

No Canada Post delivery today: National Day for Truth and Reconciliation

THE RECORD

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Canadiens' prospect Joshua Roy returns to Sherbrooke

Sports - Page 7

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THURSDAY, SEPTEMBER 30, 2021

Active COVID-19 cases back down to 5,889 across Quebec

Record Staff

The Province of Quebec reported 594 new cases of COVID-19 on Wednesday, bringing the total number of people infected to 409,525 with 5,889 active cases.

There were seven new deaths recorded, for a total of 11,369 since the start of the pandemic. The province reported 306 hospitalizations after 30 new entries and 45 new discharges, a decrease of 15 in total compared to the previous day. The number of people in intensive care also decreased, to 91, with eight new entries and 11 new discharges resulting in an overall decrease of 3 compared to the previous day.

In the Eastern Townships the number of active cases decreased to 256. Of that total, 85 were in the Sherbrooke area, 56 were in the Haute-Yamaska, 40 were in the Des Sources area, 19 were in Memphremagog, 17 were in la Pommeraiie, 16 were in Granit, 13 were in the Val-Saint-François, and five were in the Coaticook region, with no data from the Haut-Saint-François.

There were nine people in hospital in the region on Wednesday due to the virus, three of whom were in intensive care.

The provincial vaccination rate has reached 89.3 per cent of those 12 and up for a first dose and 85.3 per cent for a second dose.

Wellington crane comes down



GORDON LAMBIE

By Gordon Lambie

Wellington Street South was completely closed on Wednesday as the construction crane that has been in

use for months in the construction of the Espace Centro development was dismantled. Over the course of the day the massive framework was disassembled piece by piece and carefully lowered to the ground to be

packed up onto trucks and carried away. Due to the nature of the work, the deconstruction had to be planned for a day with low wind.

The road closure is expected to continue through the day on Thursday.

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Weather



TODAY:
CHANCE OF
SHOWERS

HIGH 13
LOW 5



FRIDAY:
CLOUDY

HIGH 12
LOW -1



SATURDAY:
MIX OF SUN
AND CLOUD

HIGH 15
LOW 8



SUNDAY:
SHOWERS

HIGH 15
LOW 5



MONDAY:
CHANCE OF
SHOWERS

HIGH 16
LOW 4

Dealing with technical difficulties



LINDA KNIGHT SECCASPINA

For years my late grandmother, Mary Louise Deller Knight, would repeat her life stories and anything else that she felt she needed to say. At first I would remind aging Mary of the increasing repetition of her tales, and then I would just nod my head and let her carry on.

To add to the situation, Mary also forgot how long she kept things in the freezer. During the years of increasing memory loss, she had created her own breakfast specialty called 'Freeze Dried Waffles'. Sometimes I would hide them in my pocket after she served them, and then skip them across the Yamaska River like stones. Mary Louise never really got any better with her memory, and I hoped that I would not have the same issues.

The year is now 2021 and I am a bit younger than Mary Louise was in the prime of her 'broken needle' storytelling era. I can recall anything right down to the finest detail of whatever happened to me thirty to

forty years ago; but ask me what I did five minutes past and I am at a loss.

I began to worry I might be getting Dementia and then someone explained the difference to me. Not finding my keys – that was one thing, but if I did not know what a key was, then that was an issue. This morning I sat down and wrote what I needed at the store, on the top of my hand. I have long rid myself of handwritten notes, as I can't find those either unless I stick them in my sports bra. Cash register receipts, keys and credit cards also store quite nicely inside that spandex athletic bra. Except maybe in the summer when doing anything with a humid sports bra is much like resistance training.

Years ago in the subway, I pulled out the then-popular disposable Tracfone and stared at it. The back looked quite odd and I couldn't figure it out. Suddenly part of my phone was handed to me by a woman who realized I had no idea what was going on. Of course, the back plastic cover had fallen off!

I thanked her and told her how much I appreciated it and how forgetful I was sometimes. She told me not to worry because she was exactly the same. Her cell phone had broken one day and when she took it back to the store she had literally begged them to replace it with the same model. They told her that her phone was outdated, no longer available and end of story, much to her horror.

She finally received a new phone and told me she sat there for days trying to figure it out. Only when a neighbor loaned the frustrated woman her high school aged son to

help was she finally able to use it. She longed for the days of being able to buy something with only one sheet of instructions. I laughed and told her these days you need a PhD to operate a food processor. She smiled and said, "I do have a PhD, and I still can't figure anything out without calling a 1-800 number to India."

She continued sharing stories and told me not to worry, as we are not alone in this world of memory loss. I shook my head and realized how I have turned into my grandmother.

Why do I still keep hard candies in a dish like she did? I have cabinets full of dishes and glassware no one really wants along with a plastic bag full of other plastic bags. My couch is not covered in plastic like Grammy's was, but I still have company towels in the bathroom. I read stories on the internet, but still long to go through piles of my grandparents' dusty Reader's Digests just for the memories.

I smell like vaporub now on a daily basis because of knees that no longer have cartilage, and people back in my hometown of Cowansville tell me I look just like my grandmother. Nothing wrong with that, but what happened and when? I vowed on a daily basis that I would never be like my parents and grandparents, but here I am. No matter what we think, they are always with us- everywhere we go and in everything we do. They are living on through us, and with us- and maybe, thank goodness for that.

Anyways, never let aging get you down, remember, it's just too hard to get back up!

