

RICHMOND REGIONAL
HIGH SCHOOL, RICHMOND

OCT. 11TH
5 P.M. TO 7 P.M.

MASSEY-VANIER
HIGH SCHOOL, COWANSVILLE

OCT. 25TH
5:30 P.M. TO 8:30 P.M.

ALEXANDER GALT
HIGH SCHOOL, SHERBROOKE

OCT. 27TH
9 A.M. TO 12 P.M.

A BILINGUAL ENVIRONMENT
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The struggle of undecided voters

Page 3

THE RECORD

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Aube Lumière Thrift Shop offering savings for a good cause

Page 5

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WEDNESDAY, SEPTEMBER 26, 2018

Mother of teen shot by police has 41 questions, few answers

By Sharon McCully

Tracy Wing, mother of 17-year-old Riley Fairholm, the teen who was shot and killed by police in Brome Lake in what appeared to be a suicide attempt, has a list of 41 questions she would like answered by investigators at the Bureau d'enquêtes indépendantes, the independent body responsible for investigating cases which involve police. In spite of her repeated requests for information about her son's death, only three questions have been answered.

"I am not asking questions that can compromise the investigation," Wing said in an interview with The Record. "I am asking for details as a mom who needs answers. Questions like, How many times was he shot? Did he suffer? Did he die right away? Where was he standing? Did he say anything? Did they try to talk to him? What did he do that prompted them to shoot?"

And the thing that haunts her most: "Why was I not permitted to see or hold

CONT'D ON PAGE 3

Couillard in Sherbrooke on the lead up to Election Day



GORDON LAMBIE

Liberal Party leader Philippe Couillard alongside Townships candidates Annie Godbout, Luc Fortin, Robert Roy, and Guy Madore during a campaign stop at the Rigolo activity centre in Rock Forest on Tuesday morning.

By Gordon Lambie

Philippe Couillard, the Premier of Quebec and Leader of the provincial Liberal party was in Sherbrooke on Tuesday morning meeting with the owners of Rigolo and Gymini, two local businesses that provide indoor playgrounds for the region's young chil-

dren. With just under one week to go before the final day of voting, the party leader used the opportunity to reflect on the accomplishments and promises made to date, both during this fall's campaign and over the previous four years, with a particular attention being placed on support for families.

"Because we are the government of

the economy, we can be the government of quality of life," Couillard said, claiming that his party has introduced a range of "concrete and realistic measures" to support Quebecers including the new first-time homeowners' tax credit and a commitment to cap hospital parking at \$7 a day.

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Charles Poulin, PLQ Candidate for Saint-François



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Weather



TODAY:
SHOWERS

HIGH OF 22
LOW OF 7



THURSDAY:
SUNNY

HIGH OF 18
LOW OF 7



FRIDAY:
SUNNY

HIGH OF 20
LOW OF 9



SATURDAY:
RAIN

HIGH OF 15
LOW OF 3



SUNDAY:
CLOUDY
PERIODS

HIGH OF 12
LOW OF 4

HAND-IN-HAND

New things on the horizon for Townships Sun



We have experienced an exciting year at the Townships Sun. We ended 2017 celebrating our 45 years in publication. New and exciting things were on the horizon for 2018. “The English Language Magazine,” with a small circulation is stretching out to meet today’s visions, while preserving the past traditions. We have turned another page in our history. We are excited to announce our e-version of the magazine. The year was 1972 when the Townships Sun began the journey. A voice in the communities, from newspaper format, to magazine and now to an electronic version.

Our vision is to expand paths moving us into future generations. We launched our electronic magazine option in August of this year. The Townships Sun maintains the same values and commitment to our writers and readers, while moving in new directions. It is a pleasure to offer you another choice to suit your preferences; from magazine format to methods of payment.

You simply go to the Townships Sun website at: www.thetownshipssun.org, find your options and click. If you wish to subscribe you may choose to have the print version, the electronic version or take advantage of a package deal, com-

binning the print and electronic version. It is an easy way to subscribe or give a gift. Payment is easy and fast with pay by credit card, Paypal or debit card. Not to worry you still may order and pay by cash, cheque or money order. Choices that were not available until now. We listened to your request and are pleased to offer you this new service.

The Townships Sun’s connections are growing one by one. We have partnered with numerous community organiza-

tions to bring you announcements, and our Facebook page is continually updated with events and interesting tidbits of information and connections. Organizations have availed themselves of the services we offer via the web page and Facebook page announcements. Reaching out to organizations and writers keeps the magazine fresh, interesting and exciting. New writers have been published in the Sun, connecting the magazine to more people, like links in a chain. Reading about fellow Townshipers is a great connector.

Obstacles are a continual problem for small non-profit magazines, and yet dedication and endurance keep us going. The Eastern Townships is a beautiful place to live. We invite you to join us on this journey. See you “Under the Sun,” hopefully for many years to come.



GORDON LAMBIE

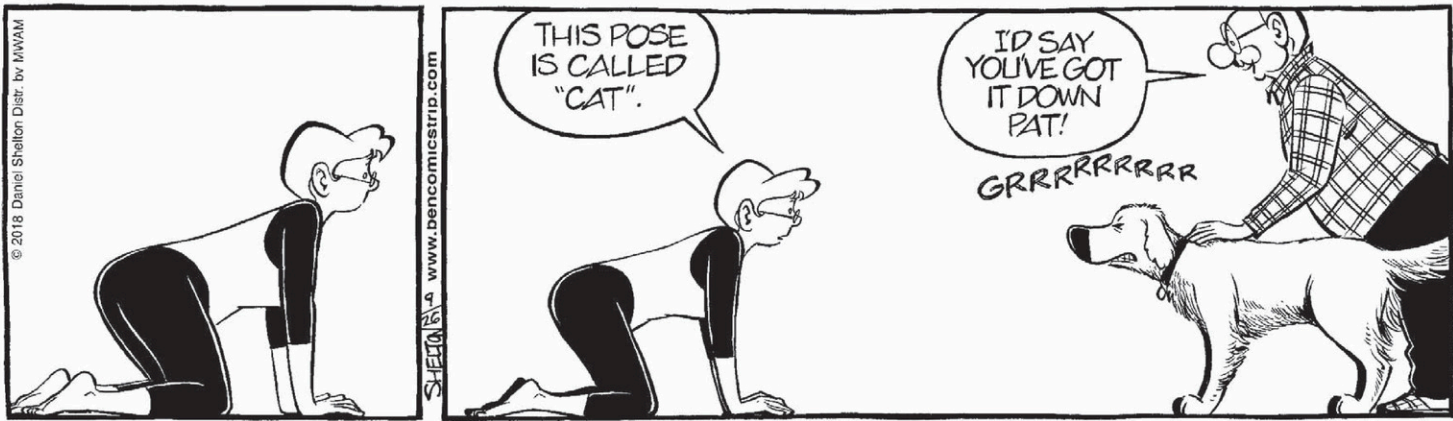
Townships Sun board members David Wright, Melanie Cutting, and Marion Greenlay with the December 2017 edition of the magazine and the second edition of the then newspaper from February 22, 1974.



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Ben by Daniel Shelton



LOCAL NEWS

"They sent us to the hospital where we were told 90 minutes later, our son died of a "police intervention." No details.

