

Sherbrooke's youth centres unite for roadblock

Record Staff

Sherbrooke's eight youth centres will be holding the fourth edition of a 'roadblock', to raise funds in support of teens aged 12 to 17 across the city. The charity roadblock will be held on Sept. 30, 2023, from 8 a.m. to 4 p.m. across the city to raise funds to support youth activities and programs. The eight youth centers provide healthy, safe, and stimulating spaces for teens aged 12 to 17. Thanks to the varied program of activities - preventive, educational, cultural sports and play activities, they help young people discover themselves, develop skills and realize their full potential.

How to get involved?

Members of the community are encouraged to participate in this special event.

Here are just a few ways to support the cause:

1. Contribute financially: volunteers will be available at a dozen or so intersections throughout Sherbrooke to collect monetary donations.

2. Spread the word: Share this event with friends, family, and colleagues to spread the word about the fundraising campaign.

3. Become a volunteer: help raise funds on roadblock day. Contact your local youth center.

Every dollar raised at this event goes directly to helping young people and support youth centre's mission.

Townships Sun celebrates 50 years



WILLIAM CROOKS

Townships Sun volunteers after the non-profit organization's 2023 Annual General Meeting. Left to right, standing: Karen Sockett (subscriptions coordinator), Marion Greenlay (financial officer), David Wright (chair/publisher), Scott Stevenson (board member), Jennifer Brown (advertising representative), Beverly Taber Smith (board member), Rachel Garber (editor), Ana Martinez (board member). Seated: Janet Angrave (copy editor), Angela Leuck and Jane Baird Warren (board members), Marie Moliner (assistant editor), and John Mackley (Townships Moon columnist).

By William Crooks
Local Journalism Initiative

Local English magazine, The Townships Sun, launched its new online archives and rolled out plans for a year of activities while celebrating its 50th year of publication

at its annual general meeting Sept. 22. The Record attended to get the entire scoop.

Archives Project

The Archives Project saw the entire 50 years of its publication scanned and uploaded to the Bibliothèque et

archives nationales du Québec (BAnQ), where they can be consulted free of charge. The archives are comprised of 525 issues, with a total of 14,135 pages (10,659 tabloid pages and 3,476 magazine-size pages).

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Weather



TODAY:
SUNNY

HIGH OF 19
LOW OF 1



WEDNESDAY:
SUNNY

HIGH OF 21
LOW OF 4



THURSDAY:
SUNNY

HIGH OF 23
LOW OF 5



FRIDAY:
SUNNY

HIGH OF 21
LOW OF 5



SATURDAY:
A MIX OF SUN
AND CLOUD

HIGH OF 23
LOW OF 6

A Penny for your thoughts

Gamache live in Three Pines



DISHPAN HANDS
SHEILA QUINN

The weather was beautiful. Cutting through from the Fairy Trail on foot, across Lakeside (that was closed for pedestrian traffic), the heart of Knowlton was humming on Saturday. A charming food festival couldn't have hoped for better timing. Neat tents lined up in a few neat rows, flags planted in the ground and announcing the event, line-ups at each kiosk and folks set up at picnic tables hummed away.

Locals Jackie and Kylla and their children were dressed up in fall attire, a tablecloth on the picnic table at their chosen spot, the children dressed up too, little hats, jean jackets; a yummy spread out for the crew.

Locals Jackie and Kylla and their children were dressed up in fall attire, a tablecloth on the picnic table at their chosen spot, the children dressed up too, little hats, jean jackets; a yummy spread out for the crew. Cutting across the lawn and up through the Pettes' Memorial Library parking lot, the spaces were full, Knowlton Pub's patio across the street busy with the lunch crowd.
A few were beginning to gather at

Knowlton United Church just down the street – mainly those in charge of the day's event, a live reading of an abridged version of Still Life, Louise Penny's first novel featuring Chief Inspector Armand Gamache. The event was sold out. Roughly 200 people were expected, including a bus load.

Knowlton United Church is one of those flexible community spaces, often used by Knowlton Players. In December, it hosted the performance of A Charlie Brown Christmas, skaters sweeping their way around stage, as Snoopy decorating his doghouse. An abbreviated, modernized version of A Christmas Carol, written by local theatre legend Roger de la Mare, preceded the Peanuts show.

For the winter and into spring the basement served as the practice stage for The Sound of Music's rehearsals. That basement has been Whoville, the land of Canaan and Egypt, a taverna in Greece, Kansas and Oz, for play rehearsals leading up to production week for shows at Theatre Lac-Brome. The sanctuary held the recent Simon and Garfunkel fundraiser show, and now it was the set of murder-mystery author Louise Penny's village of Three Pines...in the heart of the actual Three Pines.

A tent was set up outside to accommodate special guests and dedicated charity for the day, Golden Rescue, that sounds like what it actually is, an organization that saves, rehabilitates and rehomes golden retrievers, with several beautiful retrievers on hand.

The perfect autumn day meant that queuing up outside was a breeze. Attendees were welcomed and checked off of lists, making their way up the stairs or via the elevator and into the building, taking seats close together to accommodate the crowd, on the curved pews that form a semi-circle facing the altar – the stage for the day.

Music stands and mics marked the actors' spots, where Emilee Veluz became Clara, Kate Holbrook – Ruth, Doug Hopper – Ben, John Hoblyn – Gabri, Danny McAuley – Peter, Lucy Hoblyn – Myrna, Jim Ferrier – Matthew Croft, Justin Morin – Philippe Croft, Geneviève Lapensée – Agent Nichol, Dorothy Moffat – Jane, Eric Alexandre – Agent Jean-Guy Beauvoir, celebrated actor Raymond Cloutier as Chief

Inspector Gamache, Louise Penny narrating and Muggins (Louise's dog, a golden) very convincing as Lucy (a character that is conveniently also a dog).

The event opened with a welcome from Danny McAuley, who was pivotal in organizing and direction (with Lucy Hoblyn, his wife – owners of Brome Lake Books), and a moving moment of gratitude from Mario La Rochelle, of Golden Rescue. Danny announced

A tent was set up outside to accommodate special guests and dedicated charity for the day, Golden Rescue, that sounds like what it actually is, an organization that saves, rehabilitates and rehomes golden retrievers, with several beautiful retrievers on hand.

that Louise Penny planned to match the funds raised by the event, doubling the donation to Golden Rescue.

And it was underway.

In a church sanctuary, on the second day of autumn 2023, under the glow of massive stained glass, attendees were transported to the fictional Eastern Townships town of Three Pines, right in the heart of the region that inspired the town in the first place. The attentive crowd laughed in the right places, and while most on hand familiar with the tale, they were still taken with it.

Following a standing ovation, ever connecting with her community, author and narrator Louise Penny made her way to the basement where she signed books for fans on hand.

With folks in attendance hailing from the Carolinas, Salt Lake City, Utah, Ontario, among other more remote and closer locations, as usual, the Gamache series and its celebrated author made everyone citizens of the Townships for an afternoon - privy to humanity, fallibility, intellect, down-homeness and the occasionally messy nature of friendships and life here.

Ben by Daniel Shelton



Local News

This is a project eagerly awaited by the community, she said, and discussions have taken place between the Ministry and the municipality of Compton.

Statement from Ministry of Transportation on trees near Compton Cemetery

By William Crooks

On Sept. 22, The Record published an article detailing Compton Cemetery Secretary-Treasurer Mahlon Grapes' concerns about road construction near the cemetery involving the potential loss of a row of mature maples. The Record put in a call to the Ministère des Transports et de la Mobilité Durable (MTMD) Sept. 21 and received a statement over email Sept. 22 from Jeanne Séguin-Laflamme, Communications Advisor and Spokesperson for the MTMD.

Séguin-Laflamme said she read

the article attentively and wanted readers to be informed that the concerns of residents regarding a road project, in this case the citizens of Compton, are being taken into consideration by the Ministry teams working to minimize the impact of this project on the environment and the community.

She went on to say that as announced in the 2023-2025 investments, work is planned to correct the profile of Route 147, starting from Route 208, over 2.2 km to the south. This section currently has a topography consisting of a series of valleys that require special signage

(65 km/h). Due to the industrial development of the area and the increased traffic on this section of Route 147, where an average of 8,000 vehicles per day, including 9 per cent trucks, travel, the smoothing of the roadway will improve the profile to enhance visibility distances as well as the sense of safety for road users and residents. The work will also widen the roadway.

This is a project eagerly awaited by the community, she said, and discussions have taken place between the Ministry and the municipality of Compton. Moreover, another meeting is planned in the coming weeks to

thoroughly explain and present the project to concerned citizens. This will provide them with the opportunity to express their views to the Ministry and ask any questions related to the project.

Regarding tree-cutting, the Ministry wants to reassure the population, she explained. Only the strictly necessary deforestation for widening the roadway will take place in compliance with current regulations and within the Ministry's right of way. The primary objective is to ensure the safety of road users by removing obstacles along the roadside.

Townships Sun

CONT'D FROM PAGE 1

"Our gratitude goes to the Bélanger-Gardner Foundation of the Bishop's University Library for funding this project," said David Wright, chair of the Townships Sun board. "We also thank John Mackley, who scanned the majority of the back issues in PDFs. They are archival quality and OCR-searchable."

"We couldn't have done it without Jody Robinson, Executive Director of the Eastern Townships Resource Centre, who gave us many helpful consultations, and provided a home for a complete set of back issues," said Rachel Garber, Editor. Garber coordinated the project, which also organized all the past issues and involved the purchase of acid-free boxes to protect the Townships Sun's own print archives.

50th Anniversary Committee

The Townships Sun's Assistant Editor, Marie Moliner, will head its 50th Anniversary Committee, joined by Ana Martinez, one of our newest board members.

"I left the Townships about 50 years ago. So, it is an honour to be recruited to lead the 50th Anniversary celebrations of the Townships Sun. I hope many, many volunteers will join the small and mighty Team 50, @TownshipsSun, so we can make this 50th anniversary a community building opportunity sans pareil," said Moliner. She has been back in the Townships since 2020.

The Board has thus far endorsed the following activities in support of the 50th:

Books & Brunch

Books & Brunch is a series of monthly literary/community get-togethers for book lovers, offering a chance to chat with selected authors about their work. The first one is Oct. 15, with authors

Mark Abley and Tanya Bellehumeur-Allatt. Their recently published books are, respectively, "Strange Bewildering Time: Istanbul to Kathmandu in the Last Year of the Hippie Trail," and "Peacekeeper's Daughter: A Middle East Memoir." Board member and book publisher Angela Leuck is organizing the series.

Townships Young Voices

A new Townships Young Voices Awards competition is opening! The focus will be on high-school-age artists, photographers, poets, and writers of fiction and nonfiction, and the submission deadline is Leap Year Feb. 29, 2024.

"This project is happening thanks to the Townshippers' Research & Cultural Foundation, which granted \$1,750," said Moliner. "But we need volunteers, including a TYVoices coordinator. Anyone interested is invited to contact me at TownshipsYoungVoices@gmail.com or on Instagram @TownshipsSun."

Other projects to come

Among other 50th Anniversary plans is a special legacy edition of the Townships Sun in Feb. 2024, and the publication of Eastern Townships Adventure, Volumes I & II, a two-volume history of the Eastern Townships by Bernard Epps. The Eastern Townships Resource aCentre and Shoreline Press are partnering with the Townships Sun in this project.

The event

The 50th Anniversary plans were announced at the Townships Sun's Annual General Meeting (AGM), attended by some 30 volunteers, subscribers, and partners, at the Uplands Cultural and Heritage Centre in Lennoxville.

At the AGM, a new board of directors



WILLIAM CROOKS

Townships Sun board members, volunteers and subscribers gathered for its annual general meeting at Uplands Museum in Lennoxville

was elected by acclamation. Two new members are Ana Martinez, a BCS student from Brazil who has been editorial intern at the magazine for the past four months, and writer Jane Baird Warren, of Ayer's Cliff. Returning board members were David Wright, Janet Angrave, Jennifer Brown, Melanie Cutting, Rachel Garber, Angela Leuck, Beverly Taber Smith, and Scott Stevenson.