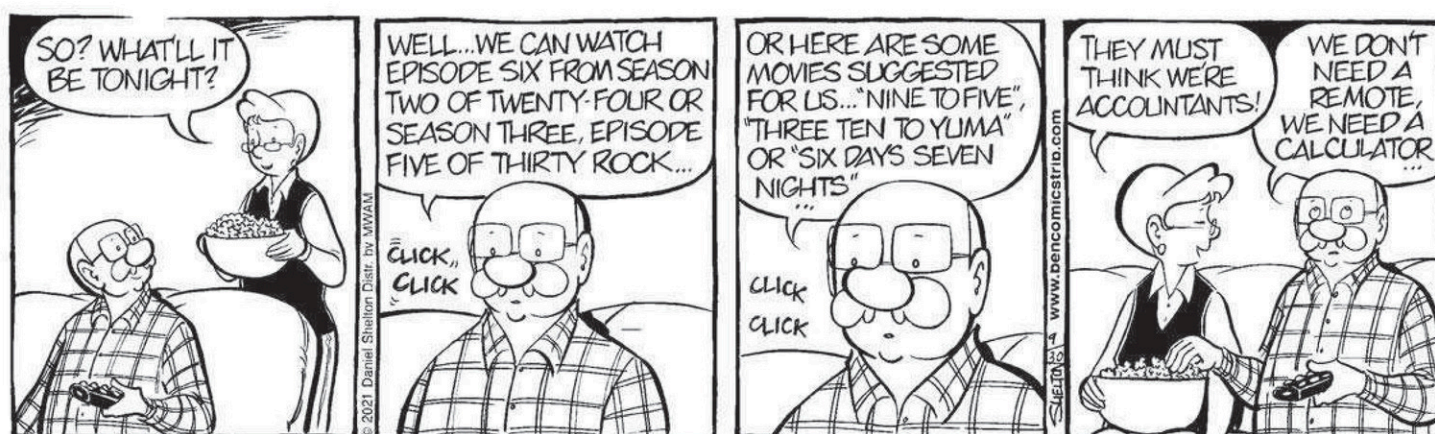


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Ben by Daniel Shelton



Local News

Beaudry said he received 16 complaints during the last school year, but he immediately referred 11 back to the board because the complainants had not followed the proper process.

First Nations chief says less awareness in Quebec about national day for survivors

The Canadian Press

The chief of the Assembly of First Nations Quebec-Labrador is lamenting Quebec's decision not to officially recognize the National Day for Truth and Reconciliation. Ghislain Picard and assembly spokesperson Nadia Robertson told reporters today many people in the province seem unaware that Thursday is the new national holiday. The federal government has said Sept. 30 would be a statutory holiday in honour of the lost children and

survivors of residential schools. But Quebec Premier Francois Legault in June decided against making the day a provincial statutory holiday. Picard held a news conference today to mark one year since his group unveiled a plan to fight racism and discrimination. He says Indigenous issues have become more prominent in Quebec society but many residents are still unsure how they can contribute to reconciliation with First Nations peoples.

March to commemorate missing and murdered Indigenous women and girls Monday

Record Staff

Members of Sherbrooke's Indigenous community are planning a march and candlelight vigil around Lac des Nations Monday evening to mark the National Day to commemorate Missing and Murdered Indigenous Women and Girls. The March will take place from 6:30 p.m. to 8 p.m. starting near the entrance to Jacques

Cartier Park at the intersection of Marcil and Marchant streets. Anyone interested in participating is encouraged to bring their own tea light and to dress for the weather, but also to wear red as the colour has become symbolic of the movement to advocate on behalf of missing and murdered Indigenous women. A brief welcome and presentation will precede the march itself, which is expected to start around 6:45 p.m.

All is well at ETSB, Student Ombudsman says

By Matthew McCully

During this month's council of commissioners meeting for the Eastern Townships School Board, Student Ombudsman Christian Beaudry tabled his annual report, which included a positive review of the way

complaints are handled by the board. Beaudry said he received 16 complaints during the last school year, but he immediately referred 11 back to the board because the complainants had not followed the proper process. Of the five complaints he did address, three were from the elementary school

level, and two were from high schools. According to Beaudry, three complaints were settled with the assistance of board and school administrators. One was related to COVID-19 sanitary measures, which falls outside Beaudry's jurisdiction, so it was not admissible. The final

complaint, Beaudry said, dealt with services provided to a special needs student. According to the Student Ombudsman, his investigation revealed that an Individualized Education Plan was in place, including support services and strategies in line with the

CONT'D ON PAGE 4

National Assembly debates systemic racism on anniversary of Joyce Echaquan's death

By Gordon Lambie

While groups across the province encouraged people to take time to reflect on the death of Joyce Echaquan on the anniversary of her death on Wednesday, it ended up being a day to debate systemic racism in Quebec's National Assembly. Echaquan was a 37-year-old Atikamekw woman who died in the Joliette Hospital on September 28 of 2020 after having filmed hospital staff mocking and making racist comments about her. Her death and the outcry surrounding it inspired the writing of Joyce's Principle, a document prepared by the Council of the Atikamekw of Manawan that calls on the provincial and federal governments to guarantee all Indigenous Peoples the right of equitable access, without any discrimination, to all social and health services. During question period on Tuesday, the day of the anniversary, Quebec Solidaire leader Gabriel Nadeau-Dubois asked Premier François Legault if he was ready to recognize the fact that Indigenous peoples in Quebec face

systemic racism and discrimination. "More and more of us are understanding that there is no shame for the Quebec nation in recognizing and naming a problem, otherwise we will not succeed, otherwise we will not solve this problem," Nadeau-Dubois said. Consistent with his responses to such questions in the past, Legault acknowledged the existence of "racist people" in Quebec but denied the existence of systemic racism and said that although the government agrees with the core elements of Joyce's Principle, it cannot support the document as-is because of the use of that term. "I was Minister of Education for three years. I have never seen a system in our schools that was racist. I was Minister of Health for a year. I have never seen a system in the health care network that was racist," the premier said. The Quebec Solidaire leader responded by arguing that what the Premier saw or did not see is not as important as what First Nations people and the Inuit are experiencing. "What these people tell us is

that they feel, they experience this discrimination, this systemic racism." Legault then accused Nadeau-Dubois of attempting to divide the people of Quebec, a position he doubled-down on later in the question period in bringing up a video recording of Liberal Member of the National Assembly Gregory Kelley. In the video, which dates back to June of this year, Kelley grouped together Bills 96 and 21, and the death of Echaquan as examples of systemic discrimination in the province. In the assembly on Tuesday and then, again, in a press conference on Wednesday morning, Legault presented Kelley's position, and that of anyone who suggests that there is systemic racism in the province, as an 'attack on Quebecers.' He argued that the opposition parties were only bringing up the phrase to win political favour. "Some people

say there is systemic racism and other don't, but all agree that there is racism," the Premier said. "Instead of talking about how we fight to make sure what happened to Joyce Echaquan never happens again, they were asking questions about systemic racism to try to win points." Asked by media representatives whether he would apologize for creating an argument by bringing up the video of Kelley in the context of a question about acknowledging Joyce's Principle, Legault repeated his position that the suggestion of systemic racism is, "an insult to Quebecers," that he will "never accept."