The struggle of undecided voters

By Emilie Hackett
Special to the Record

As the Quebec elections approach quickly, many eligible voters remain confused as to who deserves their vote. Four parties are leading the race in this 2018 election period: the Parti Libéral du Québec (PLQ), the Coalition Avenir Québec (CAQ), Québec Solidaire (QS), and the Parti Québécois (PQ).

The Record took to the streets and spoke with four undecided voters to ask them about their decision-making process. Milos Sukic is the 32-year-old father of two young children and works for an IT company. Isabelle Florentin, 22, a recent Université de Sherbrooke graduate, has been working as a nurse since 2015. Jim Lemaitre, 52, is a principal at an elementary school who is also the father of two children. Marie Thibault, mother of two children, is a 52-year-old counsellor in academic training.

When asked why they believed they were undecided, all four respondents had similar answers. Sukic explained that he did not feel as though one party truly stood out to him, while Thibault specified that she didn't "believe that

any of the parties could realistically offer a province that's more accepting, believes in the equality of gender, in social justice for all, or in a sustainable environment." She also added that education and health care were a priority for her, and she did not believe that there was a party that could adequately address those needs. On one hand, Lemaitre said that there were pieces of each party's platform he liked and that it was too difficult to narrow it down to one clear choice. On the other hand, Florentin felt that as a nurse, workers in the health system had been disregarded under the current Liberal government. However, she did not feel as though she could trust the CAQ, because of Legault's mindset and the way he presents himself. She liked the PQ and QS's promises but she did not feel as though they had a chance to win.

When asked what could help the voters decide between now and election day, Lemaitre and Florentin expressed that they needed to do more thorough research about the parties and find out which one really addressed what they believed were the most poignant issues, such as education, healthcare, and sus-

tainability. Sukic explained that a real plan to help young families, "unlike Couillard's \$75 a week comment," could help tip the scale for either party. Although Thibault has been paying close attention to the debates, no party has swayed her.

Sukic and Florentin specified that they did not watch the debates. Sukic said that he did hear from friends and family that QS had been successful, but it still did not help change his position. Florentin wished she had watched them and will be trying to find them online this week in the hopes she will find more answers. Thibault felt like the debates made her distrust most of the leaders. There were several promises made, but she did not believe that they will be "able to make them happen, or even be willing to make them happen once they are in power." As for Lemaitre, the debates did not affect his indecisiveness as the issues discussed were not his priorities.

The interviewees were then asked if they were more likely to vote for a candidate or if they would make a strategic decision by voting against a specific person or party.

Florentin explained that although she does not believe that either party she would vote for would win, she would hope they at least obtain a few seats. She expressed that the CAQ or PLQ would be the probable winners but believed that a minority with the PQ or QS in opposition could be a healthy challenge for the province. Lemaitre said he will be voting, but he did not believe in strategic voting. Sukic explained that he would be voting against the PLQ but believes that the Montreal region's voters will probably make them win. As for Thibault, her vote will most likely be strategic, to stop one party from winning with the majority.

The latest CBC poll averages demonstrated that the CAQ was leading with about 31 per cent of the vote, with the Liberals right behind with 30 per cent. The PQ numbers were around 20 per cent, as QS trailed last with 16 per cent. The general elections will be held on October 1st, but early polling stations for early voting are already open. For more information on how to vote, visit www.electionsquebec.qc.ca/provinciales/en/voting.php.

CIUSSS de l'Estrie – CHUS inaugurates unified breastfeeding policy

Record Staff

The CIUSSS de l'Estrie – CHUS, the regional healthcare institution, is getting ready to launch its new unified breastfeeding policy during World Breastfeeding Week, October 1-7. The theme of the week this year is, "Breastfeeding: the foundation of life," which fits in well with the new policy's aim of acquiring "Baby Friendly" certification for all its installations.

In association with the launch of the new policy, the CIUSSS de l'Estrie – CHUS

is highlighting how the practice of breastfeeding it important for baby and mother alike. The practice benefits babies by providing optimal nutrition for growth and development; opportunities for bonding and attachment; protection against digestive infections, increased potential for cognitive development, and reduced incidence and severity of several diseases including respiratory tract infections, ear infections, diabetes, and sudden infant death syndrome.

Benefits for mothers, according to the CIUSSS, include decreased risk of breast

and ovarian cancer, reduced risk of type 2 diabetes, delay of the return of menstruation after childbirth, and an economic benefit for the family in that there is no need to buy formula.

On Saturday, September 29, starting at 10 am, breastfeeding challenges will be held at five different locations across the Townships to help raise awareness about the benefits of breastfeeding and create a positive association with the practice. These challenges will be held at the Elie Carrier Community Center in Coaticook (464 Merrill Street), the Miner

Heritage Farm in Granby (100 Mountain Street), the Memphremagog Maison de la Famille in Magog (40 rue Jean-Paul II), the Pavillon du parc Bureau in Sherbrooke (925 Walsh Street), and Near the municipal pool in Windsor.

The breastfeeding challenge consists of several mothers breastfeeding together at a specific moment. The townships events will begin at 11 a.m. The event is organized in collaboration with Nourri-Source, the La Leche League, and other breastfeeding and family support partners depending on the location.

Mother has unanswered questions

CONT'D FROM PAGE 1

my son while he was still warm, lying on the road a few feet away?"

Wing received a cryptic text from her son at 1:42 a.m. July 25, which she immediately took as a distress signal. "I love you." She quickly got in her car to go to him, intuitively thinking he may be headed for Douglass Beach. On the way, she passed a First Responders vehicle heading in a different direction and quickly turned and followed it to Knowlton Road.

"I am a First Responder and when I arrived at the scene and saw a colleague doing CPR, I knew right away that whoever it was, was dead," Wing said. "When I saw the cops I thought maybe he had thrown himself in front of a car and I tried to get close to see if it was Riley, but police held me back."

"I told police 'I think that might be my son, he's depressed and in crisis', but they wouldn't let me get close to see him."

For a mother standing helplessly on the other side of a police barrier, the ordeal was agonizing.

"They sent us to the hospital where we were told 90 minutes later, our son died of a "police intervention." No details.

Wing was told later by a First Responder he had been shot in the forehead and probably died instantly. The medical examiner declared his death at 2:37 a.m.

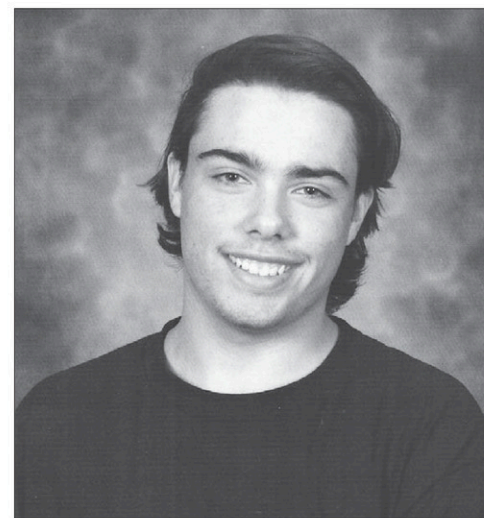
Two investigators with the BEI were assigned to handle the case and communicate with Wing, but the information she has been given is neither more nor less than what appears on the BEI public web site. Around 1:20 a.m. July 25, a 911 call was received regarding an armed man in public. Police were dis-

patched to find an individual with a weapon in his hand. Police attempted to communicate with the individual using a megaphone. The individual became threatening towards police. Police shot the young man, who died from the gunshot.