Additional information

Wright, during his Publisher's Report, noted the future contribution of Professor Jennifer Harvey, who will lead a team of students to carry out a case study on how to improve the Sun's subscription numbers, arranged through the Experiential Learning Program of Bishop's University. Wright emphasized that many contributed to the Sun's success in the past year that were not specifically named.

Many organizations provided financial support, he reiterated, such as Quebec's Ministère de la Culture et des Communications, the Aid to Publishers program, the Townshippers' Research & Cultural Foundation, and the Bélanger-Gardner Foundation.

Garber's Editor's Report contained numerous bits of interesting information. The Sun produces nine issues per year, each one centered around a different theme. They are constantly on the lookout for varied contributions. Each issue contains the work of 15 to 20 writers, artists, or photographers.

Currently, they are looking for more material from the Brome-Missisquoi, Val-Saint-François and Drummond regions. This past fiscal year, the Sun had 171 contributors. Since October 2021 they have had 347. Since Nov. 2021, their subscribers have risen from 342 to 480. Garber finds this "upward trajectory" encouraging.

Time to fix the damn model



DIAN COHEN

Economic models assume that the economy has an equilibrium position around which it might fluctuate, but to which it will return. So there may be a period of inflation or a period of unemployment, but the long term trend will again return. This is the model that economists use to forecast.

What happens when the disturbances to the steady state equilibrium are so extreme that the long-term norm changes? Clearly, when this happens, the economic models must change or all the forecasts will be wrong. Our decisions, based on wrong forecasts, are less likely to lead us to our goals.

Breaks from the steady state concept have happened twice in the last 100 years, with all hell breaking loose in the forecasting business. The first time was in the 1970s – when three

events that had never happened before interacted with each other to change the way economists believed the economy worked: first, the Baby Boom generation (which everyone knew was 40 per cent bigger than the generations before it) flocked into the labour force. At the same time, the countries that controlled roughly 40 per cent of the world’s oil production and 60 per cent of the world’s petroleum market got together to jack up oil prices and restrict competition. Finally, the relatively stable international monetary system in which major currencies were linked to the US dollar and the dollar was backed by gold, suddenly wasn’t – in 1971, US President Richard Nixon severed the link between gold and the American currency.

The results were stunning and way beyond what the economic models said was possible: rising unemployment together with rising inflation – that’s when the term ‘stagflation’ was born. There were no policy solutions for stagflation – it took years for the economic theories and models to adapt, and even at that, the prospect of ever-rising public debt because of no disciplining anchor to the price of gold, was not well integrated.

In 1977, John Kenneth Galbraith, a prominent Harvard economist published a book called “The Age of Uncertainty”, whose theme reflected the contrast between the steadfast

belief in 19th century economic thought and the confusion in his own time. The book was turned into a popular TV series and helped the professionals develop new models of how the economy works.

We have not been so fortunate in developing these new models, even though the last 20 years has brought us “first time ever” events that have again changed the way the economy works. First the 9/11 attacks. Then the 2008 financial crisis. And finally the Covid-19 pandemic. Each of these events has produced political and economic policy responses that have affected us adversely because the consequences have not been properly understood.

The response to 9/11 poured money into the surveillance state, led directly to the wars in Iraq and Afghanistan and destabilized the Middle East, the distortions of which continue to be felt. The response to the 2008 financial crisis was abnormal monetary and fiscal policy stimulus that expanded public and private sector global debt and financial regulation. The response to the pandemic involved a shutdown of the economy and fiscal and monetary measures piled on top of the post-financial crisis measures still in place – that has created the biggest financial bubble in modern history.

Twenty months ago the former governor of the Bank of Canada, Stephen Poloz, produced an interesting book called “The Next Age of Uncertainty” which outlines much of our situation today. Indeed, Poloz believes that the 2008 financial crisis would have been foreseen if economists had not been “relying on models based on the uncharacteristically strong growth that occurred after the baby boom generation started joining the

labour force...” As for the other one-offs, he says that while black swans are impossible to plan for, policy makers have not developed a strong enough focus on risk management. Not many of the people in charge have given up their outdated forecasting models.

Usually when a product or service fails to satisfy its customers it ceases to be desired and fades away. That doesn’t happen with economic forecasts – we just can’t resist the siren call of what the future may hold. For at least two years, we have been inundated with what money manager Michael Lewitt describes as “largely irrelevant topics that only matter if you have the lifespan of a dragonfly – Is the Fed done raising interest rates? When will they start lowering interest rates? When will inflation hit the two percent target? Will they raise the inflation target above 2%?...blah, blah, blah...”

For those of us with more human length lifespans, the failure of the economic models has set us on a hamster wheel to nowhere. Unhappily, policymakers are making policy on the fly, throwing money at the loudest public complaint. Budgets are being written and money is being disbursed without any agreement about even the direction in which the economy is headed.

It’s not just two years of irrelevancy – it’s been 20 years of crisis management. It’s time to acknowledge that there is no equilibrium model to which the economy will revert. It’s time to fix the damn model. The alternative is continued economic dislocation presided over by intellectually impaired policymakers.

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Groups call for more careful consideration of artificial intelligence measures

The Canadian Press

Dozens of civil society organizations, experts and academics are calling on the Liberal government to remove proposed measures on artificial intelligence from a federal privacy bill, saying they must be considered separately.

The Liberals introduced privacy legislation last year to give Canadians more control over how their personal data is used by commercial entities, impose fines for non-compliant organizations and introduce new rules for the use of artificial intelligence.

The groups and experts say in an open letter to Innovation Minister

Francois-Philippe Cham-pagne that the artificial intelligence section of the bill fails to protect the rights and freedoms of people from the risks of AI.

They say Innovation, Science and Economic Development Canada should not be the primary or sole drafter of a bill with broad human rights, labour and cultural effects.

The letter says that if the artificial intelligence section of the bill is withdrawn, regulatory efforts to address AI could still proceed and be in place by 2025.

Meantime, the letter adds, MPs would have appropriate time to focus on the remainder of the bill, which raises significant concerns for privacy rights in Canada.

RCMP demolish last structure at Quebec's Roxham Road migrant crossing

By Morgan Lowrie
The Canadian Press

The last RCMP building came down Monday at Quebec's Roxham Road, which has been used by more than 100,000 migrants since 2017 as an unofficial border crossing into Canada.

Dust and the sound of crumpling metal filled the air while an excavator demolished a white building located at the end of a rural road about 50 kilometres southeast of Montreal, by the United States border.

RCMP Sgt. Charles Poirier told

"The number of migrants that cross through Roxham has dwindled and our presence is no longer necessary," he said.

reporters the temporary structure was designed to last a few years and was no longer needed, because the flow of asylum seekers across the border has slowed dramatically in recent months.

"The number of migrants that cross through Roxham has dwindled and our presence is no longer necessary," he said.

The unofficial crossing was shut down in late March after the United States and Canada closed a long-standing loophole in the 2004 Safe Third Country Agreement to make the deal apply to the 8,900 kilometres of shared border, rather than just at

official border crossings.

Poirier said about 113,000 people used Roxham Road since 2017 to enter Quebec from Upstate New York. Now, the flow has slowed to about 14 a week, spread over the entire Champlain sector, which includes Roxham Road and surrounding areas.

The RCMP will no longer maintain a full-time presence at the road but will continue to patrol the border with their counterparts from U.S. Customs and Border Protection, he said.

Under the 2004 Canada-U.S. agreement, asylum seekers have to apply for refugee status in the first of the two countries they enter. Before the loophole was closed, people were able to cross from the United States at unofficial spots — like Roxham Road — and claim asylum in Canada.

Well before 2017, Roxham Road had been a popular spot to cross, but it started seeing a spike in asylum seekers after the U.S. cracked down on illegal immigration and imposed new restrictions on refugees under then-president Donald Trump.

In response, RCMP built infrastructure at the site to deal with the heavy foot traffic.

Poirier said that while in the past "99.9 per cent" of irregular crossings into Quebec were at Roxham Road, people are now entering from "all over the territory." On Monday, Poirier said staffing levels would be returned to pre-2017 levels and resources would be distributed more evenly along the border.

He acknowledged that the change in the agreement means more asylum seekers are crossing through wooded areas, which can put them at risk.

"The temperature is getting

colder at night, and it's easy to get disoriented and once you get disoriented, you walk for hours in the woods, then hypothermia sets in," he said. "And if you're with young children then it becomes a problem."

He said there has also been a rise in the number of people headed the opposite direction into the United States, sometimes hours after landing at Montreal-Trudeau International Airport.

RCMP are investigating whether human smuggling networks, which Poirier said are likely tied to organized crime, are involved in illegal crossings between the United States and Canada. There are reports that Mexican cartels are involved in smuggling, but he couldn't confirm their participation.

Frances Ravensbergen, who lives near Roxham Road and is a member of the community group Bridges Not Borders, said the demolition of the structures is nothing to celebrate. All that closing Roxham Road has done, she said, is "pushed the problem to other places," such as airports, elsewhere along the border, and in Plattsburgh, N.Y., where her group often sees asylum seekers camping outside the bus terminal with nowhere to go.

While the changes to the Safe Third Country Agreement have slowed the flow of people at Roxham Road, the number of asylum seekers arriving by air has increased.

In August, there were only 84 RCMP interceptions in between official border points, compared to almost 5,000 in January. However, the number of asylum claims processed at airports reached 4,315 in June before falling to 3,220 in August —

compared with 1,370 in January.

Federal data suggests that a decision to temporarily accelerate the processing of visitor visas to reduce a

In response, RCMP built infrastructure at the site to deal with the heavy foot traffic.

backlog contributed to the increase. Data provided by Immigration, Refugees and Citizenship Canada shows that the country granted 1,290,390 temporary visas between January and July of this year, almost as many as it issued in all of 2022. In the same period, more than 11,500 visa holders claimed asylum, compared to 12,665 for all of 2022.

In a recent email, the department noted that the percentage of people who arrive on a temporary visa and claim asylum remains low — usually around one per cent — and is lower in 2023 than in the two previous years.

Ravensbergen, who attended Monday's demolition, said that while Roxham Road wasn't "the perfect solution," it at least offered a safe place to cross.

What's truly needed, she said, is for Canadian leaders to "take their place in the world" and address a growing challenge from migrants who need new homes due to climate change, war and extreme inequality.

Jeux du Québec-Sherbrooke on the hunt for volunteers

Record Staff

The organizing committee for the 58th Jeux du Québec-Sherbrooke has officially launched its volunteer recruitment campaign, with an objective of finding 2,500 volunteers.

The launch was held at Bishop's University's John H. Price Sports and Recreation Centre last week.

"It's an eagerly awaited moment, and one that's vital to the success of this major event! For more than a year, people have been asking us how to sign up. Now it's time for the public to confirm that they'll be there for the 58th Finale from March 1 to 9," commented General Manager Jocelyn Proulx in a press release about the recruitment campaign.

Évelyne Beaudin, Mayor of Sherbrooke pointed out that Sherbrooke is a city of sport, and it's the involvement of its citizens that will make the difference. With the upcoming Finale des Jeux du Québec, "we are fortunate to be able to host another major event in our community, and to count on the expertise developed here over the years. I'm certain that the people of Sherbrooke will come out in force to support the organization and get involved in making this not-to-be-missed event a success," the mayor said in a statement.

How to get involved

Anyone interested in registering as a volunteer can do so through the website <https://sherbrooke2024>.

jeuxduquebec.com/benevolat/.

The registration form is also available at the new Volunteer Centre at Carrefour de l'Estrie.

Évelyne Beaudin, Mayor of Sherbrooke pointed out that Sherbrooke is a city of sport, and it's the involvement of its citizens that will make the difference.

The volunteer registration

platform, via the website, allows volunteers to select three sites and three sectors in which they would like to get involved, such as food, hospitality, transportation, protocol, and so on. Regardless of experience or availability, everyone aged 12 and over is invited to join the Jeux du Québec family!