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Massey-Vanier shows support for two First Nations Expedition participants

By Michael Boriero

Martin Lusignan and André Smith, two local business owners in the Eastern Townships, have been selected to take part in the 2022 First Nations Expedition, a 4,800 km snowmobile journey through Northern Quebec.

There are roughly 60 participants in the expedition, which starts in mid-February. The adventure-seekers will begin their journey in Maliotenam, head up through Schefferville to Kuujuaq, then over to Chisasibi, and finish off at the community of Manawan.

This year's First Nations Expedition is in honour of Joyce Echaquan, an Atikamekw mother of seven who died last year at Joliette Hospital following repeated taunts and insults from staff. However, it is also being used as an awareness campaign.

The participants will be raising awareness on missing and murdered indigenous women and children, as well as residential school victims. But prior to taking off on the expedition, Lusignan and Smith wanted to hold a fundraiser in the Townships.

They decided to hold a car rally on Sept. 11, with participants driving through 10 stops between Bedford and Farnham. According to Patrick Fontaine, an English teacher at Massey-Vanier High School, there were 75 cars involved in the event.

"The rally itself was to raise funds for them because they are going on this expedition that's going to cost them each about \$10,000 in terms of fuel fees, food, supplies, whatever else

they need for the month and a half or so they're gone," he said.

Fontaine, who helped organize the event, was part of a group of teachers from the high school that came out to show their support for the expedition. He is also close friends with Lusignan and Smith. They even asked Fontaine's sister, who does event planning, for help.

Car rally participants were given various physical and mental activities at each stop, Fontaine explained, and there were over 100 prizes provided by local businesses in the region. There was also a silent auction, and a BBQ to cap off the event.

"The event went over very well, the participants were very happy with the whole day. I'm not exactly sure how much money was raised for the cause but I know that we were ultra impressed with the generosity of everybody involved," Fontaine said.

Although neither Smith or Lusignan were available to comment on their upcoming journey or the car rally, Fontaine told The Record that the event went over well, and everyone in the community was more than happy to donate to a just and worthy cause.

He also explained that anyone could have applied for the expedition. The only requirements were that an applicant must own a snowmobile, have experience riding long distances, and have a vested interest in raising awareness about systemic racism in Quebec.

"They are both very experienced outdoorsmen, but there is no climate like Northern Quebec, right? They're used to the winters we have here but



COURTESY

From left to right: Martin Lusignan (First Nations Expedition participant), Andre Smith (First Nations Expedition participant), Marcia Giguere (ATA member), Tracey Morgan (ATA member), Magalie Brazeau (ATA member), Adam Alter (ATA member), Natasha Beaudoin Fontaine (co-organizer of the A&M Rally and ATA member).

up north is a different story, so they're cognizant of that, and they're aware of the hurdles ahead," said Fontaine.

However, he added that while anything can happen during the expedition, the communities are all "very kind, very generous, very helpful," so he is not worried about any hiccups along the way. It is well organized, Fontaine continued, there are first aid stations at every stop.

He noted that the expedition is, in a way, split into two parts. There is the fundraising side to it, which Lusignan

and Smith are actively engaged in until they depart in February, and then there is the matter of supporting these communities, and acknowledging past wrongdoings.

"It's a fundraiser, ultimately, and it's in honour of those three causes, and it's also to help bring resources to those communities because those are the communities that are affected by all of the neglect that we as settlers have put upon Indigenous peoples," said Fontaine.

Student Ombudsman

CONT'D FROM PAGE 3

strengths and needs of the student, so the complaint was dismissed accordingly.

"Finally, to my knowledge, no student was expelled due to acts of bullying or violence," Beaudry said, "and I have no recommendations to make with respect to measures required to prevent and to stop bullying and violence, as complaints of this nature, to the best of my knowledge, were properly managed internally."

Chairman Michael Murray thanked Beaudry for "another excellent report", which Murray said suggests that staff are taking great care to address issues that do arise within schools and centres appropriately at the school level.

The board has a new commissioner. Shawn Jersey represents Ward 5 (Austin, Bolton-Est, Bolton-Ouest, Magog, Orford, Potton, Saint-Benoît-du-Lac, Saint-Étienne-de-Bolton and Stanstead), replacing Dan Brodie, who did not run to keep his seat in last year's school board election.

Some new appointments were

announced at the Lennoxville Vocational Training Centre. Shane Mackey was appointed to Administrative Services Supervisor, and Johanna Bisson was named the new Director at the centre.

Director General Michel Soucy and Chairman Murray both skipped their monthly reports, but Murray did say that the year was off to a good start in spite of the difficulties of COVID-19 and a handful of the usual issues that come with the start of school. "There was a teacher in front of every class," he added happily.

Most of the advisory committees have yet to meet, although Audit discussed work planned at Butler Elementary for the cafeteria roof replacement, as well as the first phase of the eco-energetic program, several years in the works, which will include energy efficiency renovations at roughly half of the schools within the ETSB.

Reporting recent news from the Quebec English School Boards Association, Murray said they have

joined the legal challenge to Bill 21, which is not at the appeal stage. A grant from Heritage Canada will cover the legal costs incurred by the association, Murray said. On the Bill 40 front, it is still a waiting game, the chairman said.

Murray also referenced a research project by the QESBA, supported by Heritage Canada, to develop a linguistic profile of all school boards in the English sector.

Murray said preliminary research indicated that a high percentage of students in all boards either speak French at home or are at least partially francophone in their daily lives.

During question period, the bulk of Appalachian Teachers' Association President Megan Seline's questions alluded to trouble at the CMP vocational centre.

Referring to the successful partnership the board has with Val des Cerfs at Sutton Elementary, Seline asked if the council of commissioners were aware that the relationship is not so harmonious at CBM.

Murray replied the board is aware that there have been stressed and strains, and they have worked to address some of the issues over the last few years, acknowledging that some remain unresolved.

When asked how those issues might be resolved this year, Murray said the board would approach this year with the intention to try and do things differently, because repeating the same efforts and expecting a different result would be fruitless.

Murray added that a new director level position has been created to oversee all adult sector activities, and that person, along with DG Michel Soucy, will be at the negotiating table this year with Val des Cerfs to address issues at CBM.

Work is on schedule for the construction of the new elementary school in Drummondville, the board said. They were lucky enough to not face any delays because of the pandemic, and they are on track to open in February, 2022.