"I don't want to blame police," Wing said. "There have been 54 deaths in Quebec since July, 2016 as a result of police interventions. Thirteen cases are still open but no recommendations have been made."

"That's why I would like to know if they tried to talk to him or how it happened so quickly," she said. "I'd like to be able to say that things might end differently for the next boy or girl if certain protocols are in place."

"Riley was a danger to himself, nobody else," Wing said. "Handled differently, there may have been a different result."



COURTESY

Riley Fairholm was shot and killed by police during an intervention on July 25, 2018 in Brome Lake. Fairholm's mother, Tracy Wing, is still waiting for answers from police to explain what happened.



THE PET CONNECTION



Jen Young



Jessie is a special kitty. He was born with two sets of reproductive organs. He technically could be called a female or a male. He has had all his vet attention and now just waits for a family to come and give him a loving home, like he deserves.



Hershey is a medium sized dog. We assume he has some pointer in him. He is FULL of energy and is okay with other dogs but because he is so excited and ready to go, other dogs aren't too fond of him. He should be with an active family with no cats as he is string and always wants to play. For the right family, he will make an excellent family member.



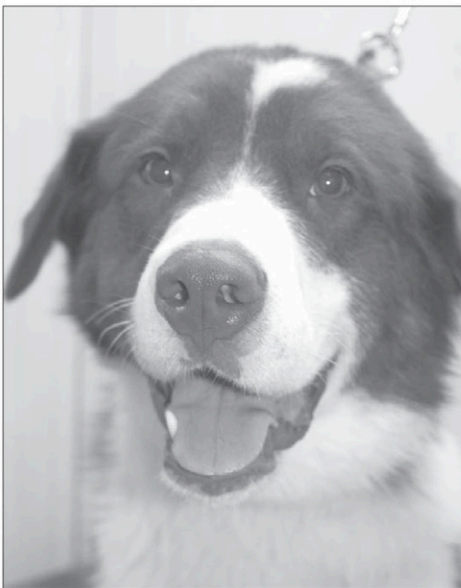
Spike is another one of our boys with LOTS of energy. He would play fetch for hours and hours if someone wanted to with him. He is not good with cats, but is good with some dogs who tolerate his energy. For an active owner, he will make a great family member.



Maria is a big girl. She has had a rough start to her life. She was found stray as a kitten with a very large herniated intestine. She has had many procedures to correct her intestines and stomach and now just waits for someone to give her a good home for the rest of her life.



Petie is only 4 months old. He was hand raised by us so is very affectionate, in fact, he has had a few unsuccessful trials because he was "too affectionate" and demands much attention. For someone who loves a very affectionate pet, he will make the perfect family member.



Kodie is a part malamute with lots of energy. He is very affectionate and friendly but has a high prey drive and cannot live with cats or small dogs.



Bob is a big double pawed boy who loves attention, but he develops a bit of an "attitude" around other cats. He would be happiest in a home where he gets all the attention to himself.



Maya is 5 now. She has been with us for 2 years. She is independent but enjoys affection. She will not be a cat that demands attention all the time, but when you want to give it she very much appreciates it.

This page is provided by Blue Seal - The Animal Nutrition Centre and The Pet Connection.



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Federal gov't invests \$7.5 million for cultural initiatives in official-language minority schools

Record Staff

While celebrating Franco-Ontarian Day in Orleans yesterday, Mélanie Joly, Minister of Tourism, Official Languages and La Francophonie, announced that students at official-language minority schools will be able to enjoy a variety of artistic and cultural activities thanks to an investment of up to \$7.5 million starting in 2019-20.

In addition to contributing to the vitality of the community, the activities will allow students to learn more about their culture, thereby helping them build their sense of identity in their first official language. The Community Cultural Action Micro-Grant Program for Minority Schools offers new micro-grants to support cultural activities in schools.

The activities will be managed by two community and cultural organizations: the Fédération culturelle canadienne-française (FCCF) and the English Language Arts Network (ELAN). Community-based organizations across the country, along with 1,000 schools in the linguistic communities, will have access to the funding. Thanks to this investment, more than 4,000 cultural activities will take place over the next four years.

The Community Cultural Action Micro-Grant Program is part of the Action Plan for Official Languages 2018-2023: Investing in Our Future, an-

nounced on March 28. The Action Plan, which has the goal of supporting communities across the country and helping official languages thrive in the years to come, is the largest federal investment in official languages in our history: \$2.7 billion over five years.

"Our government recognizes how important it is for students in official-language minority communities to be able to enjoy culturally enriching experiences that make them proud of their language and their culture," commented Mélanie Joly, Minister of Tourism, Official Languages and La Francophonie. "We are proud to implement this program, which will not only increase the number of activities offered, but also immerse students at official-language minority schools in the cultural life of their community. Canada's two official languages are deeply rooted in our history and are key elements of our Canadian identity."

English Language Arts Network Board President Bettina Forget added, "ELAN looks forward to collaborating with Canadian Heritage to facilitate this important program. In addition to providing fulfilling work opportunities for Quebec's English-speaking artists, it will offer students inspiring and meaningful engagement with the arts, creativity, identity and culture in their schools."

According to Statistics Canada's 2016 census, Francophone communities out-

side Quebec represent 3.8 percent of the population. The rate of bilingualism among Anglophones outside Quebec peaks at 6.8 percent. According to the projections for 2036, the percentage of Francophones outside Quebec could fall to 3 percent. The national bilingualism rate would only be increased by Quebec Francophones (up from 44.5 to 49 percent in 2036). The current rate of bilingualism in Canada is 17.5 percent.

There are official-language minority communities in all provinces and terri-

tories of the country. The action plan aims to address the unique challenges faced by Francophone communities outside Quebec and English-speaking communities in Quebec.

The action plan proposes \$499.2 million in additional funding to supplement current investments of \$2.2 billion, bringing the Government of Canada's support to nearly \$2.7 billion over five years.



COURTESY

Mélanie Joly, Minister of Tourism, Official Languages and La Francophonie announced funding for arts and culture in minority language schools while celebrating Franco-Ontarian day in Orleans, Ont.

Aube Lumière Thrift Shop offering savings for a good cause

Record Staff

On October 3, the Aube-Lumière thrift-shop will open its doors for the fall.

Set up in the vast premises at the conference centre near the Delta Hotel in Sherbrooke, the shop is organized and run by a team of nearly fifty volunteers who work with the aim of helping to raise funds for La Maison Aube-Lumière palliative care centre. Since the first edition was held in 2014, more than 5,600 hours of work have been provided, raising more than \$200,000 in the process.

"I would like to acknowledge the excellent work done by Nicole Fortier and the dynamic team of volunteers who do their utmost to provide Townshippers with quality clothing at very competitive prices," said Marie Bécotte, General Manager of La Maison Aube-Lumière. "Without the donations from the public and without this great team, none of this would be possible."

The "Friperie-boutique Aube-Lumière," as it is known, offers a wide selection of women's clothing, carefully checked, cleaned and ironed. It also offers designer clothing, a large selection of shoes and several handbags, all at a fraction of their retail prices. It's a great way to save on clothes and accessories for the fall while helping a good cause. This year the shop presents its new travel section, intended for those who fly to the south.

The Aube-Lumière Thrift Shop will be open from October 3 to November 3, on Wednesdays from 10 am to 5 pm, Thursdays and Fridays from 10 am to 6 pm, and Saturdays from 10 am to 5 pm. It is located at 2655 King Street West in Sherbrooke, room 132.

