of Linda Hoyt, adopted mother to Chrissy Royea, 'Nana Gwen' to Alex and Jake Rumsby, and bestie to Candi Dennis (Karen Ouellet), was taken too soon for her loved ones on July 31, 2023 from Cancer. Born August 25, 1964, in Montreal, she became a long-

time resident of Knowlton as an adult and always loved the surrounding townships, having lived a time in Ayer's Cliff and Mansonville as well.

Loving mom, friend to many, support to countless and a truly giving heart, she will be deeply missed. She worked for many years at the Maison des Jeunes Sutton (as well as Knowlton) with the youth and community. Always a woman of big heart and quick wit, she was well known for her drive to always be there when you needed her. An avid gamer of Fortnite and active online women's heart health community member as well, she will be missed by her online friends Jackie and Alexis alike.

She was greeted in heaven by her children Travis & Sarah Badham, as well as her parents Tony Badham (Danny Vallieres) and Pauline Underwood; as well as Fluff, her trusted cat companion and always 'Favorite Child'.

Left to cherish her memories are her brother Anthony Badham; her family 'across the pond' Kenny, Stephen & Robert Beech, and John & Khalisa Green, and many, many more; ex's (but still family) Kevin Woodard (father to Travis and Sarah) and Garth Sayer (father to Dominica and Taylor) and so many friends I wish it was possible to name them all.

A viewing will be at the Désourdy Funeral Home, 318 Knowlton Road, Knowlton, QC, JOE 1V0, 450-243-5568, www.desourdy.ca, on August 12, 2023. We invite her friends and all those that knew her to come share their memories and stories with us from 10 a.m. to 2 p.m. A PowerPoint of her life will be on display. We encourage you to bring your favorite photos to add to the collection which will be available to those that wish it at a later time. We also encourage you to share your favorite memories and moments with us.

Gwen has requested to have some of herself buried alongside Travis and Sarah in Mansonville, which will be done by family another day, and for Dominica, Taylor and Chrissy to travel and spread her remaining ashes elsewhere.

In lieu of flowers, we ask that a donation be made to the Heart Life Foundation (Heartlife.ca) or to the Canadian Cancer Society on her behalf.

A celebration of life will be held at a later date.

**DÉSOURDY FUNERAL HOMES**  
318 ch. Knowlton, Knowlton QC  
PHONE: 450-243-5568

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# South Stukely Cemetery

A long-time plan for the South Stukely Cemetery was realized in July 2023. The sign with a bit of the history and persons involved was realized after 1-1/2 years of planning with the help of Mr. Paul Sicard, graphic designer, from Warden.

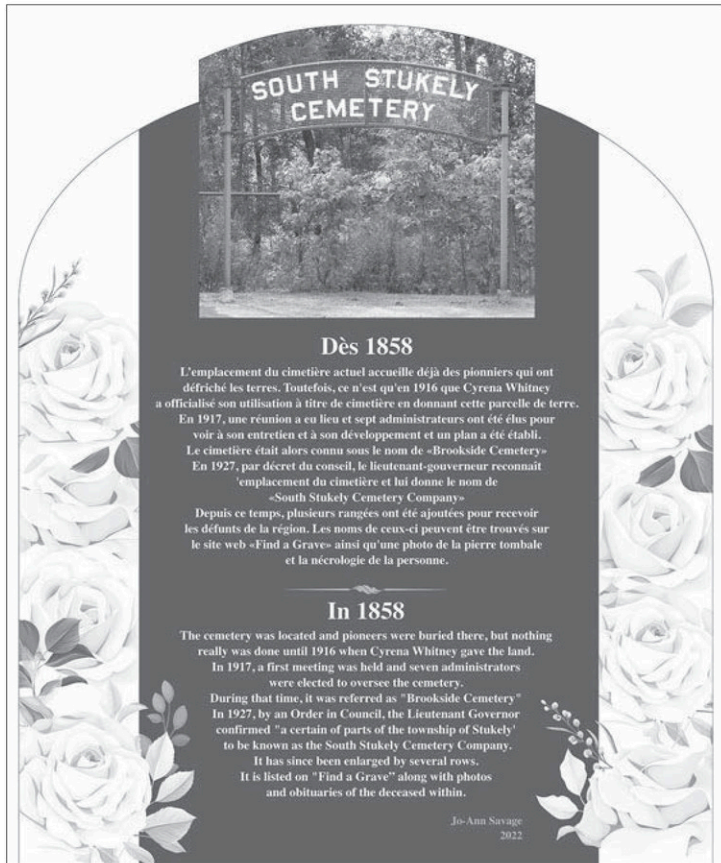
Having seen several signs from other cemeteries, it was thought a good idea to have one made for South Stukely. With the help of a generous donation from the estate of Errol George of Stukely, the idea became a reality.

Mr. Timothy Page, maintenance man for the cemetery, will build a base for the sign so that it can be removed in the winter.

The information on the sign is self-explanatory and should help anyone interested in genealogy.



Left to right Paul Sicard (graphic artist), John Barrie (Trustee), Christine Gibbs (President), Jo-ann Savage (Treasurer), Steven Page (maintenance), Timothy Page (maintenance).

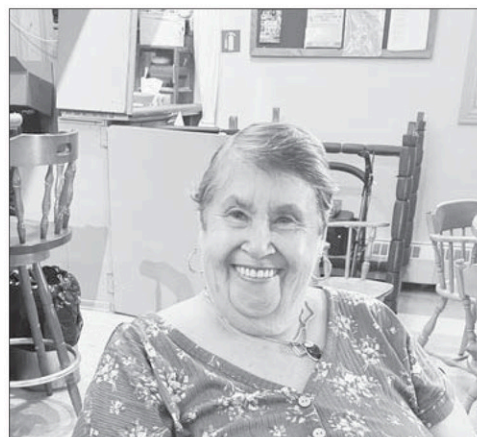


Created by Paul Sicard, graphic designer, from Warden

**In 1858**  
 The cemetery was located and pioneers were buried here, but nothing really was done until 1916 when Cyrena Whitney gave the land. In 1917, a first meeting was held and seven administrators were elected to oversee the cemetery.  
 During that time, it was referred as "Brookside Cemetery."  
 In 1927, by an Order in Council, the Lieutenant Governor confirmed "a certain of parts of the township of Stukely to be known as the South Stukely Cemetery Company."  
 It has since been enlarged by several rows.  
 It is listed on "Find a Grave" along with photos and obituaries of the deceased within.

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