Companies and organizations in the region are also invited to mobilize their employees.

According to says Matt McBrine, Director of Sports Services at Bishop's University, getting involved as a partner, or volunteering with colleagues is a great opportunity to create bonds within a work team and contribute to a memorable event.

Bishop's will be one of the venues hosting events.

EDITORIAL

The consumption of UPF in Canada is largely associated with men, youth, those struggling with low income and those with obesity.

Ultra-processed foods are not only bad for our bodies, their production damages our environments

By Laila Benkrima
Agronomy Consultant, B.C. Centre
for Agritech Innovation, Simon Fraser
University

Ultra-processed foods (UPF) have become increasingly popular and range from chips to microwave meals and even bread. Even just a casual glance at supermarket shelves reveals a plethora of UPF offerings in all their elaborate and enticing packaging.

Besides their affordability, UPF not only offer time-saving convenience but also momentary satisfaction drenched in saturated fat, sugar, salt and additives. After all, who can resist enjoying a tasty snack when indulging in a football game or an electrifying new TV series?

Although much is discussed about the direct negative impact of these products on our health, including obesity, cardiovascular diseases and diabetes, little has been said about the impacts of UPF on the environment.

What are ultra-processed foods?

UPF can be defined as “formulations of ingredients, mostly of exclusive industrial use, that result from a series of industrial processes” and contain little or no whole foods.

They are made using industrial processing methods that may include moulding, chemical modification and hydrogenation (which can turn liquid unsaturated fat into a more solid form).

The consumption of ultra-processed foods is not new. In Europe, processed products on an industrial scale have been widely consumed since

the late 18th and 19th centuries. A 2020 Canadian study shows that the percentage of total purchased calories attributed to UPF in Canada increased from 24 per cent in 1938 to 55 per cent in 2001 and, in 2013, Canadians purchased an astonishing average of 230 kg of UPF per person.

Even more alarmingly, 99 per cent of Canadian adults consume UPF at least once a week. In comparison, 57 per cent of people in the United Kingdom consume some kind of UPF on a weekly basis.

The consumption of UPF in Canada is largely associated with men, youth, those struggling with low income and those with obesity.

Unfortunately, UPF tend to be more affordable than fresh, whole foods. They have a longer shelf life, require no preparation and can be enticing due to high sugar content that trigger feel-good dopamine responses.

However, consuming UPF comes at a high cost not just to our health but to our environment as well.

Cutting costs, raising emissions

UPFs rely on energy-intensive manufacturing processes and long supply chains, leading to substantial greenhouse gas emissions.

The most substantial environmental impacts of UPF-rich diets predominantly stem from the post-farm stages, specifically the final product creation and packaging processes.

One specific additive that has the most environmental impact is palm oil. Palm oil is responsible for deforestation of some of the world's most biodiverse forests. It is the world's most consumed vegetable oil that can be found in half



of our food.

Another villain is high-fructose corn syrup, which not only leaves a long carbon footprint but is also linked to obesity, high blood pressure and Type 2 diabetes.

The massive waste generated by over-packaged UPF is another factor to consider. Their plastic packaging doesn't degrade in landfills or in nature, and has a dramatic impact on soil health and marine life.

One recent study published in Nature Sustainability demonstrates that UPF processing and packaging stages have the greatest environmental impacts of the whole system, and are a major source of environmental waste worldwide.

The path to sustainability

There is no simple answer to the problem, but there are alternatives that can help reduce the pressure on the natural resources available on the planet. Embracing sustainable agricultural practices that prioritize regenerative farming, waste reduction and local sourcing of ingredients can effectively lower the carbon impact of UPF.

In addition, companies should adopt water-efficient technologies and support initiatives that restore natural habitats, as these are essential steps towards water conservation and biodiversity preservation. Public and health agencies need to put pressure on governments to adopt new policies and implement measures that will protect public health and the environment.

Advancements in agricultural technology could play a pivotal role in

mitigating the environmental impact of food additives. Precision farming techniques, data-driven decision-making, and AI-driven supply chain optimizations can enhance resource efficiency and reduce waste.

Small and medium-sized agri-food enterprises and small family farms often prioritize sustainable and locally-sourced ingredients, contributing to a more sustainable food system and enhancing biodiversity. Supporting local businesses not only encourages a healthier food ecosystem but also bolsters community resilience and regional economic development.

Indigenous communities as well possess a profound knowledge of sustainable agroforestry practices, and collaborating with these communities can provide essential teachings into more sustainable food production and responsible land and water management.

The environmental impact of ultra-processed foods cannot be ignored any longer. As we become more and more conscious about what we buy and how it is produced, we hold the responsibility to advocate for change.

High rates of UPF consumption indicates an essential failure of our food system to provide universal access to affordable, wholesome food. Whether such a goal is even possible may be up for debate, but what cannot be denied is that our current industry-driven proliferation of UPF is inflicting harm on both our planet and our health.

Article was originally published on The Conversation.

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

THE RECORD

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QUEBEC:	1 YEAR	119.59	5.98	11.93	\$137.50
	1 MONTH	10.76	0.54	1.07	\$12.37

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

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

PM#0040007682

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Local Sports

Gouadfel doubles as the Gaiters punter. He punted nine times averaging 41.3 yards, had a long of 60 and two inside the 20-yard line.

Gouadfel and Beaudoin named BU Athletes of the Week

Yani Gouadfel from the football team and Marie-Pierre Beaudoin from women's soccer are the Provigo, Robert Lafond Bishop's University Athletes of the Week for the week ending Sept. 25, 2023.

Gouadfel, an economics major from Mity-Mory, France had a career day on Saturday in the Bishop's Gaiters 18-10 win over Mount Allison in Sackville, N.B. He was part of the key play of the game when he picked up a fumble and returned it 43 yards for a touchdown early in the fourth quarter. The starting safety doubled down on his performance when he hauled in his U SPORTS leading third interception of the year with 16 seconds remaining and the Mounties facing 3rd and goal from the two-yard line.

He ended the game with four tackles including one for a loss plus the pick and fumble recovery.

Gouadfel doubles as the Gaiters punter. He punted nine times averaging 41.3 yards, had a long of 60 and two inside the 20-yard line.

Gouadfel and the Gaiters are back on the field on Friday, Sept. 29 when they host the StFX X-Men at 6 p.m. on Coulter Field.

Beaudoin, a fourth-year education major from Ottawa, led the Gaiters on Friday night as they secured their second victory of the year. The striker scored the lone goal in a 1-0 win over the UQTR Patriotes in Trois-Rivieres, Que. On Sunday, the Gaiters fell 2-1 to UQAM but Beaudoin was the team's best attacker.

The Gaiters are back on the pitch on Thursday night when they host cross-



GALEN JUILUSSON/MOUNT ALLISON ATHLETICS

Yani Gouadfel makes tackle in 18-10 win over Mount Allison on Saturday

town rival Sherbrooke on Coulter Field at 7 p.m.

Provigo, Robert Lafond returns for the 2023-24 season as the title sponsor of the Bishop's University Athlete of the Week. The Lennoxville landmark is a great supporter of Bishop's University Athletics and Recreation through the Athlete of the Week partnership that dates back over a decade.

Submitted by Marty Rourke
Manager of Athletics & Recreation
Communications, Bishop's University



MARTY ROURKE/BISHOP'S ATHLETICS

Striker Marie-Pierre Beaudoin

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Do just one thing



by Danny Seo

Does your washing machine offer the option of a “quick wash”? This setting allows you to clean your clothes in about 20 minutes rather than wasting time with the longer cycle of a regular wash. The quick wash isn’t only more time-efficient, it’s also more water-efficient because of the shorter running time. Use this option for items you want to clean that aren’t soiled enough to require the deep cleaning of the normal wash cycle.



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ThePain.ca

Date Book

TUESDAY, SEPTEMBER 26, 2023

Today is the 269th day of 2023 and the fourth day of autumn.

TODAY'S HISTORY: In 1789, Thomas Jefferson was named the first U.S. secretary of state, and John Jay was named the first chief justice of the United States.

In 1960, Vice President Richard Nixon and Democratic Sen. John F. Kennedy of Massachusetts met in the first televised presidential debate.

In 1983, Soviet military officer Stanislav Petrov correctly dismissed an early warning system report of an American nuclear missile launch as a computer error.

In 1990, the Motion Picture Association introduced the NC-17 rating, replacing the stigmatized X rating for films intended for viewers aged 17 and older.

TODAY'S BIRTHDAYS: Johnny Appleseed (1774-1845), nurseryman/environmentalist; Ivan Pavlov (1849-1936), physiologist; T.S. Eliot (1888-1965), writer; George Gershwin (1898-1937), composer; Jack LaLanne (1914-2011), fitness expert; Marty Robbins (1925-1982), singer-songwriter; Olivia Newton-John (1948-2022), actress/singer; Linda Hamilton (1956-), actress; Jim Caviezel (1968-), actor; Serena Williams (1981-), tennis player; Lilly Singh (1988-), actress.

TODAY'S FACT: “Abbey Road,” the last album for which all four members of The Beatles participated in the recording sessions, was released on this day in 1969.

TODAY'S SPORTS: In 1983, the Royal Perth Yacht Club's Australia II won the America's Cup, becoming the first non-American winner in the cup's 132-year history.

TODAY'S QUOTE: “Genuine poetry can communicate before it is understood.” – T.S. Eliot

TODAY'S NUMBER: 732 – performances of “West Side Story” during its original Broadway run, which opened on this day in 1957 and closed on June 27, 1959.

TODAY'S MOON: Between first quarter moon (Sept. 22) and full moon (Sept. 29).

Pudendal neuralgia caused by pressure on or near nerves



ASK THE DOCTORS

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

Dear Doctors: I have seen my doctor and gynecologist for pain in my groin area that gets worse when I'm sitting or if I squat. It worsens at the end of the day. I'm told it could be pudendal neuralgia. I've never heard of that. Can you please explain what that is?

Dear Reader: The term “neuralgia” refers to abnormal sensations that arise in a nerve pathway. They can range from numbness, tingling or burning to pain that is described as sharp, stabbing or like an electrical shock. Some people also become hypersensitive to cold or to touch. When this occurs, something as minor as lightly brushing the skin can result in pain or discomfort.

Causes include inflammation, infection and the effects of certain chronic diseases. Physical pressure on a nerve, or on the tissues or structures adjacent to a nerve, can also cause the condition. That's the case with pudendal neuralgia.

The pudendal nerve originates in a bundle of nerves located at the lower back of the pelvic wall and runs through the pelvic region and buttocks. It is a paired nerve, which means it is present on both sides of the body. The nerve and its branches animate and provide sensation to much of the pelvic region. It is crucial to passing urine and feces, and to sexual sensation and function.

Damage or injury to the nerve can cause the pain and other sensations you have described. It can also interfere with voiding the bowels or bladder, and with sexual function.

The path and location of the

pudendal nerve leaves it somewhat vulnerable to injury. This includes from prolonged sitting and activities such as cycling or horseback riding.

Childbirth, during which the nerve is repeatedly stretched, can also play a role. Typically, any symptoms related to the pudendal nerve recede within a few weeks of giving birth. But in some cases, such as during a difficult or prolonged labor, the nerve can become inflamed or even damaged.

Diagnosis of the condition begins with a physical exam, including a vaginal or rectal exam. Scans, such as an MRI, can be helpful in identifying possible points of nerve entrapment. In some instances, a nerve block may be used as a diagnostic aid. This involves disabling the nerve with an injection and then gauging if the symptoms have abated.

Treatment is a mix of behavioral changes, physical therapy and the use of medications to manage pain and inflammation. It's also important to avoid any painful stimuli. In your case, this includes sitting and squatting, and any activities that involve hip flexion. For patients whose pain arises from muscle spasms, physical therapy can be helpful.

Medications to manage nerve pain, including analgesics, muscle relaxants, antidepressants and anticonvulsants, may be prescribed. Studies show that a nerve block that includes an anesthetic plus a corticosteroid can confer pain relief that lasts for up to a month.