Since 1997, La Maison Aube-Lumière has been welcoming cancer patients at an advanced stage at no cost. In addition to accommodation, La Maison provides high quality palliative care and accompanies patients and their loved ones in a

warm and compassionate environment. To achieve its mission, the Maison must

raise a million dollars annually in the community.

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Correction

In the article published on Tuesday, Sept. 25, 2018, ROC Estrie awards sarcastic prizes to Quebec election candidates, The Record reported that ROC Estrie was the organizer of the event.

While the invitation was sent by ROC Estrie, the event was actually presented by the Regional Committee for a Poverty-Free Quebec (comité régional estrien pour un Québec sans pauvreté).

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

EDITORIAL

Police officers certainly tweet a lot, but of the 1,051 tweets sent by officers, only 74 (seven per cent) were direct replies. And of those 74 replies, 38 (51 per cent) were in response to comments made by other TPS officers.

Police on Twitter: Talking to the community, or just to themselves?

By Patrick Parnaby
Associate Professor, Sociology,
University of Guelph
and Daniel Kudla
PhD Candidate, Sociology,
University of Guelph

North American police departments have been using Twitter for operational and public relations purposes for more than a decade. While some departments are more Twitter-savvy than others, they all seem to herald the platform’s ability to meaningfully connect officers to citizens. But is it true? Or are police departments peddling an image that belies something much different? If so, what does the gulf between image and reality tell us about how social media is shaping the police communications landscape? To answer these questions, we took a closer look at the Toronto Police Service’s (TPS) use of Twitter. Because the organization was an early adopter of the social media platform and because it has openly touted its civic potential, it appeared ripe for closer examination.

Collecting tweets
Certain Toronto officers are tasked with engaging Twitter users in an effort to build trust and establish rapport (as opposed to simply relaying traffic or crime-related information). To systematically capture those Twitter exchanges, we used an automated

system to monitor and record all relevant feeds over a period of time (between August and October, 2013). Using specialized text-mining software, we systematically analyzed 8,174 police-related tweets that were sent by the Toronto Police Service or citizens. In a nutshell, we found that despite Twitter’s potential for dialogue, there wasn’t a lot of meaningful engagement happening. Police officers certainly tweet a lot, but of the 1,051 tweets sent by officers, only 74 (seven per cent) were direct replies. And of those 74 replies, 38 (51 per cent) were in response to comments made by other TPS officers. In short, they appeared to be engaging themselves. When they did reply to regular users, it was never in relation to a socially or politically sensitive issues such as the 2010 G20 summit in Toronto or the shooting of 18-year-old Sammy Yatim on a Toronto streetcar. While there were more than 300 tweets critical of the Toronto Police Service, officers replied only once. In fact, officers were far more likely to reply when users praised the TPS for its work (22 replies) or when they acknowledged police participation in a community event (15 replies). **Ignoring rather than engaging**
Our data clearly shows that the TPS is prone to ignoring, not engaging, Twitter users who raise politically or socially sensitive issues.



That being the case, the Toronto Police Service does not use Twitter to foster dialogue or “engagement;” instead, officers make strategic decisions about whose tweets will be carefully acknowledged and whose will be completely ignored. In a sense, it seems the TPS has embraced Twitter, but remains fully committed to the traditional communications axiom that “less is more.” If police organizations like the Toronto Police Service want to demonstrate their accountability and transparency by interacting with social media users, we think they should engage users openly and honestly about all issues, including socially and politically sensitive issues. At minimum, Twitter could poten-

tially be a medium through which officers might at least acknowledge issues that continue to strain police/citizen relations, whether it’s tensions with Toronto’s LGBTQ community or matters relating to street checks and racial profiling. To be fair, we examined police-related Twitter activity for a short three-month period; it’s possible the Toronto police have evolved their social media practices. Nevertheless, as police departments invest more money and resources into their social media strategies, it is vitally important for them to go the extra mile and actually engage users —280 characters at a time.

Culture and Heritage: always absent from the election campaign.

The Fédération Histoire Québec (FHQ) firmly believes that heritage in all its forms is an essential component of Quebec’s distinct identity. As such, it believes that concrete commitments must be made by the Quebec government to ensure the protection of this collective wealth. We propose three concrete actions to achieve this goal: 1) Consult historical societies and heritage organizations upstream of decision-making processes that affect the

protection of heritage and the enhancement of Quebec identity. Historical societies and citizen heritage organizations hold deep and in-depth knowledge of local, regional and national history. In Quebec, nearly 280 organizations are members of the FHQ and work, most often on a voluntary basis, to preserve the memory of our towns and villages and our neighborhoods. They are the guardians of the identity of places. Unfortunately, build-

ings are demolished, place names are created or neighborhoods are developed without their heritage value being taken into account in the final decision. We believe that civil society organizations should be heard before making the decisions that affect the development of Quebec and its municipalities. 2) Provide adequate technical and financial support to Quebec municipalities in their heritage protection mission. In 2012, the Quebec legislature enshrined the principle of municipal autonomy in matters of local heritage by adopting the Loi sur le patrimoine culturel. The FHQ and several other stakeholders in the municipal sector emphasized at the consultations that preceded the adoption of this law, the danger of this decision for the protection of heritage. Indeed, many municipalities do not have the technical and financial resources to protect this collective wealth, which is also the responsibility of the Quebec government. The Federation believes that single-handed rescues of heritage buildings must stop. Municipalities must be provided with the necessary resources to enable them to consider and analyze the projects of the proponents in a professional and en-

lightened manner and thus effectively play their role in protecting their built heritage. 3) Preservation of heritage, essential for economic, social and cultural development. It seems urgent to us to change perceptions about heritage, no longer to see it as an obstacle to development but rather as a bearer of a vision for the future that takes into account our history and our deep identity, not to mention the quality life and the potential for population retention and visitor attraction. We also believe that teaching history in elementary school and in close collaboration with local heritage organizations can educate citizens who are aware of the value of our heritage. Historical societies and citizen organizations, by their implication, call upon the government, its Ministry of Culture and its Ministry of Education, to contribute, through targeted media campaigns and public speaking engagements in favor of heritage, to change mentalities and, thus, to assume their responsibility as guardian of our collective heritage. PRÉSIDENT FÉDÉRATION HISTOIRE QUÉBEC PRÉSIDENT COMITÉ DU PATRIMOINE DE LA FHQ

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Local Sports

Montreal then went ahead 2-0 at 12:38 when Ouellet's half slapshot from the point found its way through a partial screen to beat Sparks between his arm and body for the defenceman's first.

Canadiens assign prospect centre Suzuki to OHL, release veteran Ward from PTO

The Canadian Press

The Montreal Canadiens assigned prospect Nick Suzuki to the Owen Sound Attack of the Ontario Hockey League on Tuesday.

The Canadiens acquired the 19-year-old Suzuki earlier this month in a trade that sent former Canadiens captain Max Pacioretty to the Vegas Golden Knights.

Suzuki had an assist and four shots on goal in two pre-season appearances.

The centre from London, Ont., has 234 points in 192 games over three OHL seasons with the Attack. He was selected in the first round, 13th overall, of the 2017 NHL draft.

The Canadiens also released veteran

forward Joel Ward from his professional tryout and assigned defencemen Michal Moravcik and David Sklenicka to Laval of the American Hockey League.