The Border Report | *By partnering with trusted teachers, who can allow us into their classrooms, we believe we will have a better shot at making lasting connections*

Spark - for the love of learning

**PHELPS AIDE
PHELPS HELPS**



COURTESY

The past 18 months were hard on even the most motivated students. During the pandemic Phelps saw its participation numbers fall across programs, a concerning trend experienced by most schools, clubs and recreation centers. In response to this decline in engagement, Phelps is coming back strong with a new offering from our Spark program. In partnership with our local English and French elementary schools, Phelps' Spark program will be bringing monthly hands-on learning lessons to the classrooms of students in grades one through five. All Spark lessons will be developed in line with the classroom curriculum and will incorporate teamwork, creativity, problem-solving and critical thinking skills.

Since 2012, Phelps Helps has provided much needed homework help to upper elementary and high school level students, but in order to convince kids to seek our support in their later years of high school we need to build relationships with them early on. That is where the Spark program initiative comes in. We believe that our Spark program will help to create curious, motivated, life-long learners. By partnering with trusted teachers, who can allow us into

their classrooms, we believe we will have a better shot at making lasting connections. These connections will undoubtedly serve students as well as teenagers and young adults later on.

Last spring we piloted our "in-class" Spark initiative in grades five and six classrooms and it was a huge success. At the teacher's request, we crafted a S.T.E.A.M. (science, technology, engineering, arts, math) lesson that linked to a topic of study and took over one teaching block. It was a win for all:

- Phelps got a chance to connect with more students in a trusted environment
- Teachers benefited from observing their students learn
- Students enjoyed a change of pace

Now, we are excited to extend this monthly offer to students in grades one to five year-round!

We wish to thank the dedicated teachers, administrators and school staff at Sunnyside Elementary School and école Jardins-des-Frontieres for this opportunity to work in their classrooms. Now more than ever, students need to know that their communities believe in them, and at Phelps we think this partnership is one way to show that we are all

standing behind our kids.

Phelps Aide Phelps Helps was founded in 2012 and has grown organically from a single high school tutoring program to six unique programs, providing the Stanstead

area with free educational and career support. For more information or to volunteer, please email us at info@phelpshelps.ca, visit our website www.phelpshelps.ca or call our offices at 819-704-0799.

FRONTIER ANIMAL SOCIETY

Featured pet: Kakou

Kakou, who has been with us now for almost 5 months, is just one of over 20 cats and kittens who came into our care when their elderly caretaker had to be moved into a senior's residence. Although without question, Kakou's former owner had far too many cats for a single household, all considered, they were well socialized and most were healthy.

Kakou is a calm, affectionate and friendly girl who can be a little timid when first meeting new people. We think this is probably why she has been overlooked for so long. Shelter living can be stressful for some cats, and we've noticed she is keeping to herself more and more. It's time she finds her forever home.

When visiting the shelter, if you

take the time to seek her out and quietly sit with her, it won't take long before Kakou begins to purr and welcomes the attention. She enjoys being pet and loves to be brushed.

Kakou, who is approximately 2-3 year old, has a mild condition that requires that her eyes be treated with cortisone cream two or three times a week. It literally takes about 3 seconds, and she is good to go.

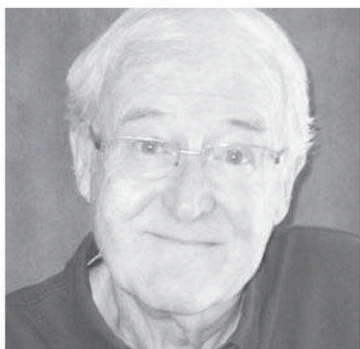
If you are looking for a sweet and gentle cat to join your family, Kakou may well be the one for you. Because she is shy, we feel she is best suited to a calm and quiet household. To inquire about adoption, please contact our cat adoption coordinator Linda at 819.868.2684 or send an email to frontieranimalsociety@gmail.com



EDITORIAL

The ostensible impetus for this project was that the woodwork, including the doors, frames molding and mop board were looking badly dated.

DIY for the modern maintenance man



TIM BELFORD

The thing about renovating an old house is that nothing is square. Like a well-worn human body, the joints don't work as well any more, some parts list to one side and things don't fit quite the same as they did when everything was new.

At the same time, household maintenance is a must. It's an ongoing battle to preserve what, for most of us, is our largest single asset; one that provides shelter from the storm and a retirement fund for that inevitable moment when we head off to "the home" to while away our remaining days.

I realize this completely, which is why I found myself recently fighting with several doors.

She Who Must Be Obeyed, after running out of rooms to redo, decided for some unknown reason to attack the entrance hallway and its tributary leading to the bedrooms. The ostensible impetus for this project was that the woodwork, including the doors, frames molding and mop board were looking badly dated. In her defense, I must admit that the sixty-year old wood, originally varnished to a lovely sheen, had darkened with age and did in fact need a face-lift.

"Don't worry," she said. "I'll do all the painting. All you have to do is take the doors down and do a little sanding;" famous last words ranking right up there with George Armstrong Custer's admonition to his troops that "It's just a bunch of Indians. We'll be

back before you know it."

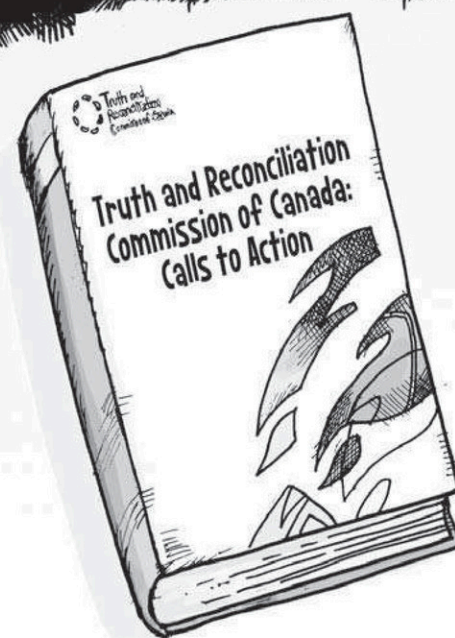
Getting the hinge bolts out was relatively simple. A couple of taps with a hammer and out they came. Of course the door came with them but thankfully I managed to catch it before being completely pinned against the opposite wall. The next two were even easier so I decided not to push my luck but to deal with these three before taking down anymore.