When nerve entrapment has been confirmed, surgical decompression may be needed. This now includes several minimally invasive laparoscopic techniques. For a diagnosis, seek out a neurologist familiar with this condition.

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

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

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:

Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)

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With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.

BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:

Text only: \$16.00 (includes taxes)

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WEDDING WRITE-UPS:

\$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

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

DEADLINES FOR DEATH NOTICES:

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

TOWNSHIPS' CRIER

TOWNSHIPS

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

LENNOXVILLE

Lennoxville United Church, 6 Church Street, Lennoxville, UCW's Fall Rummage Sale, Thursday, October 12 from 10 a.m. to 6 p.m., Friday, October 13 from 10 a.m. to 5 p.m., Saturday, October 14 from 9 a.m. to noon - Bag Day (\$7 a bag). Donations gratefully accepted: from 9:00 a.m. to noon, Monday through Friday, each week from: Monday, September 18 until Friday, October 13. PLEASE: no large furniture, no electronics and no cribs, car seats, highchairs. Please ring the doorbell if the door is locked. For assistance, please call the church office at 819-565-8449.

LENNOXVILLE

HCC Senior Luncheon will be held at noon on Thursday, September 28 at Hope Community Church, 102 Queen St., Lennoxville. Everyone

welcome. Entrance from parking lot. Please call Elaine at 819-563-8700 or elebourveau@videotron.ca to reserve your place.

MELBOURNE

The St. Francis Valley Plowmen's Association will hold their 69th St. Francis Valley Plowing Match on Saturday, September 30, 9 a.m., on the property of Douglas Morrison, 513 Oak Hill Road, Melbourne, Quebec. Everyone welcome.

NORTH HATLEY

Fundraising concert for Canadian Federation of University Women, October 1 at Ste. Elisabeth Church, 3115 chemin Capleton, North Hatley, 2 p.m., featuring the music of Bach, Beethoven, etc. Musicians Erich Kory, Pauline Farrugia, Daniella Bernstein, Douglas Nadler, special guest Jessica Remillard. Tickets \$20. For Reservations call Janet Watson 819-820-7628 or Deborah Dimitruk 514-894-9243. Free parking. Not to be missed!

SHERBROOKE

Les maisons des jeunes de Sherbrooke are pleased to announce the return of a special event that has a positive impact on the youth of our community. A charity roadblock will be held on September 30, 2023, from 8 a.m. to 4 p.m. across the city to raise funds to support

youth activities and programs. You can support by donating or volunteering. Contact dg@lennoxvilleyouthcenter.org for more information.

LENNOXVILLE

The St. Francis Valley Naturalists' Club presents: The Monarch Butterfly. Jessica Adams of Nature Nerdling will give insights into these beautiful pollinators with explanations about biodiversity and conservation. Jessica will also describe the Scowen Park Monarch Butterfly Project. Wednesday, September 27, 2023, 7 p.m., Amédée Beaudoin Community Centre, Lennoxville. Admission is free. Note: this is a scent-free event.

LENNOXVILLE

The soup lunches are finally back! You are all invited to St. George, Lennoxville (84 Queen) on Friday, September 29 for a meal of homemade soups, rolls, cheese and dessert. \$10 entry. Serving is from 11 a.m. to 1 p.m. Proceeds are in support of the Bicentennial Restoration Fund.

NORTH HATLEY

Pork Mechoui at the North Hatley Legion on Saturday, September 30 at 6 p.m. Music with Wayne Doucet at 7:30 p.m. Reservations please, 819-842-2933 after 2 p.m. Everyone welcome. 18+.

COATICOOK

Not to be missed! Second annual Circuit of the Arts of Coaticook, September 30 and October 1, 10 a.m. to 4 p.m. 5 locations: Beaulne Museum, the municipal library, Hop Station (former train station), Maison de la Famille (former St. Jean Church), and Glo Golf (former St. Marc Church). Free to all.

LENNOXVILLE

Mental Health Estrie invites you to their annual general meeting to be held at 7:00 p.m. on Wednesday, October 4, 2023 on Zoom. To acquire the link, you can visit their Facebook, Instagram, or website. The main agenda items are: Annual reports, financial statements, and election of the Board of Directors. For more information contact MHE at 819-565-3777 or info@mentalhealthestrie.com.

KNOWLTON

The Eastern Townships British Home Children Wreath will be laid on the grounds of the Lac Brome Museum, in Knowlton, on September 28 at 12:00. There will be commemorations across Canada on this day to remember and honour all our Home Children, nearly 5000 of whom passed through the Knowlton Distributing Home.

Preparing questions for long visits

Dear Annie

TUESDAY, SEPTEMBER 26, 2023

Dear Annie: Finding topics of conversation can often be difficult during long visits. Since "Grinding My Teeth" feels that this may be the last time she and her husband will visit with these in-laws, why not take this opportunity to encourage these people to talk about their lives?

When they arrive, ask the in-laws if they would be willing to talk about memories from their younger years. The internet is full of suggestions of questions that will stimulate memories, so do a bit of research and type up a sheet of questions, maybe 30 or so, enough to have a question for each day. Everyone who has lived on this planet for a number of years has many stories to tell.

Too often we never get around to asking the meaningful questions before it is too late. Writing this letter has inspired me to write up a sheet of questions I now wish I had readily available when my difficult mother-in-law would visit my family for 6 months at a time. - Curious About Peoples' Pasts

Dear Curious About Peoples' Pasts: I love the suggestion of turning something that could seem like a chore into a learning experience. We are never too old to learn new things and in listening to peoples' stories we can learn a great deal about them in the present. What a beautiful suggestion.

Dear Annie: I am 65 and a retired attorney, and I read your column every day in our local paper. I like history, ancient primary source history, financial philosophers, martial arts, healing through natural medicine, and studying anything and everything that

piques my metaphysical curiosity.

Your column regarding the man whose wife asked everyone for advice on everything was extremely prescient and had profound personal resonance. I, too, have a wife who asks everyone everything. She asks the sales clerk in the store: "Should I buy it? Does it look good on me?"

And I, too, have a wife who was an abused child of an alcoholic parent and has low self-esteem. After 40 years of marriage, I am learning to give my wife the love and understanding she deserves.

And in your column about the mom with multiple sclerosis, your advice was spot on.

And, even though I have read more books than were contained in the long-destroyed Library of Alexandria, my social skills are not always on par with my intellect.

I enjoy your column and most often concur with it because you reveal good judgment and wisdom.

Nowadays, people are quick to criticize from the anonymity of the internet. They destroy good people and businesses for minor faux pas and fail to live by the Golden Rule.

I figured you could use some admiration and commendation. You are wise beyond your years. Keep on being the counselor you are, like a wise uncle or aunt. - A Big Fan

Dear Big Fan: Your letter makes me feel so good! A million thanks for taking the time to write.

Dear Annie: My wife left me a little over a year ago. She handled all the finances and was a stay-at-home mom while I worked to earn money. After six months of counseling and her refusing

to budge, it was evident the marriage was over.

Upon review of my finances, I discovered that over the last four years of our marriage, she spent 55% of my take-home earnings without my knowledge. For what, I don't know. This amounted to \$155,000.

She says it was spent on groceries, gas, gifts and other living expenses, while our family checking account shows those expenses were drawn from it. Another way to put it is this: Combining our family checking account and her spending without my knowledge, 90% of my earnings were spent before a single bill was paid. Is this plausible? Or does some malfeasance seem probable? - Baffled By Checking Account

Dear Baffled: Good riddance. Consider yourself fortunate to be rid of her. It does sound like she might have been taking money for a separate account or spending it on things you didn't know about. I am sorry that you had to go through that, but now is the time for a new beginning. The best revenge is living well.

Take some time to heal from your divorce and try to focus on things that make you happy. You sound like a wonderful person, and I have no doubt that you will find someone who appreciates you and does not take advantage of your trust and kindness.

Dear Annie: My husband and I were best friends with another couple, but the wife was difficult to be friends with. She criticized many people, some of whom were our mutual friends.

It was uncomfortable to be around her at times, but we had so many common interests that I overlooked

a lot of the negatives. Apparently, she had kept a mental list of the things she disliked about me, and when we had our final falling out, she recited all of my transgressions against her.

I told her that we were no longer friends, that I would remain cordial in public but nothing else. Since then, she has acted like I'm invisible. When I spoke to her just to say "hello," she would turn her back to me. Both she and her husband say "hello" to my husband but pretend I'm not there. It's awkward.

For the last two years, I've not spoken to either of them. We are around them often, as we have mutual friends and interests. Is my only response ignoring them, too? I would like to shock them out of their arrogant attitude. They really think they've done nothing wrong. - Feeling Shut Out

Dear Feeling Shut Out: She sounds like a toxic person and not a friend to anyone. Believe it or not, the saddest part about her is how much she must dislike herself that she has to badmouth others and make lists of people's negative traits.

Your ex-friend would be a much happier person if she took note of the positive qualities of others. She is not likely to change, but you can make yourself a happier person by not sinking to her level. Make a list of good things about her. Only once, I promise. But after recognizing her positive qualities, see if there is a shift in the way she treats you. Whether or not she changes her attitude, my guess is that you will not be bothered by her any longer.

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

CELEBRITY CIPHER

by Luis Campos

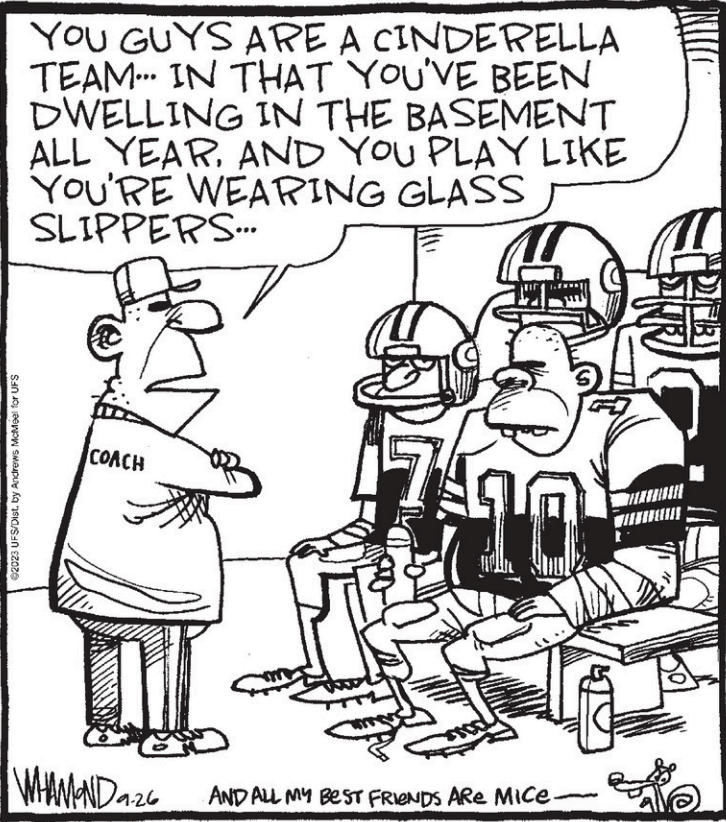
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“CYPBXF’N CBZNH, YKR HIYH’N OIYH
PYHHGZN PTNH. OG ZGYXBSG HIYH
TEZ XTUG VTGN RGGLGZ HIYK HIG
HGKKBN VYPG.” – NGZGKY OBXXBYPN

Previous Solution: “Every movie you make can’t be great, no matter who you are. Even (Marlon Brando) made some clinkers.” — Michael Madsen

TODAY’S CLUE: n sɪnbeɪ

REALITY CHECK



HERMAN



“Vertical stripes definitely make you look slimmer.”