Canada names 71 athlete team for Youth Olympic Games in Argentina

The Canadian Press

Canada will send 71 athletes and 28 coaches to the 2018 Youth Olympic Games in Buenos Aires, Argentina next month.

The event, for athletes aged 15-18, features 241 medal events across 32 sports.

It runs from Oct. 6-18.

Four-time Olympic sprinter Bruny Surin will serve as chef de mission for Canada.

Canada will compete in 20 events. Ontario leads the way with 28 athletes, while Alberta and B.C., each have 14.

More than 200 countries are sending

3,998 athletes, with an equal numbers of males and females competing.

The event started in 2010 and is held every four years.

"It is such an honour to be Team Canada's chef de mission for the Buenos Aires 2018 Youth Olympic Games," Surin said in a statement. "The opportunity to

compete at the Olympics changed my life, and I have no doubt that the ability to take part at the Youth Olympic Games will do the same for the young athletes taking part. I am so excited to help them reach their potential."

Minus both teams' big names, Canadiens down Maple Leafs 5-1 in pre season play

By Joshua Clipperton
THE CANADIAN PRESS

Xavier Ouellet and Artturi Lehkonen each scored twice as the Montreal Canadiens defeated the Toronto Maple Leafs 5-1 in pre-season play on Monday.

Charles Hudon had the other goal for Montreal, which picked up its fourth victory in five exhibition outings. Antti Niemi made 29 stops for the Canadiens, while rookie centre Jesperi Kotkaniemi continued to impress in his bid to make the club with an assist and a plus-3 rating. Joel Armia added two assists.

Kasper Kapanen replied for Toronto as the Leafs lost for the first time in five pre-season games. Garret Sparks got the start for Toronto, allowing five goals on 36 shots. Sparks is in a battle with Curtis McElhinney and Calvin Pickard to be the backup to Leafs No. 1 netminder Frederik Andersen, but did little to help his

cause.

Both teams dressed lineups at Scotiabank Arena filled heavily with players destined for the American Hockey League this season.

With the likes of Auston Matthews, John Tavares, Mitch Marner, Patrick Marleau and Nazem Kadri sitting out, the Leafs' projected fourth line on opening night of Kapanen, Par Lindholm and Andreas Johnsson was given top billing.

Montreal left Carey Price, Brendan Gallagher, Jonathan Drouin and Tomas Tatar at home, but Kotkaniemi got another look as the club continues to debate what to do with the No. 3 pick from June's NHL draft — keep the 18-year-old centre, send him to the AHL or return him to his Finnish club.

The Canadiens opened the scoring at 10:17 of the first period when Kotkaniemi — playing his team-high fourth game of the exhibition schedule — took a shot that went off Leafs defence-

man Andreas Borgman and right to Lehkonen, who scored his second goal of the pre-season into an wide-open net.

Montreal then went ahead 2-0 at 12:38 when Ouellet's half slapshot from the point found its way through a partial screen to beat Sparks between his arm and body for the defenceman's first.

Leafs head coach Mike Babcock challenged the play for goalie interference, but the call on the ice stood after video review.

Toronto had a number of chances to get on the board throughout the period, but Niemi was there every time, stopping all 18 shots he faced.

Kapanen got the Leafs on the board 34 seconds after the intermission when his deflected shot looped up and over Niemi from in tight, but Ouellet scored his second at 4:28 with Kotkaniemi providing traffic in front.

Hudon made it 4-1 just 1:26 later when he turned Borgman around off the

rush and beat Sparks for his second goal of the pre-season.

Sparks then saw his clearing attempt from behind the net get intercepted by Matthew Peca, who fed Lehkonen in front his second of the evening with 5:03 left in the period.

The Leafs had a 5-on-3 power play for 1:12 late in the period, but couldn't get anything going against Niemi, who is once again tabbed to be Price's backup in Montreal.

It was more the same in the third inside a half-empty rink as the Canadiens' B squad coasted home against their Leafs' counterparts.

Notes: Montreal hosts Toronto on Wednesday in another exhibition matchup at the Bell Centre. ... The Leafs and Canadiens open the regular season Oct. 3 at Scotiabank Arena.

Teenage midfielder Ballou Tabla commits to play for Canada, says he can't wait

By Neil Davidson
THE CANADIAN PRESS

Attacking midfielder Ballou Tabla has committed to Canada.

The Canadian Soccer Association has confirmed that the 19-year-old has chosen Canada over the Ivory Coast.

"Ballou Tabla is all in," the CSA tweeted.

A subsequent tweet showed a bubbly Tabla, who left the Montreal Impact for FC Barcelona's B team in January, wearing a red Canada jersey.

"Yo Canada. This is Ballou Tabla," he

says in a video. "This is the jersey and I can't wait to fight for it again. See you soon."

Tabla has been in Canada camps from under-15 to under-20 and played five games for Canada at the CONCACAF U17 Championship in 2015. He was named Canada's under-20 player of the year in 2016.

But his senior allegiance had been up in the air until now.

"I'm very happy to be back with the national team," he said in a CSA interview. "I'm proud and I can't wait to see my teammates."

The Canadian men's team's next game

is a CONCACAF Nations League match against Dominica on Oct. 16 in Toronto. Canada is currently ranked 79th in the world.

The five-foot-nine, 155-pounder was born in Ivory Coast but came to Canada at the age of eight and was raised in Montreal.

He joined the Montreal Impact academy in August 2012 before leaving in December 2013. He then rejoined the Impact under-18 squad in April 2015 and played with FC Montreal, the Impact's USL entry in 2016. He graduated to the first team in October 2016.

At 17 years 338 days, he was the

youngest Impact player to take part in an MLS game when he saw action in San Jose on March 4. He played in 21 games (11 starts) for the Impact last season, mostly on the right side, picking up two goals and two assists with 1,146 minutes played.

He currently plays for the Barcelona B side in Spain's second division, having signed a contract for three years plus two option years.

Tabla's coming on board is more good news for coach John Herdman, who is targeting the 2022 and 2026 World Cups, with Canada, the U.S. and Mexico hosting the 2026 event.

Death

Gladys Isobel Bowden (Nixon)
1923-2018

Peacefully in her sleep at the Charles-Lemoyne Hospital on September 23, 2018, passed away Gladys Isobel Bowden, at the age of 94. Wife of the late Arthur Reginald Bowden. She leaves to mourn her son Daniel. The family will receive condolences at the Collins Clarke MacGillivray White Dignity Memorial, 307 Riverside, Saint-Lambert on Thursday, September 27, 2018 from 2 p.m. to 5 p.m. and Friday, September 28 at 9 a.m. followed by a Memorial Service at 10 a.m. Donations in her memory to the SPCA Monteregie would be appreciated.

Collins Clarke MacGillivray White
Funeral Home
307 Riverside, Saint-Lambert QC
PHONE: 514-483-1870
www.dignitequebec.com



Do just one thing



By Danny Seo

Butterflies are more than beautiful creatures; they are essential to flower pollination and are also an important food source for birds. To help butterflies thrive in your garden, you can do a few simple things. First, avoid using insecticides in your yard altogether. Second, plant milkweed flowers in your yard. Monarch caterpillars, for example, feed exclusively on the leaves of milkweed; over the past few years, milkweed has been decimated due to urban sprawl and suburban landscaping. Adding milkweed to your yard is easy: Just plant native varieties by seed in the spring and let them thrive.

Today in History for Sept. 26:

On this date:

In 1751, some 1,000 immigrants from Wurttemberg, Germany, arrived in Halifax, N.S.