Before I could commence with the sanding, however, I had to remove the hinges and handles. Now, at the time when the house was built the carpenters did not have the convenient electric screwdrivers that are available to the home handyman today so the next step should have been relatively easy, or so I thought. In fact, I found that the screws had been installed by an ancestor of the Incredible Hulk and defied the power tool I was using. In danger of stripping the screw head, I resorted to my own hand-driven screwdriver. Twenty minutes and a minor hernia later, the doors were free of hardware.

Using two sawhorses as support I laid the first door on top. Wearing a dust-proof safety mask I began to sand. What I noticed almost immediately is that the varnish used back in the 1950s was about as hard as the material they used for the foundation itself. Unlike today's water-based polyurethane - which I have sanded before - it fiercely resists all attempts at removal. What was supposed to be a mere dawdle turned into sweat-inducing effort that took both an electric sander and two different grades of hand-held sandpaper. Luckily, the next two doors were smaller.

As it stands, I have re-installed the two smaller doors which have been duly painted by the head contractor and await further instruction before attempting to re-hang the large door which I have been assured should be "no problem." Of course, there are three more large doors to come. I'll get back to you, dear reader, sometime in November.

NATIONAL DAY FOR TRUTH AND RECONCILIATION: SUGGESTED READING



Letters

A message from the Governor General of Canada on the Occasion of the first National Day for Truth and Reconciliation

As we mark the first National Day for Truth and Reconciliation, I think back to how my childhood shaped me. How so many in our community, and thousands more Indigenous children across Canada, were ripped away from their homes, separated from their families and sent to residential schools, where they were not allowed to speak their languages or honour their cultures, and were punished if they did.

As the child of a white father and an Inuk mother, I was not allowed to attend. I stayed behind, home-schooled, and visited families where there was a palpable void. I was a stand-in, a well-loved substitute, for mothers and fathers who desperately missed their children.

We all felt it. The sorrow of missing a part of our community.

Since the launch of the Truth and Reconciliation Commission of Canada and the publication of Calls to Action—and more recently, with the discoveries of unmarked graves of residential school children—Canada's real history has been laid bare. The legacy of colonization has had devastating repercussions for Indigenous peoples, including the loss of language, culture and heritage. This pain has been felt from generation to generation, and it continues today.

These are uncomfortable truths, and often hard to accept. But the truth also unites us as a nation, brings us together to dispel anger and despair, and embrace justice, harmony and trust instead.

Reconciliation is a way of life, continuous, with no end date. It is learning from our lived experiences and understanding one another. It is creating the necessary space for us to heal. It is planting seeds of hope and respect so that our garden blooms for our children.

As we strive to acknowledge the horrors of the past, the suffering inflicted on Indigenous peoples, let us all stand side-by-side with grace and humility, and work together to build a better future for all.

MARY MAY SIMON
GOVERNOR GENERAL OF CANADA

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Canadiens' prospect Joshua Roy returns to Sherbrooke

By Michael Boriero

Joshua Roy has returned to the Sherbrooke Phoenix, after spending two weeks at the Montreal Canadiens preseason training camp, but not before reminding people why he was previously selected first overall in the Quebec Major Junior Hockey League (QMJHL).

Although Roy was part of the first round of cuts by the Canadiens, he left a lasting impression with the National Hockey League (NHL) club. The 18-year-old from St-Georges-de-Beauce told The Record that he learned a lot in his short time there, especially from the veterans.

"I think just seeing them in the gym, off the ice and on the ice, they're [professionals] and it was just good for me to be able to watch them, see what they're doing, and just take that with me; It's good for me as a hockey player," said Roy.

While at training camp, he played with some of the Canadiens' top players, including Jonathan Drouin, who made his return to the club following a prolonged break to deal with his mental health. It was a surreal moment for Roy to share the ice with a player like Drouin.

"The Montreal Canadiens, in Quebec, for most of the people it's our team, so since I was young I was watching them on the TV, and now like last week I was with all of those players I was watching, so that was a pretty incredible feeling," said Roy.

The professional level is a different game compared to the QMJHL, he explained, and he plans to bring his experience at the highest level to his team in Sherbrooke. He has come a long way since his days with the Saint John

Sea Dogs.

Roy was taken by the Sea Dogs in the 2019 QMJHL Draft. He contributed 44 points in 60 games in his first season, and in the following season he put up 17 points in 15 games, prior to being traded out of Saint John and to his new home with the Phoenix.

He has been criticized for putting on too much weight, which he addressed over the past offseason, according to a previous interview with The Record, and now he is back to turning heads on the ice with his vision, poise, and understanding of the game.

"Well I think it's just when you realize that you really have to work on a lot of stuff, and you want to be a better hockey player, so I just realized it. I worked on a lot of things that I had to work on, and that's it," said Roy, who finished with 18 points in 20 games for Sherbrooke last year.

Now that he is back with his junior team, Roy is focused on putting on a strong performance in the upcoming regular season. The Phoenix open the 2021-2022 campaign with a road game against Rouyn-Noranda on Oct. 1. And Roy believes they are ready to push for a top spot.

Sherbrooke has one of the youngest teams in the league, but Roy said it all comes down to teamwork. He added that there isn't any weight on his shoulders. He tries his best to drown out the noise stirred up by the media, and simply focus on the task in front of him.

"Well it's not something that I can control, so I just concentrate on the things that I can control, like working on the ice and outside the ice. It's not something that I can control, so I just don't think about it," Roy said.



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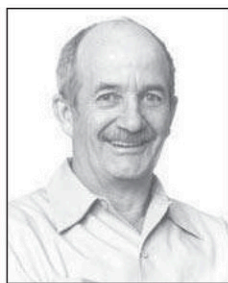
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Death

Death


Côté, Eugène "Gene"
 1935-2021

It is with great sadness that we announce the peaceful passing of Eugène Joseph Côté, on Tuesday, September 21st at the CHUS with family by his side. Son of the late Edward Côté and Antoinette Guilbault, as well as son-in-law of E. Albert Willey. Predeceased by his son Trevor and siblings Andrew, Catherine, Donald and Christine. Eugene was a loving husband to Lorraine

Willey of 56 years, devoted father to Kimberley and husband Timothy McCarthy, loving Papa to Brittany (Josh) Choiniere, Michael (Leanne) McCarthy and Great Papa (Papa Up/down) to Camden, Owen and Aubree Jean. He was a dear son-in-law to Gladys Willey. He also leaves to mourn his 12 siblings, brothers-in-law, sisters-in-law, nephews, nieces, as well as other relatives and friends.