ALLEY OOP



ARLO & JANIS



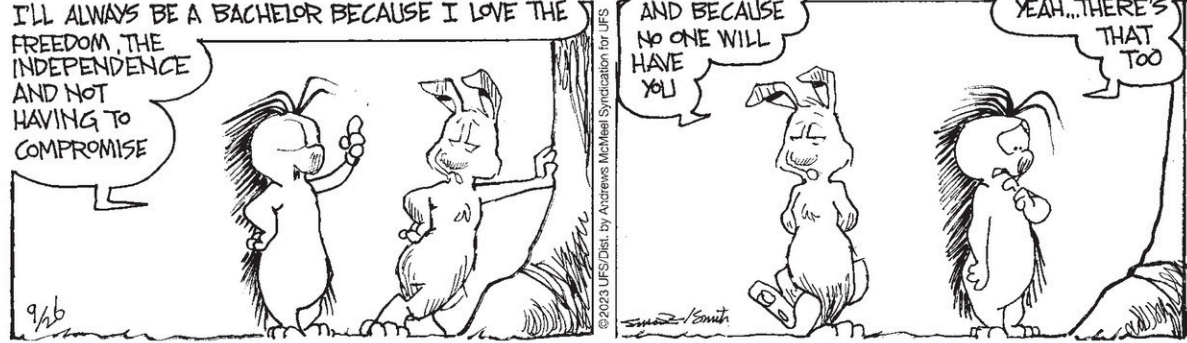
THE BORN LOSER



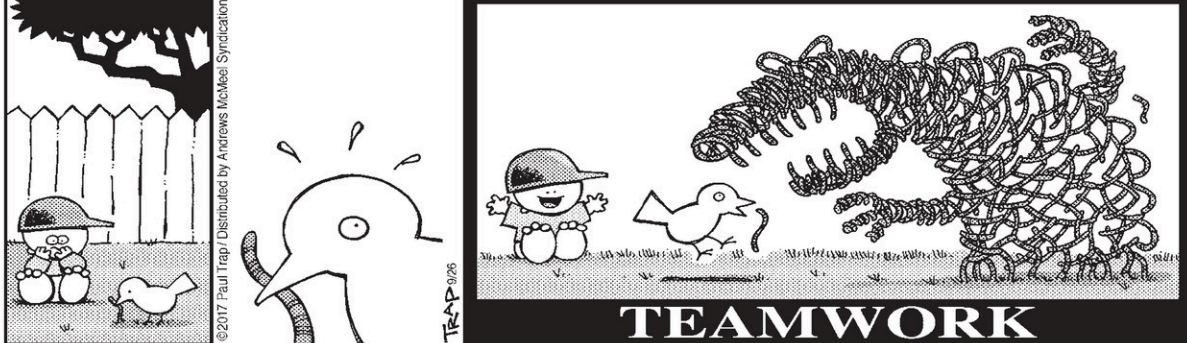
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SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

9/26

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PREVIOUS SOLUTION

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

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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Sharon McCully, Publisher, The Record,
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NEA Crossword Puzzle

- ACROSS**
- 1 Jolt
- 4 Hindu queen
- 8 Joyful
- 12 Take advantage of
- 13 End — — era
- 14 Wash against
- 15 “Hang on a —”
- 16 Of the ear
- 17 “So be it!”
- 18 Actor Channing
- 20 Book repository
- 22 Shapiro of NPR
- 23 Female deer
- 24 Burn a bit
- 26 Where to hang a hat
- 27 Boulder
- 30 Move carefully
- 31 Is able to
- 32 Woman of rank
- 33 Use a blowtorch
- 34 Routine
- 35 Troubling sign

- 36 Direction letters
- 37 — Abner of Dogpatch
- 38 Not active
- 39 Ambition
- 40 Likewise not
- 41 Malleable
- 45 Draw an outline
- 48 “That hurts!”
- 49 Musical sound
- 51 Sun. follower
- 52 Christen
- 53 Shakespeare’s river
- 54 Part of speech (abbr.)
- 55 Membership cost
- 56 Star’s role
- 57 Negative vote
- DOWN**
- 1 Equitable
- 2 On the Atlantic
- 3 Four-sided figure
- 4 Dorm occupant

Answer to Previous Puzzle

M	A	P		A	C	R	E		R	A	R	E
E	G	O		B	A	I	L		A	R	I	L
E	A	R		A	P	P	L	E	J	A	C	K
T	R	E	S	S	E	S		R	A	T	E	S
			H	E	R		R	A	H			
A	W	A	R	D		G	A	S		W	A	S
L	O	R	E		N	O	V	E	L	I	S	T
G	O	L	D	M	I	N	E		A	R	I	A
A	D	O		O	N	E		S	P	E	A	R
			D	O	E		T	O	E			
O	S	I	E	R		S	H	A	L	L	O	W
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L	I	M	O		R	O	S	E		M	E	L
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- 5 Toward the stern
- 6 Brad
- 7 Public disturbance
- 8 Look angrily
- 9 Dalai —
- 10 Say with confidence
- 11 Gainsay
- 19 Pressed
- 21 Spongy wet ground
- 24 Stitches
- 25 Fateful day in ancient Rome
- 26 — McCartney
- 27 Movie set worker
- 28 From the U.S.
- 29 Fender-bender result
- 31 Wrongdoer
- 32 Generous one
- 37 Set afire
- 38 Mean
- 39 Fire remains
- 41 Swimming hole
- 42 Oceanside feast
- 43 Top
- 44 Inlet
- 46 Final musical passage
- 47 Deadly sin
- 50 Grind — — halt

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Your Birthday

TUESDAY, SEPTEMBER 26, 2023

Don't hesitate; get moving and finish what you start. Keep life simple and practical. Refuse to be swayed by untruthful people. It's up to you to think for yourself and make decisions you can live with. Put your energy where it counts. Personal growth will be gratifying and point you in a positive direction.

LIBRA (Sept. 23-Oct. 23) – Be aware of your surroundings. Don't take sides; staying neutral will allow you to keep the peace. Be a mentor and a negotiator, not the one who stirs the pot.

SCORPIO (Oct. 24-Nov. 22) – Don't let a change of plans disrupt your day. Use your resources to forge a path that works for you and keep moving forward. Refuse to let emotional issues affect your work or reputation.

SAGITTARIUS (Nov. 23-Dec. 21) – Concentrate on what brings you joy. Travel, educational pursuits and time spent with supportive people will keep you grounded. Activities that require physical action will boost your mood.

CAPRICORN (Dec. 22-Jan. 19) – Redefine what's important to you and adjust your schedule to suit your needs. A change of attitude will help deter anyone from putting pressure on you to do things you don't care for.

AQUARIUS (Jan. 20-Feb. 19) – Pay attention to where your money goes. Manage paperwork to ensure you get what you want. Refuse to follow someone who's tempting you with unrealistic ideas.

PISCES (Feb. 20-March 20) – Seek out more freedom to do what brings you

joy. Consider matters thoroughly and contact someone you trust, and an opportunity to put positive changes in place will come your way

ARIES (March 21-April 19) – Pay attention and act fast. Monitor what's happening and refuse to let situations get blown out of proportion. It's up to you to change what isn't working for you and to seek out what soothes your soul. Take a deep breath and do what's necessary.

TAURUS (April 20-May 20) – Don't skirt issues. Be honest with yourself and others. Discipline will pay off, and intelligence will help you choose where you want to go. Seize the moment and promote yourself.

GEMINI (May 21-June 20) – If you aren't cognizant of what's happening, someone will blindside you. Keep an open mind but a closed wallet. Protect your reputation and watch out for jealous rivals. Honor your promises.

CANCER (June 21-July 22) – Put your energy into whatever offers the highest returns. Getting upset won't solve anything, but discussing matters in depth will help you put things in perspective and find common ground.

LEO (July 23-Aug. 22) – Speed up and make things happen. Be the one to make a difference and lift the morale of those around you. A couple of changes at home will be conducive to new beginnings and better relationships.

VIRGO (Aug. 23-Sept. 22) – Be the one to open doors instead of waiting for others to go first. A change will influence how you think and what you can accomplish. Put some muscle behind your thoughts.

TUESDAY, SEPTEMBER 26, 2023

Be on the lookout for a signpost

By Phillip Alder

Some silly signs have been produced from time to time. There used to be one in northern England that read, “Please do not throw stones at this notice.” Another, put up in an airport during renovations, said: “Welcome to Ottawa. Sorry for the inconvenience.”

In bridge, too, there may be signposts. The hard part is first realizing the signpost is there and then reading it correctly to find the right play.

After South opened with an artificial and forcing two clubs, North gave the negative response. The rest of the auction was natural.

Declarer won West's spade queen lead with his king and led the heart king: nine, three, four. South continued with the heart queen: two, five, seven. Annoying! If only an opponent had won with the ace, the contract would have been easy.

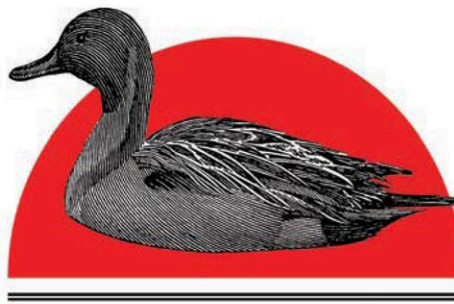
Next, South cashed three diamond tricks, overtaking his queen with dummy's king on the second round. West discarded the club five on the third round.

To an innocent bystander, it appeared that South would now try the club finesse for his ninth trick. However, South paused to work out the

North		09-26-23	
♠ 8 7 4			
♥ J 10 6 5 3			
♦ K J 8 2			
♣ 2			
West		East	
♠ Q J 10 5 3		♠ 6 2	
♥ 9 2		♥ A 8 7 4	
♦ 9 3		♦ 10 7 6 5 4	
♣ K J 6 5		♣ 10 9	
South			
♠ A K 9			
♥ K Q			
♦ A Q			
♣ A Q 8 7 4 3			
Dealer: South			
Vulnerable: Both			
South	West	North	East
2♣	Pass	2♦	Pass
3♣	Pass	3♥	Pass
3NT	Pass	Pass	Pass
Opening lead: ♠ Q			

distribution. From his echo in hearts, it seemed that West had started with a doubleton. (He was very unlikely to echo when holding three low hearts.) If so, West would have length in clubs – and be ripe for an endplay. South played a spade to his ace and exited with the spade nine.

West took three spade tricks but then had to lead away from the club king into South's ace-queen tenace.



Cowansville plans to fight housing red tape with nonprofit

By Ruby Pratka
Local Journalism Initiative

Cowansville mayor Sylvie Beauregard is calling on housing minister France-Élaine Duranceau and the Société d'habitation du Québec to reduce the red tape involved in building affordable housing projects. Beauregard and Cowansville Coun. Amélie Fournier co-wrote a letter to Duranceau and to Société d'habitation du Québec president Claude Foster asking for more straightforward affordable housing programs.

The housing crisis has hit the region especially hard, and the rental housing vacancy rate is estimated at less than one per cent. The town received approval for a government-funded 24-unit affordable housing complex in 2016 under the now-defunct AccèsLogis program. In 2021, an additional \$2.5 million was allocated to the complex, but the project has since stalled. "Currently, due to inflation and endless bureaucratic delays, the shortfall is more than \$3 million to complete the project, which now amounts to \$9.3 million. "We are trying to develop the housing offer, but ... the path is paved with obstacles," Beauregard and Fournier write. "It is clear that, despite goodwill, the application and implementation of the various programs aimed at the construction of new units present real barriers to community action."

Earlier this month, Beauregard and Fournier announced the formation of

CONT'D ON PAGE 3

Waterloo Elementary celebrates International Literacy Day



COURTESY

On Friday Sept. 8, classes at WES visited the Literacy Center where they learned about how important literacy is in their everyday life!

They were then sent on a Literacy Scavenger Hunt around the wing to learn about five literacy heroes who made a difference in Canada. Once they hunted their clues and answered the questions in teams, they dashed back to the literacy bistro where they were able to choose a free book to bring home! They had to answer a really

tough question before getting their book:

What does literacy mean to you? And, oh boy, were there some great answers!

