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# WEEKEND EDITION

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PM#0040007682

FRIDAY, NOVEMBER 1, 2019

## “People of the Eastern Townships” mourn Tom Standish

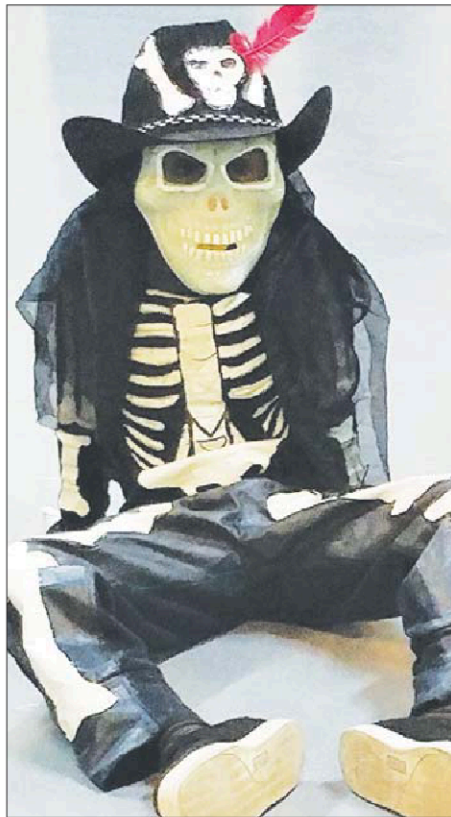
By Gordon Lambie

When someone in a community dies, it's not unusual to see members of that community mourn their loss in different ways. This holds true in the modern world of on-line community, even if it's not visible in the same sorts of ways.

Last weekend Tom Standish of Waterville died after a long and difficult struggle with a mysterious heart condition. While active in the local community as a photographer and roles like that of publisher of the Townships Sun Magazine, one would be hard pressed to find a more striking example of the impact he had on people than the messages on the wall of the “People of the Eastern Townships of Quebec II” Facebook page over the last few days.

CONT'D ON PAGE 5

## Boo! Halloween Part two



While there was a lot of confusion about Halloween this year because of some municipalities choosing to postpone trick or treating, ultimately the event is about getting dressing up and having fun. Those who didn't or couldn't make it out last night will undoubtedly have opportunities today for some scares and some treats. Meanwhile, the Lennoxville 1st Scouts got their scare on Wednesday night. The following was submitted by Didi Gorman.

It was spooky at the Lennoxville Scouts on Wednesday night.

Witches, gorillas, pirates, and skeletons were roaming our meeting hall

and ghosts were spotted in unexpected locations such as glass jars left on the counter.

Several zombies were seen concocting secret potions of what looked like

ice cream and soda. They then proceeded to a game of dodgeball with members of the fairy league.

CONT'D ON PAGE 3



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## Weather



TODAY:  
RAIN

HIGH 8  
LOW 4



SATURDAY:  
MIX OF SUN  
AND CLOUDS

HIGH 5  
LOW 1



SUNDAY:  
CLOUDY

HIGH 4  
LOW 0



MONDAY:  
MIX OF SUN  
AND CLOUDS

HIGH 5  
LOW 0



TUESDAY:  
RAIN

HIGH 10  
LOW 4

# Play It, Sam



## GOOD READS

### LENNOXVILLE LIBRARY

Review by Vince Cuddihy

In Amor Towles' best-selling novel *A Gentleman in Moscow* (2016), the gentleman in question is Count Alexander Ilyich Rostov, formerly of the Idlehour estate in Nizhny Novgorod. The story opens with the 1913 poem *Where Is It Now?* attributed to the Count in his university days. The transcript of his trial at the Kremlin in June 1922 as a suspected enemy of the Revolution reveals that he avoids being shot because of that poem. Instead he is sentenced to house arrest in the Metropol Hotel where he has lived for the past five years. However, the guards do not return him to his third floor suite; they take him upstairs to the sixth floor to a bedroom that re-

sembles a monastic cell with a toilet down the hall.

*A Gentleman in Moscow* is not just the life story of the Count; it is also a history of the Stalinist Era in the Soviet Union. The Count learns that he can be remarkably adaptable, an important skill when the rules of life change abruptly according to Soso's whim. He also learns that in a major hotel like the Metropol, in the heart of the Russian capital, you don't have to go out to see the world: eventually the world comes to you.