A heartfelt thank you to Dr. J.M. Daigle and the homecare nurses of the Magog CLSC for their devoted care over the past years.

Cremation took place at the crematorium Les Jardins Funéraires Bessette.

Due to the present circumstances, the family will receive visitors on Friday, October 8, 2021 in rotation from 11:00 a.m. to 1:00 p.m. at the Bessette Funeral Home, 5034 Rue Foster, Waterloo, QC J0E 2N0. The funeral service will be held at 1:00 p.m. in the Chapel, followed by the interment at the South Bolton Union Cemetery.

Gene spent many years as a volunteer fireman, director and caretaker of the cemetery.

In lieu of flowers, donations can be made to the Austin Fire Department at 23, Millington Road, Austin, Québec J0B 1B0 or the South Bolton Union Cemetery at 28, Mountain Road, Bolton-Est, Québec J0E 1G0.

We invite you to share memories and condolences on our website: www.famillebessette.com.

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Datebook

THURSDAY, SEPTEMBER 30, 2021 (1992-), actor.

Today is the 273rd day of 2021 and the ninth day of autumn.

TODAY'S HISTORY: In 1935, the Boulder Dam (later renamed the Hoover Dam) was dedicated.

In 1947, Game 1 between the Brooklyn Dodgers and the New York Yankees was the first World Series game broadcast on television.

In 1955, actor James Dean was killed in a car accident near Shandon, California, at age 24.

In 2005, a Danish newspaper published controversial cartoons depicting the Islamic prophet Muhammad, sparking protests and riots around the world.

TODAY'S BIRTHDAYS: Hans Geiger (1882-1945), physicist; Deborah Kerr (1921-2007), actress; Truman Capote (1924-1984), author; Elie Wiesel (1928-2016), author/activist; Angie Dickinson (1931-), actress; Johnny Mathis (1935-), singer-songwriter; Barry Williams (1954-), actor; Fran Drescher (1957-), actress; Tony Hale (1970-), actor; Jenna Elfman (1971-), actress; Marion Cotillard (1975-), actress; Martina Hingis (1980-), tennis player; T-Pain (1985-), rapper/producer; Ezra Miller

TODAY'S FACT: James Dean starred in just three films. Best known for his iconic role in "Rebel Without a Cause," Dean was posthumously nominated for the Academy Award for best actor in a leading role for "East of Eden" in 1956 and "Giant" in 1957.

TODAY'S SPORTS: In 1927, Babe Ruth broke his own record for home runs in a season by hitting his 60th, setting a record that stood for 34 years.

TODAY'S QUOTE: "Friendship marks a life even more deeply than love. Love risks degenerating into obsession, friendship is never anything but sharing." - Elie Wiesel

TODAY'S NUMBER: \$108 million - combined value of "Seascape at Scheveningen" and "Congregation Leaving the Reformed Church in Nuenen," two paintings by Vincent Van Gogh that were stolen from the Van Gogh Museum in Amsterdam in 2002; their recovery was announced 14 years later, on this day in 2016.

TODAY'S MOON: Between last quarter moon (Sept. 28) and new moon (Oct. 6).

Greens and grains are the recipe for a healthy salad

Quinoa has long been a mainstay of healthy cooking and is an important component of vegan cuisine. Quinoa is rich in protein and fiber and has various vitamins and B minerals. Quinoa also is a complete protein, which means it has all of the essential amino acids in the amounts the body needs.

While quinoa is technically not a grain (its grains are the seeds or fruits of cereal grasses), it often is treated as a grain and classified as a "pseudocereal." Encyclopedia Britannica utilizes that term to describe non-grasses that people consume as if they were traditional grains. The Whole Grains Council even classifies quinoa as a whole grain due to its method of preparation and nutrient profile.

Quinoa can be delicious in many forms and be an alternative to rice, pasta, couscous and other grains in cooking. Try this "Green Quinoa Salad" from "Plant-Based Gourmet: Vegan Cuisine for the Home Chef" (Apollo) by Frances Gordon.

Green Quinoa Salad

Makes 6 to 8 servings as a side, or 4 lunch portions

Quinoa mix

12 ounces white quinoa, rinsed and dried
 1 tablespoon coconut oil
 1 teaspoon whole coriander seeds
 Pinch sea salt

Salad

3 cups spinach, hand torn
 3 stalks celery, diced
 1 stalk from a fennel bulb, diced
 1 green bell pepper, diced
 1 large cucumber, diced with skin left on
 1 1/2 avocados, diced
 1 medium parsnip, peeled and diced
 1/2 white onion, thinly sliced and chopped

1/2 cup chopped fresh cilantro
 1/4 cup chopped fresh Italian parsley
 1/4 cup chopped fresh dill
 1 jalapeño, diced (with seeds if more heat desired)
 2 garlic cloves, crushed and minced
 10 basil leaves, chopped
 2 tablespoons sesame seeds, toasted
 1 tablespoon freshly ground black pepper

Dressing

1/2 avocado
 2 tablespoons extra virgin olive oil
 1 tablespoon fresh lime juice
 1/2 teaspoon salt
 1/4 teaspoon ginger powder

1. Combine the quinoa and coconut oil in a saucepan over medium-low heat and cook, stirring, to gently toast until the color of the grain darkens slightly, about 2 to 3 minutes.

2. Add the coriander seeds, sea salt, and 4 cups room temperature water and bring to a boil, then reduce the heat, cover, and simmer for 10 minutes. Uncover and simmer for another 5 minutes.

3. Combine all the salad ingredients in a large bowl. Let the quinoa cool for 15 minutes, then add to the bowl and toss to help wilt the salad greens. Mix well.

4. Combine all the dressing ingredients in a blender and pulse to combine. Then transfer to a small mason jar or salad dressing bottle with a tight-fitting lid. Shake vigorously until it looks creamy, then toss with the salad.

5. Let cool at room temperature, then chill for at least 1 hour before serving.

(Metro Creative)



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

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NEA Crossword Puzzle

Your Birthday

THURSDAY, SEPTEMBER 30, 2021

PISCES (Feb. 20-March 20) – Personal gain is apparent. Spend time honing your skills and updating your appearance. Preparation will make the difference between mere achievement and surpassing your expectations.