"Literacy to me is helping yourself love to learn." – Haven-Rose, Grade 3

"Literacy is important because if I cannot read, I cannot get a job." – Maxyme, Grade 3

"It is important because it helps you grow up to be smart." – Brody, Grade 3

"Literacy is important because

without it you can't read, write, learn, vote, drive...etc. anything! It is useful everyday." – Nate and Eddie, Grade 6

What a great way to improve literacy skills aside from reading! Bringing new books home is the best way to foster a love of learning!

A big thank you to First Books Canada for the donation of books!

Submitted by Waterloo Elementary School

SEE MORE PHOTOS ON PAGE 2

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TOYOTA
COWANSVILLE

MAZDA
COWANSVILLE

OCCASION
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.

September 28

The Eastern Townships British Home Children Wreath will be laid on the grounds of the Lac Brome Museum, in Knowlton, on September 28 at 12:00. There will be commemorations across Canada on this day to remember and honour all our Home Children, nearly 5000 of whom passed through the Knowlton Distributing Home.

September 30

Country Dance at the Holy Trinity Anglican Church, 409 South St., Cowansville. Music by Keepin' it Country. Saturday, September 30, NEW TIME: 6:00 - 10:00 p.m. Donations \$10. No masks obligated, wear at your own discretion. Door prizes! Canteen on premises. Half & half.

October 2

Meeting of The Canadian Club of the Yamaska Valley, Monday, October 2, 2:00 p.m. **Note our new location: Emmanuel United Church, 203 rue Principale, Cowansville**. Speaker: Jim Ferrier, wildlife habitat conservationist. Topic: Saving the Planet: My Involvement in Private Land Conservation. Free to members. Non-members \$15. Club Information: 450-292-0108.

October 5, 6, 7, 8, & 9

Meet the artisans Thanksgiving weekend at Marché des Artisans Dunham. Beautiful, functional handmade crafts by local artisans. Open Thursday 1:00-5:00, Friday 1:00-7:00, Saturday 10:00-6:00, Sunday 10:00-5:00 and on Thanksgiving Monday 10:00-3:00. FB@marchedesartisansdunham. 3786 rue Principale.

October 6

The TBL Wellness Volunteer Centre will be hosting a Thanksgiving Dinner

for all TBL seniors on Friday, October 6 at the Community Centre at noon. Please call 450-242-2020 to reserve your place by Friday, September 29, as space is limited. Donation of \$5. Transportation available.

October 7

Township Toddlers annual Benefit - 30th Anniversary Celebration. Beef and Pork Mechoui supper and dance, October 7. Supper 5 p.m. to 6:30 p.m. \$20 per person, children ages 6-12 \$10. Arts and Craft Auction following. Salle Chevaliers de Colombe de Cowansville, 224 Christophe-Colombes, 450-263-5080. Dance 9 p.m. to midnight. Music: Smoking Country Band. Thank-you for your support. All profits to purchase equipment for Montreal Children's Hospital and Community. Information Ross 450-775-8498.

October 11-14

Creek Church Rummage Sale, 278 Brill Road, West Bolton on Friday, October 13 from 9 a.m. and 1 p.m. and Saturday, October 14 from 9 a.m. to noon - Bag Day. Articles can be dropped off on October 11 and 12 from 9 a.m. to 1 p.m. Please note: no electronics or furniture.

CHURCH BULLETINS

ALL SAINTS ANGLICAN CHURCH - DUNHAM

All are welcome! Come join us at All Saints Anglican Church - Dunham at 11:00 a.m. for Holy Eucharist Services on October 1, October 15, and Sung (BCP) Morning Prayer Service on October 8. 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

Service at 9:30 a.m. with worship leader Rev. David Lefneski for World Communion Sunday. 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

World Communion Sunday, October 1 - Worship and Music: Creek United, 278 Brill Road, West Bolton, service with Communion at 9:00 a.m. St. Paul's United, 4929 Foster, Waterloo, service with Communion 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

Bienvenue, Welcome 11:00 a.m. Although Orange Shirt Day is September 30, Emmanuel will wear orange at its service this Sunday. Come with prayerful hearts. It is also World Communion Sunday. See the website to sign up for our weekly newsletter. Elevator-accessible sanctuary. Check updates on Facebook (<https://www.facebook.com/emmanuelunited/>) Worship leader Rev. David Lefneski. 205 rue Principale, Cowansville. Church office: 450-263-0204; email: capcchurchoffice@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 a.m. Sunday services. Alternatively, you can attend online. For an invitation to join, please email the Rev. Tim Smart, revtimsmart@gmail.com, or visit our Facebook page "Grace Church, Sutton" for the 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

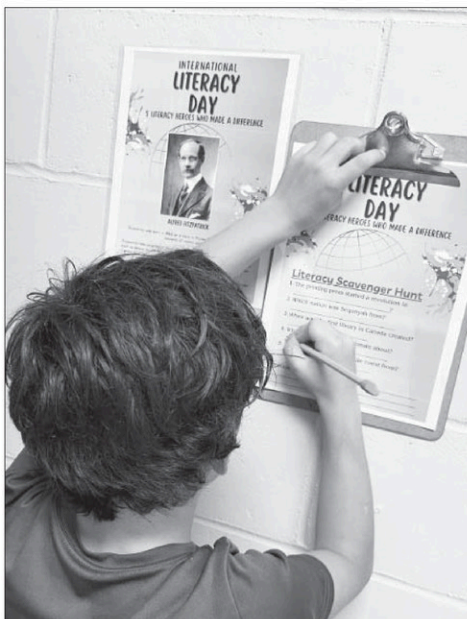
St. Paul's Knowlton has returned to two services (8 a.m. and 10 a.m.) on Sunday mornings. The services are also be livestreamed on Facebook at St. Paul's Knowlton and are available for replay. We are a dynamic diverse community pursuing and serving Jesus in the Eastern Townships. Our mission is to grow 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

TRINITY ANGLICAN CHURCH

Sunday Church Services at Trinity Anglican Church Cowansville are now being held at 11:00 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.

International Literacy Day

CONT'D FROM PAGE 1



Brome-Missisquoi riding boundaries to change

By Ruby Pratkan
Local Journalism Initiative

Elections Québec has proposed a new electoral map of the province that would bring the boundaries of the electoral riding of Brome-Missisquoi in line with those of the MRC of Brome-Missisquoi. Of the four municipalities that are part of the current riding but not part of the MRC, Saint-Alphonse-de-Granby will become part of the riding of Granby, while Waterloo, Shefford and Warden will be added to the riding of Johnson, renamed Daniel-Johnson.

The electoral map was last updated in 2017.

Elections Québec released a preliminary report on Sept. 19 which explains the new proposed map in detail. According to the report, the map must be revised after every two elections; the current revision cycle began the day after last fall's provincial vote. Revisions are overseen by a nonpartisan committee of three people appointed by the National Assembly, whose main task is to ensure that each voter is represented fairly.

If Québec's voting-eligible population of about 6.3 million was

divided equally among the 125 ridings, each riding would have 50,694 voters, according to the report. In redrawing the map, the commissioners – civil servants Jean-François Blanchet and Édith Grave, and law professor Kevin Bouchard – had to ensure, to the furthest extent possible, that the population of each riding was as close as possible to that number. The law requires some remote areas, such as the Magdalen Islands and the Far North, to keep their own ridings despite their far smaller populations. Commissioners also take geographical, cultural and economic factors into account when

redrawing the map.

The voting-eligible population of the current riding of Brome-Missisquoi has grown by 18.8 per cent since 2017. It now has 33 per cent more voters than the average – the largest growth and largest positive variation from the average of any riding in the province. The next largest variation was in the Townships riding of Richmond, which has also experienced significant population growth in the past few years. Several municipalities in the MRC des Sources, including the towns of Danville and Val-des-Sources, are expected to move

CONT'D ON PAGE 5

Affordable housing

CONT'D FROM PAGE 1

Accès Habitation Brome-Missisquoi (AHBM), a nonprofit that aims to collaborate with the Office d'habitation Brome-Missisquoi to acquire and build affordable housing units.

Beauregard said in a brief interview that she had "lost patience" with existing programs. With the AccèsLogis project, "there was always a document missing or an agent changing...we would prepare a project and then the rules would change so we were no longer eligible," Beauregard said. The

AccèsLogis program was discontinued in 2021 and superseded by the Programme d'habitations abordables Québec (PHAQ), which places a greater emphasis on subsidies to private developers, further muddying the waters. As a result of the delays, the estimated cost of the project has tripled.

AHBM was created several months ago to get the former AccèsLogis project built and to potentially buy and build future programs. "Project number one is the construction of these 24 units, and then we'll make a business plan [for the future],"

Beauregard said. The organization intends to partner with landlords, government agencies and potentially private companies to remove housing from the speculative market and keep it affordable. Beauregard said she believed the nonprofit model was "more flexible" than relying exclusively on government funding.

Ivelina Nikolova is the executive director of the Fédération régionale des OSBL en habitation de Brome-Missisquoi (FROHME-BM; regional federation of housing nonprofits). She said that although direct municipal government involvement in housing

nonprofits is rare, rising costs and the difficulty of navigating government programs have made collaboration with nonprofits increasingly popular among municipalities seeking to build more affordable housing.

"A municipality isn't necessarily going to decide to create an OSBL itself, but it will turn toward an established one to help lead the project ...We are seeing more and more interest from cities, [because there is] very little funding, very little interest in the construction of affordable social housing units, and the cities are a bit held hostage to all this," she said.





On behalf of the Brome Lake, Fireman Association,
we would like to thank the community support and all our sponsors and volunteers to help make this year's community BBQ a huge success. We look forward to seeing everyone again next year.

Au nom de l'Association des pompiers de Lac-Brome,
nous tenons à remercier le soutien de la communauté ainsi que tous nos commanditaires et bénévoles qui ont contribué à faire du barbecue communautaire de cette année un énorme succès. Nous avons hâte de revoir tout le monde l'année prochaine.

EDI Conference:

free and open to all

Join the conversation, share ideas, and help plan the changes you want to see in the community!



State of the Arts: Equity, Diversity & Inclusion

Day 1: Wednesday, September 27, 2023, 10am-4pm ONLINE

Day 2: Wednesday, October 4, 2023, 10am-4pm IN-PERSON (with zoom option, but in-person preferred!), at the **Centre Culturel Georges Vanier in Montreal (St. Henri)**

REGISTER HERE:
spaces are limited
bit.ly/elanedi



SCAN ME

www.quebec-elan.org/state-of-the-arts-2



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LETTERS

DEAR EDITOR:

I'm writing today to let you know that Peach was adopted by one of your readers last week! The owner saw the photo and story of Peach in the Brome County News and fell in love with her (as she had a similar dog in the past). So, it's all thanks to Brome County News' Pet of the Week! Many thanks to you and your team for posting our animals week after week. You are making a difference!

SINCERELY,
JOCELYNE
SPCA MONTEREGIE

PET OF THE WEEK

Persil

Persil (#9547) is an endearing little male tabby with a worried look. Found as a stray, the poor thing was scrounging around, begging for food. The people who brought him in to the shelter mid-July had been feeding him outdoors but couldn't keep him. As we know nothing of his past, our veterinarian estimated Persil to be around 2.5 years old and in very good health, even if he had a few superficial wounds. The wounds are now all healed except for a small notch on one ear that will remain.

This sweet kitty is quite affectionate and friendly with people but is a bit nervous at the onset. He has a great need to be comforted, and loves being scratched on his head and behind his ears. If you approach him gently and whisper sweet words to him, Persil adores cuddles and will ask for more. Once he knows you better, he will purr when you caress him, and he gives kisses too!

Persil is curious and is adjusting to life at the shelter. He is gaining confidence daily. Offer Persil tasty treats and he will gulp them down with great delight! When it's naptime, this furry prince enjoys sleeping in a comfy bed. If confronted with stressful situations, he will simply hide. So far, he does not use his claws and has not nibbled hands or fingers either.

This charming gentleman will prefer the peace, quiet and safety of a tranquil home. We are looking for kind and caring adopters who live in a welcoming environment, ideally without young children, as he is easily scared. We also believe that our precious treasure would prefer being the only animal in the household. However, if there is already another



cat in the home, he/she must be non-dominant. An integration period should be expected as Persil will need time to adapt to his new home and family to minimize situations which would be detrimental to his wellbeing.