The Count is befriended by a blond girl who favours yellow dresses. Like the Count, she cannot leave the hotel unless she is accompanied by her parents. So Nina Kulikova determines to explore every nook and cranny of the hotel and drags the Count along with her. She is aided in this adventure by a skeleton key that opens every door in the hotel: guest rooms, closets, storage rooms. When her family obtains an apartment in the new suburbs, she bestows the key on the Count. The knowledge of the back stairs and hidden corridors, as well as the key, proves to be invaluable to the Count.

Alexander also finds romance in the person of Anna Urbanova, a film star. This liaison continues for many years through the ups and downs of Anna's career. He gets a job as a waiter in the Boryarsky, the main restaurant in the Metropol, and rises to become Head Waiter. His old classmate Mishka drops by from time to time to report on the progress of his masterwork.

The Count becomes a tutor to Colonel Osip Ivanovich Glebnikov, an officer of the Party, who wants to learn about the French and France. Rostov had lived in Paris for four years after finishing university. They start by reading works by important French writers, especially Michel de Montaigne. When the Count fails to do his preparation on Alexis de Tocqueville, they switch to viewing films about the French, which is how they become intrigued by *Casablanca*.

Rostov's routine is thrown for a loop when Nina shows up with her daughter Sofia. Nina's husband has been sentenced to five years in the gulag. She doesn't think he can survive on his own. She plans to follow him and get a job nearby so she can help him. But she can't take the girl with her and she has no one else to turn to. So the Count be-

comes father to a very clever six year old. Sofia turns out to be a highly gifted musician, and that fact has enormous consequences for both of them.

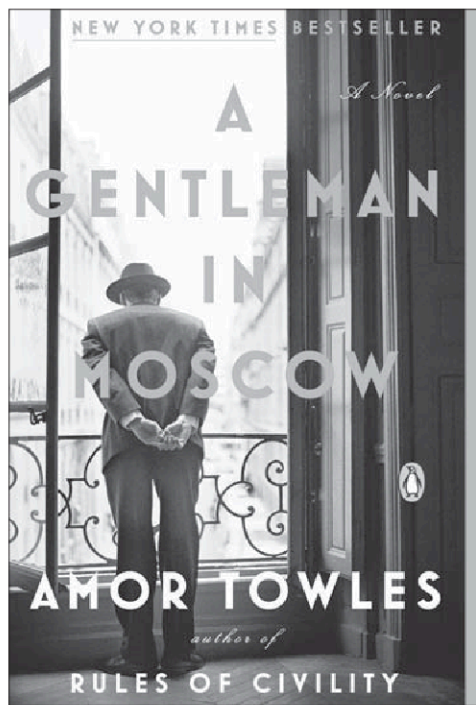
One member of my book club thought this story was a translation from the Russian, and the thought crossed my mind too. But it is the style of the writing that makes you imagine you are reading Dostoyevsky or Turgenev. It is the philosophical asides that are not quite tangential to the plot, but are certainly elliptical, that create that impression.

At one point, the Metropol is asked to host a combined dinner for the Presidium and the Council of Ministers. They are told that the group of 46 will be seated at an extended U with six seats at the bottom of the U and four rows of ten along the arms. But there will be no seating plan. Towles goes into a discussion of how the seats would be allocated in a Hobbesian world, in a Lockean society or in Rousseau's state of nature. He then points out that none of these will do because the Communist Party was "one of the most intricate and purposeful constructions ever manufactured by man. In essence: the hierarchy of all hierarchies".

I really enjoyed this book. One has the sense that one is actually working in the Metropol; the rhythms of its operations, the changes that accompany the different seasons and the ebb and flow that accompany the replacement of one set of guests with another are all brought to life. And the Count, who is supposed to be shoved off into the fringes, is very much the center of his small universe. He is, as his friend Mishka observes, the luckiest man in Russia.

Towles, who was born in Boston and lives in Manhattan, spent most of his working life as a financial professional. He has published one other novel: *Rules of Civility* (2011). In recent years, he has devoted his efforts to writing short stories. *A Gentleman in Moscow* is being made into a mini-series starring Kenneth Branagh. Both novels are available at the Lennoxville Library.

The Middle Grade Fiction Family Book Club meets tonight at the Library at 6:45. This month's discussion book is *Wild Robot* by Peter Brown. All families of middle grade children (ages 8-13) are welcome to attend, even if they haven't read the book.



## Ben by Daniel Shelton





# LOCAL NEWS

The Amazighs are the indigenous peoples of North Africa: Algeria, Morocco, Tunisia and Libya.