ARIES (March 21-April 19) – You'll need to muster up discipline if you want to get things done. Refuse to let someone lead you astray with a tempting offer. Finish what you start before you kick back and relax.

TAURUS (April 20-May 20) – Don't mix business with pleasure. Someone will use emotional tactics to throw you off guard. Stand your ground and follow through with your plans. Don't feel obligated to overspend to impress someone.

GEMINI (May 21-June 20) – Take your time and do things right the first time. Ask for an extension if you need it. Plan to network with people who inspire you. The input you receive will give you the push you need to excel.

CANCER (June 21-July 22) – Say no to anyone using coercive tactics. Get involved in events and activities that give you the chance to explore something that satisfies you. Turn what you love to do into a profitable endeavor.

LEO (July 23-Aug. 22) – Count your money and put it to good use. Be smart in the way you run your house. Don't risk your health or physical well-being. Avoid crowds. You can change things for the better with a little bit of focus.

VIRGO (Aug. 23-Sept. 22) – Take a break and reevaluate matters. A slight adjustment can make a big difference in the way you handle others. Refuse to let anyone put undue pressure on you. Set sensible goals.

Do what needs to be done to keep moving forward. Refuse to let the little things slow you down. Put your heart into what brings you the most joy and turn any negative situation you face into a positive one. Speak up, share your thoughts and make a difference. Engage in activities that nurture the soul and encourage personal growth.

LIBRA (Sept. 23-Oct. 23) – Pay attention to what you do and how you do it, not to what's going on around you. Taking care of your responsibilities and paying attention to detail will help avoid a run-in with an ill-tempered person.

SCORPIO (Oct. 24-Nov. 22) – Less hesitation and more action will resolve pending issues. An innovative approach will help you make the changes required to reach your target and motivate you to get moving. Romance is favored.

SAGITTARIUS (Nov. 23-Dec. 21) – Take care of money matters before it's too late. Not having a realistic view of your financial situation will lead to expenditures you cannot afford. Be smart and set a budget.

CAPRICORN (Dec. 22-Jan. 19) – Impulsive action will be your downfall. Investigate the ins and outs of a situation before you get involved. Be thorough, dedicated and confident. Romance and self-improvement are encouraged.

AQUARIUS (Jan. 20-Feb. 19) – Pay attention to what's going on around you. Set rules and abide by regulations. Stay focused on what you are trying to achieve. Don't take risks with your health or physical well-being.

Answer to Previous Puzzle

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

- ACROSS**
- 1 – vu
 - 5 Trumped-up
 - 10 Get-togethers
 - 12 Warm over
 - 13 Michener novel
 - 14 Not present
 - 15 Stately trees
 - 16 Wray of “King Kong”
 - 18 Coral habitat
 - 19 Noted essayist
 - 23 Rx overseer
 - 26 Cash dispenser, for short
 - 27 Motion picture
 - 30 Sensibly
 - 32 Juicy steak (hyph.)
 - 34 Prospect for oil
 - 35 Dinosaur bone
 - 36 Curly-leafed veggie
 - 37 Puppy bite
 - 38 Bradley and McBain

- 39 Cop's contact
- 42 Voight of movies
- 45 Universal rival
- 46 Housefly, to humans
- 50 King Arthur's island
- 53 Beethoven's Third
- 55 Elk
- 56 Synthetic fabric
- 57 Winter forecast
- 58 Sharpen

- DOWN**
- 1 Pickling herb
 - 2 Midterm or final
 - 3 Outlaw – James
 - 4 Couples-only ship?
 - 5 Valentine mo.
 - 6 Happy sighs
 - 7 Bruce and Spike
 - 8 Rational
 - 9 Grammy winner – James
 - 10 Ginnie –

- 11 Kind of zone
- 12 Shafts of light
- 17 Rocker part
- 20 Gavel
- 21 Squid cousins
- 22 Robins' bills
- 23 Remote button
- 24 Dagger
- 25 Great Wall locale
- 28 Winning margin
- 29 Oklahoma town
- 31 Architects' wings
- 33 Ernie of the PGA
- 35 Made a movie of

- 37 Fruitcake go-with
- 40 All, in combos
- 41 Memorable time
- 42 Mandibles
- 43 Stadium shape
- 44 Where hackles rise
- 47 Blarney Stone locale
- 48 Laird
- 49 Make leather
- 51 Tell tales
- 52 Giants hero of yore
- 54 Unvarnished

	1	2	3	4		5	6	7	8	9	
10					11		12				
13						14					
15					16	17			18		
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42	43	44			45			46	47	48	49
50			51	52			53	54			
55							56				
57							58				

THURSDAY, SEPTEMBER 30, 2021

Smell a game, bid that game

By Phillip Alder

H.L. Mencken, who was a scholar of American English, claimed that an idealist is one who, on noticing that a rose smells better than a cabbage, concludes that it will also make better soup.

At the bridge table, when you smell a game, you should bid that game and hope that making it is duck soup.

Look at today's North hand. South opens one club, West passes, North responds one diamond, East intervenes with one heart, South rebids two clubs, and West passes once more. What should North rebid?

This situation faced six players at Bridge Base Online. Two with a malfunctioning olfactory organ passed; three raised with a slight sniff to three clubs. One player noticed the strong aroma of game and leapt straight to five clubs!

West led the heart ace and shifted to the spade eight. South took the trick with his ace, played a diamond to dummy's king, returned to the club ace and led another diamond. Declarer anticipated that West would be longer in diamonds than East, but even if West had queen-fourth, the contract still had chances. So, South put up dummy's ace and was happy to see the queen appear.

North		09-30-21	
♠	Q 10 2		
♥	8		
♦	A K J 9 5		
♣	8 7 5 4		
West		East	
♠	8 6 5 4 3	♠	K J 7
♥	A 9	♥	Q J 10 7 6 5 3
♦	10 7 3 2	♦	Q 4
♣	K J	♣	Q
South			
♠	A 9		
♥	K 4 2		
♦	8 6		
♣	A 10 9 6 3 2		
Dealer: South			
Vulnerable: Neither			
South	West	North	East
1♣	Pass	1♦	1♥
2♣	Pass	??	
Opening lead: ♥ A			

The spade nine disappeared on the diamond jack, and declarer conceded just two tricks. This was a top because they were the only pair in game.