We wish to offer lovable Persil the best future possible. Come meet him and see for yourself what a wonderful companion he can be. He deserves to be pampered and have a life filled with tender loving care. In return, he will be immensely grateful for your kindness!

Write to us at adoptionpcamonteregie@gmail.com if you wish to adopt Persil. Thanks!

Our adoption fees: \$160 for cats 8 months to 8 years old.

Includes: sterilization, deworming, vaccination, FIV/FELV test & microchip.

Bonjour Vanille

By Joan Barnes

It had been almost four months since I lost Sasha. I had pined and cried and grieved. Everything about Sasha had been removed from sight. The pain of being reminded that she was no longer with me weighed heavily.

The day came when I decided I was not ready to spend another minute without a dog in my life. The search was on. I filled out forms and made inquiries but was rejected by animal rescue organizations because I didn't have a fenced backyard or because of my age. I decided to market myself the best way I knew how. I would put the word out among friends and acquaintances that I was looking for a dog. I would notify the universe.

Soon after, there came a knock on my door. A neighbour introduced me to a couple standing there who told me they knew of someone who knew of someone else who would like to re-home a small, clean dog. I took the contact information and began a week-long text conversation about Vanille, the dog in question.

Vanille lived a two and a half hour drive from my home. If I was going to drive that far, I wanted to be sure it was for a good reason. I learned that the home life was less than ideal. There was violence, and the situation was under police surveillance. There were several young children as well as an unknown number of dogs to be looked after. Vanille had not been neutered. She was less than three years old and already had two litters. Something about the situation spoke to me, so a friend and

I decided to take the road trip to check out the dog.

I tend to be a risk-taker, and even though there were red flags, I opted to give the dog a chance. She is much smaller than what I wanted. She's a hybrid mix of Chihuahua and Pomeranian, weighing six pounds. I wanted a dog who would go on serious walks with me. This dog did not know what a leash was. She can now walk around the block, but pants in the process. After twenty minutes, I call it quits because her little legs are mere spindles. My friends tell me if I want to take that dog for a walk, I'm going to have to carry her. Ok, so that means I'll have to lose six pounds to do that.

She's easy to manage and is house-trained. She uses pee pads, something I had never heard of. I'm thinking they will be very convenient on cold winter nights when neither of us will want to venture out. She has a friendly personality and is entertaining. She makes me laugh. She barks only to make announcements. Though skittish at first, she gets along with people and other dogs. I promised myself I would not have another dog on the bed, but that thought lasted two nights. Two paws eagerly reaching up, an excited wagging tail and a big smile did me in.

Her birth name is Vanille but I call her Vani. It's easier for me to say. She speaks French. I don't. Perhaps that is why she doesn't always obey me. She's been here about a week, and I am very happy to have her in my life. I'm sure I heard her whisper to me the other night, "I think I've died and gone to heaven."



JOAN BARNES

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Published weekly by
THE RECORD
6 Mallory, Sherbrooke, QUEBEC, J1M 2E2
E-MAIL: newsroom@sherbrookerecord.com
website: www.sherbrookerecord.com
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Established May 1991

PRINT SUBSCRIPTION TO
THE BROME COUNTY NEWS:

1 year print subscription to The Brome County News and The Record (Tuesday only) mailed to your home - \$73.35 (including taxes). Call our subscription department at 819-569-9528.

CIRCULATION

Distributed to all Record subscribers every Tuesday as an insert, and to households and businesses in Abercorn, Bedford, Brigham, Brome, Bromont, Cowansville, East Farnham, Foster, Fulkford, Knowlton (Brome Lake), Sutton, Bolton Centre, West Brome.

We acknowledge the [financial] support of the Government of Canada.

The Record was founded on February 7, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

Canadian Publications Mail Service Product Agreement No. 0479675.

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BCN RATES & DEADLINES
COMMUNITY CALENDAR

Brome County News Community Calendar is reserved for non-profit organizations only. **Deadline is noon on Fridays.** Must be pre-paid. Up to 40 words: **\$8**, 41-70 words: **\$12**, 71-100 words: **\$15**, all prices include taxes. **Special rates:** \$2 off for 2 insertions, 1 BCN and 1 in the Friday Record "What's On" section. Please forward notices to 5-b Victoria St., Knowlton, QC J0E 1V0, email: bcnnews@qc.aibn.com, or fax: (450) 243-5155. Visa and Mastercard accepted.



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ABC
Life Literacy Canada

C-13 opponent Housefather quietly demoted

By Ruby Pratka
Local Journalism Initiative

Prime Minister Justin Trudeau relieved Anthony Housefather, MP for the Montreal riding of Mount Royal, of his responsibilities as parliamentary secretary for public services and procurement last week as part of a wider realignment of parliamentary secretary positions. Housefather, who represents a riding with a large anglophone population, was the only member of the Liberal caucus to vote against Bill C-13, the Liberal-backed reform of the Official Languages Act that became law in June. The reform was widely criticized by the Quebec Community Groups Network (QCGN) and others in Quebec's English-speaking community for its references to Quebec's Bill 96 and additional obligations placed on Quebec companies, among other issues, but passed despite their objections.

"During [the debate around] Bill C-13 and when C-13 passed, Anthony Housefather supported our position, and we recognized that," QCGN president Sylvia Martin-Laforge said. "We believe he deserves a prominent place in government, and we are disappointed that he didn't get that role."

she said. "We pay close attention to parliamentary secretary appointments, especially those in the ministries we work closely with – Canadian Heritage, Treasury Board and Justice – and those who are from Quebec."

While Martin-Laforge stopped short of drawing a direct link between Housefather's stance on Bill C-13 and his demotion, she did observe, "We seem to be seeing more and more people get thrown out or demoted" because of disagreements on key issues.

Jacob Robbins-Kanter is an assistant professor at Bishop's University and a specialist in Canadian politics. He said that although it's "plausible" that Housefather's no vote on Bill C-13 cost him his position, ideological disagreements are just one factor in a prime minister's decision to promote or demote an MP. "When an MP votes against the party line, it's definitely irritating to the party leadership, but there are other considerations that have nothing to do with that, and I don't think it was a major factor," Robbins-Kanter said. Geographic parity and electoral decisions also play a role. He said the Liberals' path to re-election leads through Ontario and Quebec, and being seen as weak on the defense of the French language could cost them votes in key ridings.

caucus is onside for any given vote.

What happened to Housefather "could have happened to anyone [although] it does send a signal that he's not in the prime minister's good graces."

Robbins-Kanter drew a parallel between Housefather's situation and those of Toronto-area MP Nathaniel Erskine-Smith, who has criticized the Liberals' stance on drug issues, and Quebec City MP Joël Lightbound, who lost his position as parliamentary secretary responsible for emergency preparedness after publicly criticizing federal COVID control measures. He noted that centralized decision-making within parties has been used to blunt internal dissent since at least the 1970s. Since the rise of social media, centralization has been a crucial part of a party's brand management. "You want to appear to have a caucus that's united, and as soon as someone is thinking of disunity, the media will report on it, and there's a fear it will make the party look bad," he said.

"You want to appear to have a caucus that's united, and as soon as someone is thinking of disunity, the media will report on it, and there's a fear it will make the party look bad," he said.

The QCGN has reconciled itself to the fact that a key parliamentary backer will be in a less visible position, and that reforms to the Official Languages Act have received royal assent. "We lost on Bill C-13, but now we have to move on and see how we can impact regulations," Martin-Laforge said. "Now we're looking forward to seeing what the new team [of parliamentary secretaries] should keep an eye on. We're looking forward to the mandate letters – that's the sandbox we play in."

"When an MP votes against the party line, it's definitely irritating to the party leadership, but there are other considerations that have nothing to do with that, and I don't think it was a major factor,"

Stéphanie Chouinard, a political science professor at Royal Military College in Kingston, Ont., pointed out that with a minority government, Trudeau has less room to maneuver than usual, making it even more important to ensure that his entire

"We believe he deserves a prominent place in government, and we are disappointed that he didn't get that role."

Housefather did not respond to several requests for comment from the BCN.

"We always want [MPs] in senior portfolios who understand our issues, and we are represented in senior portfolios, but we did lose a senior minister in David Lametti [in the last Cabinet shuffle], and we lost one in the spring [when former transportation minister Marc Garneau left politics],"

Riding boundaries

CONT'D FROM PAGE 3

from the riding of Richmond to Drummond-Bois-Francis. A new riding, Marie-Lacoste-Gérin-Lajoie, will be created from parts of the Johnson and Drummond-Bois-Francis ridings.

"The modifications proposed in the Estrie-Centre-du-Québec region aim to correct the exceptional situations in the ridings of Brome-Missisquoi and Richmond and reduce the number of voters in the Arthabaska and Johnson ridings. They also aim to establish a number of ridings more representative

of the electoral weight of the region by adding a twelfth riding," the commissioners write. "In addition to making the number of ridings in Estrie-Centre-du-Québec equivalent to its electoral weight throughout Quebec, our proposal improves the balance of the number of voters and ensures the sustainability of the delimitation in the long term. It also respects the sense of belonging of citizens [and] the natural and administrative boundaries of the territory."

Public consultations will be held

through the fall across the province to allow voters to provide feedback on the new map; one will be held in Granby on Nov. 8. People can also provide feedback via an online form or at one of two provincewide virtual consultations on Nov. 3 and 15, Élections Québec spokesperson Gabriel Sauvé-Lesiege said. After the consultations, a revised report will be tabled and debated in the National Assembly; the boundaries will be finalized no more than ten days after the debate, and will take effect whenever the current legislative session ends.

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Open House at the Sutton Art School

Free activities for the family Sept. 29 - Oct. 1 during Journées de la culture

BCN Staff

Cayenne on Sunday.

The Sutton school of art is hosting an Open House weekend during 'Les Journées de la culture 2023', featuring past and present programming. Doors open Sept. 29 to Oct. 1 from noon to 4 p.m. on-site at 79 rue Principale, Sutton Quebec, JOE 2K0.

According to a press release, the school will lead a tour through the building about the history of the creamery. Visitors can discover art pieces created by children at summer camp. There will also be live folk music from Claire Leslie-Turnbull and Zach Bachand on Friday, Danny Brown & Friends on Saturday and

Programming will also include an Art Lab, a unique space for experimentation where a wide range of art materials will be made available; a botanic exhibition by Amelie Belanger; "La Laiterie", presented in collaboration with the Maison de l'architecture du Quebec; a coffee-bar and kitchen counter; Brocante OMEN, an antique store; a sculpture demonstration from Étienne Plante and a treasure hunt contest.

Visitors may also learn about and sign up for various fall workshops, which include painting, screen printing, ceramics, dyeing and discovering the virtues of pigments.



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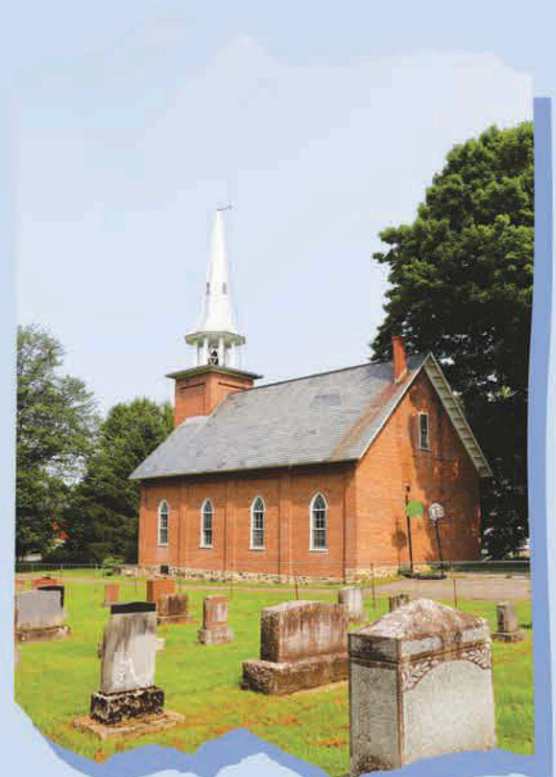
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Mailbag



COURTESY



BEHIND THE LENS

DARREN MURPHY

Every so often I like to post some messages I've received regarding questions people have about wildlife photography and birding. I normally wait until I have enough that I can answer them in this column. It's nice to see how many people are interested in our surrounding wildlife, and I'll always do my best to provide informative answers to all inquiries. So, let's get started.