In 1774, American pioneer environmentalist Jonathan Chapman, better known as Johnny Appleseed, was born. Chapman, whose theology taught an empathy with the natural world, distributed apple seeds and religious tracts from the Alleghenies to the Ohio Valley in the U.S.

In 1819, Sir William Edward Parry of Britain's Royal Navy anchored his ships off Melville Island, N.W.T., becoming the first explorer to winter in the Arctic by choice. He'd been put in charge of two ships in an expedition aimed at finding the Northwest Passage.

In 1904, Earl Grey was appointed governor general of Canada. He had been a member of the British House of Commons and then administrator of Rhodesia. Born in St. James' Palace in London, Grey was an ardent imperialist, and in speeches in Canada he tried to promote imperial pride. Grey served as governor general from 1904-11. In 1909, he donated the Grey Cup for the Canadian football championship.

In 1907, New Zealand was constituted a Dominion.

In 1909, Prince Ito of Japan was assassinated by a Korean revolutionary.

In 1934, the "Queen Mary," the first British liner to exceed 305 metres in length, was launched in Glasgow, Scotland. The 85,535-tonne vessel, built at Clydebank for the Cunard White Star Line, carried more than two million people in over 1,001 Atlantic crossings. In 1967, the huge liner docked at Long Beach, Calif., where it has since been fashioned into a hotel and museum.

In 1947, Hugh Lofting, who wrote "The Story of Dr. Dolittle," died. He was born in Maidenhead, England, in 1886 and settled in the United States in 1912.

In 1950, a "blue moon" that appeared over various parts of Britain was said to be the result of forest fires in Alberta and British Columbia. At dusk, a blue moon rose over the country. The scientific explanation is that smoke from the fires left particles in the air that interfered with the spectrum, letting only blue light through. Two days earlier, the smoke had been thick enough to completely block out the sun in eastern Canada.

In 1950, UN troops recaptured Seoul

from the North Koreans during the Korean War.

In 1956, Babe Zaharias, considered by many to be the greatest female athlete of all time, died of cancer at age 45. She starred in track and field, golf and numerous other sports.

In 1958, Prime Minister John Diefenbaker became the first Canadian leader to visit the Yukon while in office. Diefenbaker had made northern issues and development a priority and had lived in the Northwest Territories for seven years as a child.

In 1959, Ceylonese Prime Minister Solomon Bandaranaike died 22 hours after being shot by an assassin.

In 1969, the Centennial Centre of Science and Technology, now known as the Ontario Science Centre, opened in Toronto.

In 1972, in a referendum, Norway voted against joining the European Economic Community.

In 1977, British entrepreneur Freddie Laker began his cut-rate "Skytrain" service from London to New York. Laker was later knighted, but the carrier went out of business in 1982.

In 1981, Canada and the Soviet Union signed a five-year agricultural agreement.

In 1983, "Australia II" defeated "Liberty" to win yachting's America's Cup off Newport, R.I. It was the first loss for the U.S. in 25 challenges dating back to 1851.

In 1984, China and Britain agreed that Hong Kong would revert to Chinese control in 1997.

In 1990, the Oka crisis ended when Mohawk Warriors laid down their weapons after a 78-day standoff with Quebec police and Canadian soldiers. The standoff began July 11 when police raided a barricade set up to protest the expansion of a golf course on land claimed by the Mohawks. It ended, as it began, with violence. Unarmed Mohawks and Warriors got into wild scuffles with police and soldiers. By the end, army officials had taken 34 men, 16 women and six children into custody. One police officer was killed.

In 1990, in Russia, the Supreme Soviet ended decades of religious repression with a new declaration forbidding government interference in religious activities and giving citizens the right to study religion in homes and private schools.

In 1990, the Motion Picture Association of America announced the creation of the NC-17 rating, replacing the X rating for films with mature subject mat-

ter.

In 1991, four men and four women began a two-year stay inside a sealed-off structure in Oracle, Ariz., called "Biosphere 2." (They emerged from Biosphere on this date in 1993.)

In 1992, a military transport plane with 163 army officers and crew crashed soon after takeoff from Lagos, Nigeria, killing all aboard.

In 1993, 53-year-old diesel mechanic Dave Munday of Caistor Centre, Ont., completed his second plunge over Niagara Falls in a barrel. It was believed to be the first time anyone had survived two trips over the Falls. Munday also completed the stunt in 1985.

In 1996, the last full lunar eclipse of the century occurred throughout North America.

In 1997, all 234 people aboard an Indonesian Airbus were killed when it crashed near Medan in an area of Sumatra that had been shrouded in smoke from hundreds of forest fires.

In 2000, the Greek ferry "Express Samina," with more than 500 people on board, sank in the stormy Aegean Sea on a rocky islet shortly before reaching the island of Paros, Greece. At least 79 people, including two Canadians, died.

In 2002, a ferry bound for Senegal sank in a storm off West Africa, leaving about 1,000 people dead.

In 2005, the outlawed Irish Republican Army announced it had fully disarmed, a breakthrough verified by international weapons inspectors.

In 2008, Newfoundland and Labrador reached an agreement with the Innu to build a massive hydroelectric project on the Lower Churchill River. The deal included both an ownership stake in the proposed Lower Churchill hydroelectric project and redress for what the Innu suffered when the existing Upper Churchill project was built in the 1960s.

In 2008, Paul Newman, the blue-eyed leading man who starred in "Cat on a Hot Tin Roof," "Cool Hand Luke" and "Butch Cassidy and the Sundance Kid," died at the age of 83 after a long battle with cancer. Newman was nominated six times for an Academy Award before he took home the best actor honour for "The Color of Money" (1986).

In 2010, the CFL played its first-ever regular season game in Atlantic Canada, in Moncton. Running back Calvin McCarty scored two touchdowns as the Edmonton Eskimos defeated the Toronto Argonauts 24-6.



Fig.16

› If this feels like a math test, visit mathliteracy.ca or call 1-800-303-1004.

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NEA Crossword Puzzle

ACROSS

1 Having renown
6 Kids' wheels
12 Cody co-star
14 Wild feline
15 Just look
16 Ill-tempered
17 Have a bug
18 Honorarium
19 Kind of grin
21 Lenovo wares
23 Fishing pole
26 Baja "Mrs."
27 Zodiac sign
28 Buenos —, Argentina
30 Give assistance
31 Carder's demands
32 Leap out at
33 Fail to give a tip
35 Prefix for "three"
37 Airtight container
38 Fossil rock
39 Grassy field

DOWN

1 Head, slangily
2 Bireme mover
3 Bout ender, briefly
4 Broncos great John —
5 Hubby of Lucy

Answer to Previous Puzzle

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

ACROSS

6 Rover's remarks
7 Farm measure
8 Not name-brand
9 Pamplona cheer
10 Choice word
11 Shoat's home
13 Yapped
19 Squirm
20 Kind of tire
22 Dear
24 Seer
25 Go off track
26 Lip, slangily
27 Carbon-based forms

DOWN

41 Wallach or Lilly
42 Locker locale
43 Electric swimmer
44 Take care of a bill
46 Nocturnal predator
48 Clog (2 wds.)
51 Unruly crowd
55 Cisco Kid movies
56 Loved madly
57 Double-cross
58 Hits sharply

ACROSS

28 Vast region
29 Dispatched a messenger
34 Dolphin appendage
36 Shark hitchhiker
42 Kind of cab
43 Nudge
45 Mystique
47 Crumples up
48 Show grief
49 — kwon do
50 Hall-of-Famer Mel —
52 Bikini half
53 Tolerated
54 Newspaper execs

Your Birthday

WEDNESDAY, SEPTEMBER 26, 2018

Don't limit what you can do. Take care of unfinished business. Having freedom of choice will make your life easier. Set goals and offset any demands being put on you with your own requests or an agreement that will allow you the time required to fulfill your dreams.