If West had had queen-fourth of diamonds, declarer would have needed him to have only one club. Then, after ruffing out the diamond queen, South could have trumped his heart king on the board and discarded his spade loser on the diamond jack.

Finally, note that three no-trump would also make here.

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.

“Y X T F B A G R A F ' D K T T D X T
 P A G F R M S J T K , B A G H S A K K D X T O
 Y J D X A G D T C T F Z F A Y J F L D X T B
 T N J K D J F D X T U J S K D V E M H T . ”
 — O M S J A F H A D J E E M S R

Previous Solution: “I’m a human, and I’m multidimensional. If I was the perfect form of anything, I’d be boring.” — Halsey

TODAY’S CLUE: *Y x s l e n b e z*

REALITY CHECK



HERMAN



“I’ll let you decide, but they said the electricity will be off for at least an hour.”

ALLEY OOP



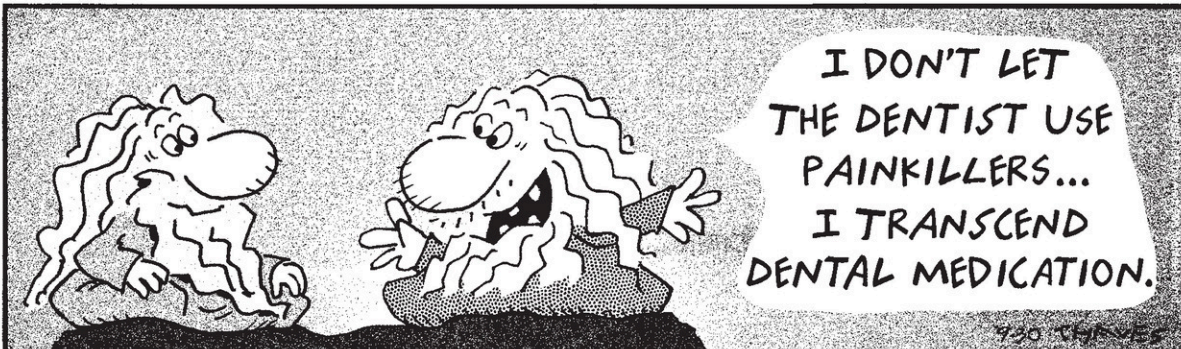
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ONLINE WORKSHOPS
 Mental Health Estrie invites you to a free virtual workshop in English: "What is Mentalization and How Can it Help You and Your Loved One Impacted by Borderline Personality Disorder?" presented by Valerie Porr (M.A., founder of TARA4BPD). This event will benefit anyone experiencing difficulties regulating emotions, as well as their support systems. Open to all, 6:30pm-8:45pm, September 30th (attendance at previous sessions not necessary). For more information, or to register, please visit our Facebook or Instagram pages, email outreach@mentalhealthestrie.com, or call

(819)565-2388.
ONLINE WORKSHOPS
 Mental Health Estrie also invites you to the free virtual workshop in English this October: "Supporting Your Loved One Living with Addiction" presented by Anthony Berger, Clinical Supervisor at Dunham House. Open to all, 2:00pm-3:15pm, Wednesday, October 6th. For more information, or to register, please visit our Facebook or Instagram pages, email outreach@mentalhealthestrie.com, or call (819) 565-2388.

ONLINE WORKSHOPS
 Mental Health Estrie also invites you to the free virtual workshop in English this October: "Being an Ally: Standing with your LGBTQ2S+ Loved Ones" presented by Dr. Nate Fuks (Department of Psychology, McGill University). Open to all, 6:30-7:30pm, Wednesday, October 20th. For more information, or to register, please visit our Facebook or Instagram pages, email outreach@mentalhealthestrie.com, or call (819) 565-2388.

SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

9/30

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PREVIOUS SOLUTION

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

HOW TO PLAY:

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

Dear Annie

THURSDAY, SEPTEMBER 30, 2021

Dear Annie: My 20-year-old daughter, "Jessica," was adopted when she was 2 by her mom and her first husband, and I adopted her when she was 15. She decided to reach out to her birth mother in a very small town with very limited opportunities last February, and then she moved across the country to be with her in April.

This broke my wife's heart, as they have had a strained relationship for the last few years. Naturally, she felt rejected. By June, things fell apart between my daughter and her birth mother, and she was couch surfing and living in hotels that were being paid for by a charity group that helps women victims of domestic violence.

My wife just spent three weeks in a hospital to work out a lot of issues that have finally boiled over - a tempest in a teapot, so to speak. But she is in mom mode and does not want our daughter to be homeless if there is anything we can do about it.

Jessica had a round-trip ticket to fly home for her brother's wedding in October but then canceled it and bought a one-way ticket that is in a couple days. She did this without talking to us first, expecting we would take her in, as she has exhausted all the couches in town. I told her I would fly to her and help her pack and ship her stuff before taking her to the airport to fly home.

Since she's been home, she has been really snotty to me, and I told her I didn't appreciate it. She got mad and packed her things and went someplace else for the night. I cannot help but think I made a mistake by coming to

get her. My wife cannot handle this attitude my daughter keeps giving us and the hurtful things she says.

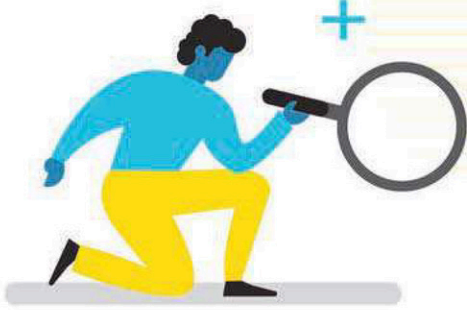
Should I give my daughter an ultimatum and tell her we will not tolerate this behavior or she will be out to fend for herself? How do I handle putting my foot down with my wife if she fights me on throwing our daughter out? - Can't Win With My Daughter

Dear Can't Win: First things first, you're doing the best you can, so please stop tormenting yourself. Your daughter has had a rotating cast of parental figures in her life, and she needs some reassurance of stability. Let her know that your love is unconditional and that there will always be a place for her in your family. It may take a while for you to become the happy family you want to be, but helping her move home is a good start.

That said, unconditional love does not mean she can live in your house rent-free, making snotty remarks and insulting your wife. Communicate some ground rules, starting with basic respect. It sounds like you, your wife and your daughter would benefit from a family therapist, who could help you get to the root of Jessica's misbehavior.

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



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