Emily from Sherbrooke sent a message saying she wants to get into nature photography and asked what I would suggest equipment-wise for beginners. From personal experience, I would advise investing in a basic camera body and telephoto lens. My first outfit was a Canon 20D, coupled with a relatively cheap Canon 300 telephoto lens. You can buy them new or check out E-Bay, Marketplace, etc. for deals. There are many photographers who regularly upgrade their equipment

and sell theirs for a usually decent price.

For myself, I wanted to be sure I really liked nature photography before I upgraded. Canon, Nikon, Leica and Pentax all sell basic packages that will supply you with what you need to start your new hobby. I always preach to spend more on your lens if you really want decent nature pictures. Like I mentioned, you can get a used Canon 300 telephoto lens off of E-Bay for a couple hundred dollars. It is a perfect first lens for wildlife. I can attest that I have taken some of my best photos with a basic set-up from Canon. Shop around Emily – there are deals out there!

I always preach to spend more on your lens if you really want decent nature pictures.

Martha from Magog asked why no "fancy birds" have been coming to her feeders. They seem to attract blackbirds, sparrows and the occasional blue jay. My first question would be what type of seed are you offering at your feeding stations? Black sunflower seed is a great option as cardinals, chickadees, purple finches, tufted titmouses and goldfinches will gorge themselves on it. I try to stay away from the cracked kernel mixes as they seem to attract

unwanted birds such as the ones showing up at your feeders now.

Black sunflower seed is a great option as cardinals, chickadees, purple finches, tufted titmouses and goldfinches will gorge themselves on it.

Try cutting an orange in half, and attach one piece to a Baltimore oriole feeder. They are cheap and can be found at garden stores and Canadian Tire. Amazon will deliver if you prefer. I started doing this three years ago and have had orioles visit my property every summer since.

For mountain bluebirds, try putting out grubs. You can buy dried ones at all the places I mentioned above. Bluebirds are ground feeders and love grubs. It's their "filet mignon". Finally, try providing the birds with a water source during the hot summer days. You will get more visits, even if the elusive songbirds are just passing through. Once they realize there's both a food and water source, they may become permanent residents. Good luck!

Lily from Coaticook just got into nature photography and asked where she should go to find animals and birds to hone her craft. My

suggestion to all beginners is to go to a zoo or outdoor nature park where the animals and birds are on display. This will give you an opportunity to get some good pics, but more importantly, learn exactly how your new equipment functions. The Ecomuseum Zoo in Saint-Anne-de-Bellevue is a prime example. This outdoor zoo host animals strictly from Canada. You'll find black bears, grey wolves, eastern coyotes, lynx, river otters, caribou, deer etc. all in natural surroundings. Spending the day walking through the park is a great way to hone your photography skills.

The important thing when you're just beginning is to get out there and start shooting.

Omega Park in the Gatineau is much larger than the Ecomuseum and also another option. The park makes a nice day trip should you decide to go. If you want to take your chances in the wild locally, then you may consider trying the Tomifobia nature trail in Stanstead or the Quilliams nature reserve in Lac Brome. The important thing when you're just beginning is to get out there and start shooting. Your own backyard may even be a source of subject matter as well.

Words matter at the Knowlton Literary Festival

Passionate poets, authors, human rights advocates and “The End of Journalism?”

BCN Staff

According to a press release, the 13th annual Knowlton Literary Festival will return on Oct. 12 to 14.

“We’re really pleased with the variety of creative talent coming to the festival this year,” said Knowlton Literary Association president Jane Livingston in the press release. “These are people whose impact goes beyond their immediate readership to affect a wide cross section of Canadian society.”

The festival begins on Thursday, Oct. 12 with children’s book author and illustrator Barbara Reid meeting students at Knowlton Academy. Reid has produced more than a dozen award-winning picture books and was named to the Order of Canada for her contributions to children’s literature.

In the evening festival attendees may drop by Brome Lake Books for the Local Authors Event, which will showcase some of the region’s best creative writers. Attending this year will be author, playwright and humorist Ross Murray, *Record* Editor Matthew McCully, author and artist Garry Hamilton, author Jared Fishman, artist and author Camille Isaacs-Morrell and Stephanie Ho-Poui Wang.

On Friday, Roen Higgins will speak about her life as an award-winning

poet, youth educator, inspirational speaker, and impact coach with students at Massey Vanier. Higgins is fueled by a drive to help young people emerge out of challenges and support women facing adversity. Higgins will also be speaking in the evening at the festival wine and cheese party at the Brome Lake Community Centre.

On Saturday, Oct. 14, the day’s events will begin with Giller Prize nominee and Globe and Mail best-selling author Zoe Whittall. Born on a sheep farm in the Eastern Townships, Whittall has developed an award-winning career as a novelist, poet, and TV writer. She will be followed by Clayton Thomas-Müller, award-winning author of the bestseller *Life in the City of Dirty Water*. Thomas-Müller has also gained acclaim as a film director, media producer, organizer and public speaker. He is featured as a human rights defender in the Canadian Museum for Human Rights.

A journalism panel will follow, moderated by former CBC broadcaster Wendy Mesley and featuring guests Jacquie McNish, an investigative journalist and author, and Paul Wells, author and political editor of *MacLean’s* magazine. Both panelists are recipients of numerous awards for their contributions to quality investigative reporting. They will discuss their views on “The End of Journalism?”



KNOWLTON LITERACY FESTIVAL

Amy Tector and Louise Penny at last year’s Festival

The 2023 Knowlton Literary Festival will close Saturday evening with Kathy Reichs, who along with being a forensic anthropologist working with police forces in both Canada and the US, has also penned 22 best-selling crime novels and was a producer of the television crime drama *Bones*. *The Bone Hacker* is her latest work in the Temperance Brennan series.

“Over the years our festival has gained a solid reputation amongst

authors,” Livingston said in the press release. “Writers know when they come here they will be greeted by attentive audiences who truly appreciate their craft.”

Tickets for the 2023 Knowlton Literary Festival go on sale September 8. For the full 2023 schedule or to purchase tickets, go to www.knowltonliteraryfestival.ca. You can also obtain tickets by calling Brome Lake Books at 450-242-2242.

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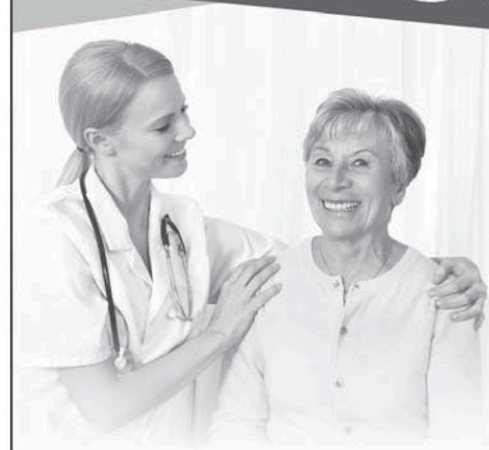
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Death

Death



Gladys Thompson STONE
1923 - 2023

At the CHSLD Sutton on September 13, 2023, at the age of 100, passed away Mrs. Gladys Stone passed away, wife of the late Alfred Thompson.

She leaves to mourn her children Margaret (late Bob Baker), Sheila (Richard Cadarette); her grandchildren Veronica (Daniel O'Dricolle), Diana (Kelly Ferren), Scott (Nancy Hadd) and Brent (Virginia Clifford); her great-grandchildren late Alex, Nicole, Samuel, Sabrina, Cassidy, Krystal and Kayla; her sisters Eileen (late Jim Morgan), Wilna (late Swell Davis); and her nieces, nephews and other family and friends. A special thank you to Cathy Morgan Stone for her visits all those years.

The family wishes to thank the staff of the CHSLD Sutton for the good care given.

Cremation was held in Granby at Les Jardins Funéraires Bessette Crematorium.

Interment will be held at the Duboyce Cemetery at a later date.

We invite you to share memories and messages to the family through our website: www.famillebessette.com.

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Death

Death



Charles Robert KAMMERER

October 7, 1936 - September 4, 2023

The family of Charlie Kammerer is saddened to announce his passing. Charlie passed away peacefully on September 4, 2023, at the age of 86 years.

Charlie will be remembered and sadly missed by his loving wife Beverley Anne (nee Blue); son Douglas (Lori) of New Hampshire, USA; stepchildren Marlene, Laureen, Danny (Dawna), Maxine (Gary) and Christina all of the BC interior; 13 grandchildren; 22 great-grandchildren; 2 great-great-grandchildren.

He is sadly predeceased by his stepson Michael and brother George.

Charlie was born in Montreal and grew up on the family farm in Quebec. He was well loved for his sense of humour and his service and devotion to the local Legion. He loved cars and was very knowledgeable when it came to questions asked of him. Charlie enjoyed his Happy Hour at the Hamlets and will be missed by all his friends and the staff there.

A private family service will be held.

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With Heartfelt Sympathy



Today in history

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 matter.

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 onboard, 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.

In 2018, the Canadian Armed Forces officially eased its restrictions on beards while in uniform, effective immediately. The move was part of efforts to modernize the military for the 21st century - and in the process increase recruitment and improve morale.

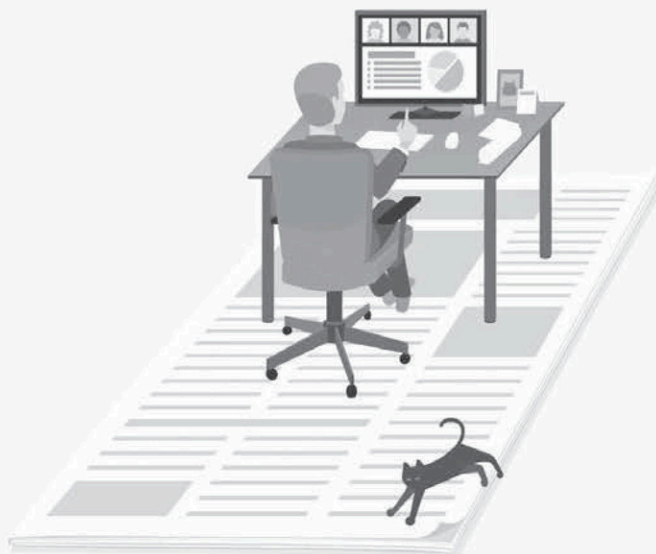
In 2018, the federal government said Corrections Canada would review a decision to transfer a convicted child killer from an Ontario prison to a healing lodge. Terri-Lynne McClintic pleaded guilty in 2010 to killing eight-year-old Victoria Stafford of Woodstock, Ont. The girl's father called the transfer "completely wrong."

In 2018, the Toronto Blue Jays made the long-expected announcement that manager John Gibbons would not return for the 2019 season.

In 2020, U.S. President Donald Trump nominated Judge Amy Coney Barrett to replace the late liberal Justice Ruth Bader Ginsburg on the country's Supreme Court.

In 2021, newly elected Toronto MP Kevin Vuong confirmed that he would not resign, and instead, would sit as an Independent. Vuong initially ran as a Liberal, but the party dropped him as a candidate just two days before Monday's election over a sexual assault charge laid against him in 2019, which was later dropped.

In 2022, a NASA spacecraft rammed an asteroid in an unprecedented test to see if a potentially menacing space rock could be knocked off course. The Dart spacecraft plowed into the small space rock called Dimorphos at more than 22,500 kilometres per hour. Scientists said the impact should have carved out a crater and hurled streams of rocks and dirt into space. Most importantly, though, scientists were hoping the collision altered the asteroid's orbit.



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