LIBRA (Sept. 23-Oct. 23) — Take care of domestic issues swiftly, before they become too burdensome. Have a plan in mind that will involve people who bring out the best in you.

SCORPIO (Oct. 24-Nov. 22) — Scout out the online job market to see what's available. Exploring your options will motivate you to formulate a long-term plan. Discuss your intentions with someone you love.

SAGITTARIUS (Nov. 23-Dec. 21) — You have plenty to offer. Don't let someone damage your ego or make you feel worthless. Streamline your energy and make better use of your skills.

CAPRICORN (Dec. 22-Jan. 19) — You'll be torn between the changes you want to make and the ones available to you. Consider how you can diversify your skills and utilize your knowledge and attributes differently.

AQUARIUS (Jan. 20-Feb. 19) — Find a practical way to use your money, time and talents. Don't let anyone convince you to take on too much or overspend on something that isn't profitable.

PISCES (Feb. 20-March 20) — Use your imagination to come up with unique ways to take care of matters concerning

institutions, government agencies or pending settlements. Where there's a will, there's a way.

ARIES (March 21-April 19) — Don't get bogged down with trivial matters. If someone is being a stickler, you are best off going it alone. Working toward something you feel passionate about will pay off.

TAURUS (April 20-May 20) — If you change how you present yourself or do things, it will affect how others respond to you. Attend conferences and networking functions and progress will be made.

GEMINI (May 21-June 20) — You're on a roll, and much can be accomplished. Use your intelligence to outsmart anyone who challenges you. Your keen sense of justice and fair play will drum up support.

CANCER (June 21-July 22) — Mingle, expand your interests and approach people eager to share information with you. What you find out will lead to a potential professional or personal partnership.

LEO (July 23-Aug. 22) — Look at the plus sides of situations, but recognize the down sides. Cut your costs and lower your debt. Treat others fairly, but know when to walk away from a bad situation.

VIRGO (Aug. 23-Sept. 22) — Stop thinking about what you want to do and start doing it. It's up to you to make things happen and to be ready to take advantage of any opportunity that comes your way.

WEDNESDAY, SEPTEMBER 26, 2018

If you must bid up, you must play up

By Phillip Alder

If your partner overbids, pushing you into a contract that rates to be too ambitious, maybe you will find a clever line of play and pull through.

In this deal from last month's World Youth Bridge Team Championships in China, how did South play in seven diamonds after West had led the heart queen?

North opened with a Polish Club, which would usually have hidden a balanced 12-14 points, but in this case was any 18-plus-pointer. South's one-heart response promised four-plus hearts and 8-plus points. After two natural bids, North indicated five or more spades and 18-plus points. The diamond fit was uncovered, four hearts was a control-bid, four no-trump was Roman Key Card Blackwood, five hearts indicated two key cards, and North plunged into seven diamonds.

The deal was originally described in the daily bulletin by David Bird from England. The declarer was Piotr Marciniowski from Poland. With only 10 top tricks, he needed to establish a fourth spade and score a couple of ruffing tricks.

After winning with dummy's heart king, declarer took the three top spades and discarded two clubs. Then came the

spade six. When East covered with the jack, South had to ruff with his diamond 10. Luckily, West could not over-ruff. Now came the diamond ace, the heart ace for a club discard from dummy, a club to the ace, a club ruff with the diamond nine, two more rounds of trumps and claim. Marciniowski took four spades, two hearts, four diamonds, one club and two ruffs in the South hand.

North 09-26-18

♠ A K Q 10 6
♥ K
♦ K Q 5 4
♣ A J 3

West

♠ 9 5 3
♥ Q J 10 9 3
♦ 8 6
♣ Q 9 7

East

♠ J 8 7 4
♥ 7 6
♦ J 3 2
♣ K 8 5 4

South

♠ 2
♥ A 8 5 4 2
♦ A 10 9 7
♣ 10 6 2

Dealer: North
Vulnerable: East-West

South	West	North	East
1♥	Pass	1♣	Pass
2♥	Pass	2♠	Pass
3♦	Pass	4♦	Pass
4♥	Pass	4NT	Pass
5♥	Pass	7♦	All Pass

Opening lead: ♥ Q

9-26

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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.

"PR PLSVAY EOD SVA ULMUAYS
PODSAY LC SVA DRPBVLMR.
OHDWYTZSR OMT AUUAMSYZUZSR EAYA
MLS UYZSZUZGAT." — POYSZM DVLVS

Previous Solution: "I do Broadway... I refuse to succumb to the stereotypical things that Hollywood does to a performer." — Jamie Farr

TODAY'S CLUE: *g sjanbe H*

REALITY CHECK

AT THIS TIME, WE'D LIKE TO INVITE OUR EXECUTIVE PLATINUM PLUS MEMBERS TO BOARD...

KNOCK IT OFF, ORVILLE!

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9-26

HERMAN

HERMAN®

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"Can you fix a flat?"

ALLEY OOP

IT LOOKS LIKE EVERYTHING FITS!

ARE YOU KIDDIN' ME?! LOOK AT THESE BOOTS!

THEY'RE SO HUGE AN' HEAVY, IT'S LIKE DRAGGIN' AROUND A BOX O' ROCKS WITH ME!

OOP, YOU MAY NOT BE AWARE, BUT IT'S TOUGH TO FIND A SHOE TO FIT THOSE BIG FEET OF YOURS!

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9-26

ARLO & JANIS

CAN YOU TELL I'VE LOST SOME WEIGHT?

OF COURSE! ABSOLUTELY! IT'S OBVIOUS!

THEY DON'T COME MUCH EASIER THAN THAT!

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THE BORN LOSER

MY DOCTOR SAYS I HAVE TO GIVE UP BACON AND EGGS FOR BREAKFAST TO LOWER MY CHOLESTEROL.

PHOOEY! MY GRANDFATHER ATE BACON AND EGGS EVERY DAY AND HE LIVED TO BE NINETY-SIX!

YES, BUT THAT WAS BEFORE THEY INVENTED CHOLESTEROL!

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FRANK AND ERNEST

A MOBSTER DEALS WITH A TERMITE PROBLEM

SORRY, GUYS, FORCE OF HABIT --- YOU DON'T REALLY NEED TO MAKE IT LOOK LIKE AN ACCIDENT.

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9-26

GRIZWELLS

I GUESS THAT PROVES THAT URBAN LEGEND WAS REAL

YEP

CAMPERS WHO TEXT WHILE RUNNING AWAY LIKE CRAZY REALLY ARE EASIER TO CATCH

YEP

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9/26

THATABABY

Please meet our special guest star-future me!

THESE VISITS MAKE ME NERVOUS...

EVERY TIME I RETURN TO THE PAST, I RISK CREATING A MASSIVE DISRUPTION TO THE SPACE/TIME CONTINUUM!

Like how?

WAIT A SEC! THAT 'APPRENTICE' GUY IS PRESIDENT?!

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9/26

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

www.healthcheck.org

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100 Job Opportunities 100 Job Opportunities

Antagonizing sister

WEDNESDAY, SEPTEMBER 26, 2018

Dear Annie

Dear Annie: Ever meet someone who plays the victim and always needs a villain in her life?

We have a sister (baby of the family) who grew up in the South and then married a nice guy from New England, and they moved there over 20 years ago. At first, she complained about the weather, the lack of sunshine and how the people were different — which was to be expected after such an abrupt change in her life.

However, she's grown increasingly angry and hostile over the years. Her first villains were her two sisters-in-law who lived nearby. Those relationships were destroyed, and our brother-in-law now has zero contact with his two brothers. And of course, it was "their fault."

Her next villain was our mother back in Florida, with our dad or sister serving as referee. Anytime she visited Florida, things blew up. Our mom and dad are now gone, and now I, her elder brother, have become the villain. Our family is in Florida, so I'm a "long-distance" villain.

Her complaint is that "our families are not close," and she says it's my fault. "You make no attempt to see us," she says. (We've visited her homes six times in 20 years. She's been to our home once, during our daughter's wedding weekend.) "I feel disrespected" is another one I hear a lot.

We do not know whether she is miserable because of her family life, her inability to fit in or her lack of close girlfriends. It also could be something deeper. Chemical imbalance? Meds or lack thereof? Substance abuse? Lack of sunshine? Is there anything we can do or suggest? Our thought was to write to you and send your reply to her. She obviously needs some professional help. — No Interest in Being the Villain

Dear No Interest in Being the Villain: If only it were the lack of sunshine. Your sister needs much more than a UV lamp. It sounds as though you've been able to avoid taking her

attacks too personally, as you have enough distance, mentally and physically, to see this pattern of behavior for what it is. That's good.

Defense mechanisms are at once debilitating and protective. What this victim complex is protecting your sister from, I can't say for sure. That's a topic best explored in therapy, and you might encourage her to give therapy a try. But do so with love. Purge every trace of condescension from your tone before picking up the phone. I know the victim routine is extremely frustrating, but antagonizing her would only cast you both deeper into your roles.

Dear Annie: Why do authors have to use the F-word in their books? It turns me off! Do they think they are cute? They are cheap!

My family never used bad words, and when I am reading, I want to read a good story, not something that makes me sick. Thank you. — Love to Read, Canfield, Ohio

Dear Love to Read: I don't know, but I've also noticed a proliferation of F-bombs in literature and other media in recent years. I'm with you. Usually, anything said with the F-word could be better said without it. More than anything, it's lazy.

Dear Annie: This is a burning question I've had for a while. As a student, I always have homework, but should I procrastinate or spread out the work over a longer period? Both end up with similar results for me.

Procrastinating gives me more time to do the other things I want, and I end up being able to complete my work in a short amount of time just before the deadline. But being "responsible" provides me with a more confident feeling about the results. And what about group projects? How should one go about finishing a group effort with limited time to meet? — Student in New York

Dear Student: When you put off work to go have fun, how much fun do you really have? It's difficult to fully relax and be present when, in the back of your mind, you know an assignment is due soon. Putting off work might seem to give you more time to do the things you want, but the quality of that time is severely diminished. Plus, you might be a naturally gifted student who can manage to wait till the last minute to do assignments and still get decent grades, but as you grow up, the size of the tasks you face will grow, too, and procrastination will make your life a heck of a lot more difficult. So I encourage you to nip this habit in the bud now.

A few methods for clearing the mental blocks and anxiety that lead to procrastination:

—Forget about perfection. It doesn't exist. Your best is good enough.

—Whether you know exactly what you're doing or not, just get started. You'll often look back and see that was the hardest part. Planes use the most fuel during takeoff.

—Speaking of fuel, you can fuel yourself through work today by imagining yourself tomorrow, free, with your assignment behind you. Picture what you will do and how you will feel

As for group projects, all of the above applies. Take the initiative; have your group meet up the very first day you're teamed together, even if it's just for a brief chat. As a bonus, you might find that taking the initiative in group settings helps you become a more proactive leader to yourself.

Dear Annie: This probably has been addressed before, but I want to bring it up again. I've heard people comment about how they're appalled at folks who use handicapped parking but don't appear to have issues. For example, someone said he saw someone park in a handicapped spot and then walk away while a friend of his who was in a wheelchair couldn't find a spot.

To those people who are judging: Sometimes health issues cannot be seen. I have rheumatoid arthritis, as well as osteoarthritis, and walking distances can be difficult, so I do have a handicapped placard. I'm not yet using a walker, though there are days I probably should be. My purpose of this letter is to say, please don't jump to conclusions. There are many reasons people need handicapped placards besides being in a wheelchair. Yes, there might be those who abuse this, but the percentage is most likely low.

Thank you for allowing me to share this. — Invisible Handicapped Person

Dear Invisible: And thank you for sharing it. Your letter is right on the money, and I hope it will remind people not to jump to judgmental conclusions.

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

URGENT



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The Record is looking for a person of any age to deliver our newspaper on Oxford Crescent and Archie Mitchell streets in Lennoxville. There are presently 42 subscribers and deliveries take approximately 60 to 90 minutes, 5 days a week, paid every 2 weeks. This is a good way to get some daily exercise.

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9/26

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PREVIOUS SOLUTION

4	8	3	5	9	6	2	7	1
5	2	7	1	4	8	9	3	6
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2	7	6	8	5	9	3	1	4
3	5	4	7	1	2	6	9	8
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HOW TO PLAY:
Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

Grand Master Lynn Matthews' visit to Alexandra Lodge #59

On Thursday, September 6, there was a special meeting held in Ayer's Cliff for our Grand Master's official visit.

Supper was at Wood's Restaurant prior to this meeting. We are very pleased that the establishment allows us to have our meal and meeting there. Our hostess as usual was Debbie Keeble. She is so great! Thanks Debbie.

After the meal, Noble Grand Barbara Smith called their meeting to order. Michael Clifford filled in for our Chaplain, and Eugene as Inside Guardian. After welcoming all and thanking them for coming, meeting opened "in order." Seven officers and 16 guests were present. Acting as Conductor Lloyd Smith was asked to present all Appointed officers. They were greeted and a verse read for them. Then all Elective officers were presented and given "the Honours," except for the Grand Master. A nice verse was read to them.

Bernard Gravel, Grand Marshal, then had the honour of presenting our Grand Master, Lynn Jones. She was extended "the Honours," had a verse read for her, then seated at NG's left.

Under Good of the Order all dignitaries were asked for a few words. Then Grand Master Lynn was asked to speak. She was given a standing ovation. She thanked us for all courtesies, then explained her project. She asked that all lodges donate to their charities and inform her of them. She then brought the "Greetings" from herself, and all Officers of Grand Lodge.

There was a special ceremony for the Exchange of Travelling Gavel and Bible by Knowlton #28 officers. Register was presented by secretary Bernard to Ernestine. NG Bryan Mitchell presented Gavel to NG Barbara, and Chaplain Eugene Jones presented Bible to Acting Chaplain Michael. This ceremony is to be presented by Alexandra when visiting Victoria #16, perhaps when GM Lynn visits that lodge.

Submitted by
Ernestine Whipple



Barbara receiving Gavel



Michael receiving Bible



Lynn with her cake



Ernestine with Register, Barbara with Gavel and Michael with Bible

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