## Supreme Court won't hear appeal of sentence in Quebec election shooting

The Canadian Press

The Supreme Court of Canada won't hear Richard Henry Bain's appeal of his sentence for shooting a man on election night in Quebec seven years ago. Bain was convicted of killing lighting technician Denis Blanchette outside a Parti Quebecois rally on Sept. 4, 2012, as premier-designate Pauline Marois delivered a victory speech inside.

In 2016, Quebec Superior Court Justice Guy Cournoyer sentenced Bain to

life in prison without possibility for parole for 20 years after a jury found him guilty of second-degree murder as well as three counts of attempted murder.

Bain's defence had argued unsuccessfully that he should be found not criminally responsible for the killing.

In March, a five-judge Quebec Court of Appeal panel dismissed Bain's request for parole eligibility after serving 10 years.

As usual, the Supreme Court gave no reasons for refusing to hear the case.

## Intercultural Tea at Uplands

A tea of hospitality

As part of Intercultural exchange week taking place from Nov. 1-Nov. 10 across Sherbrooke,

Uplands Cultural and Heritage Centre in collaboration with DIHYA (the Amazigh Association of the Eastern Townships) will host an intercultural tea this Saturday.

The Amazighs are the indigenous peoples of North Africa: Algeria, Morocco, Tunisia and Libya. We also find Amazighs in Egypt, the Canary Islands, Mauritania, Mali and Niger. DIHYA will

share its unique tea traditions with the public (tea and sweets included). Traditional pottery and decorative items will also be on display. The activity is free and open to all.

The intercultural tea will take place this Saturday, Nov. 2, between 1 & 4:30 p.m.

According to DIHYA, tea is offered as a sign of welcome. It is an occasion for a moment of conviviality, exchange and laughter. "We do not do any business without tea."

## Mystery night

CONT'D FROM PAGE 1

A team of young detectives launched an investigation into the mysterious disappearance of cookies from the cookie jar. Witnesses claim to have caught sight of Minnie Mouse accompanied by a young goblin in the vicinity of the cookie jar shortly before the enigmatic disappearance of the cookies. When questioned, Minnie hastily wiped crumbs off the corners of her mouth and mumbled something about the necessity of removing the cookies for the

benefit of making a Halloween craft with the newly-emptied jar. Her exact words, however, could not be confirmed, as she was speaking with her mouth full. The whereabouts of the missing cookies, therefore, remain shrouded in mystery.

The evening was completed with a dance party to the music of such hits as Michael Jackson's Thriller. Clowns, knights, tigers, and robots were seen throwing their arms in the air and stomping their feet to the beat.

It was a delightfully haunted night.

### Clarification

The article "Women's rights group reaching out to English speakers," which appeared in Thursday's Record, referred to Concertation Femmes Estrie as the regional chapter of the international women's march movement. The group is, in fact, an independent non-profit organization that coordinates activities related to the Women's march, among other initiatives.

## CFUW fall council meeting

The Canadian Federation of Women (CFUW) recently held their Fall Council meeting at the new Wellness Centre in Ayer's Cliff. Twenty-five women from six clubs located in Montreal, Lakeshore, South Shore, Montérégie, Sherbrooke & District, and Quebec City met to discuss issues related to local, national and international social policy regarding women's rights and equality.

Carol Mooney, Co-president of CFUW

Sherbrooke & District and Board member of the Massawippi Valley Health Centre gave a presentation entitled, "A Community takes health care into their own hands." The visiting women returned home with new knowledge about the health centre's priority for prevention of disease and promotion of health.

Submitted by Carol Mooney



Uplands will also be serving English tea and scones in another room of the house to allow the visitors to experience the two different tea traditions. Uplands Cultural and Heritage Centre is located at 9 Speid Street, Sherbrooke (Borough of Lennoxville). Information: 819-564-0409 or info@uplands.ca.



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EASTERN TOWNSHIPS REOURCE CENTRE ARCHIVES

# Mystery photos on the menu

This month the ETRC would like to enlist the help of readers to identify a few of our numerous unidentified photographs. All of these photographs come from a collection of documents that are primarily from the Lake Massawippi and Hatley areas and, so, it is likely that these photographs picture people and places from those areas. In

one, which comes from a group of three images, we see the construction of what appears to be a dam. Is it possibly the Eustis dam on the Coaticook River, near Route 143?

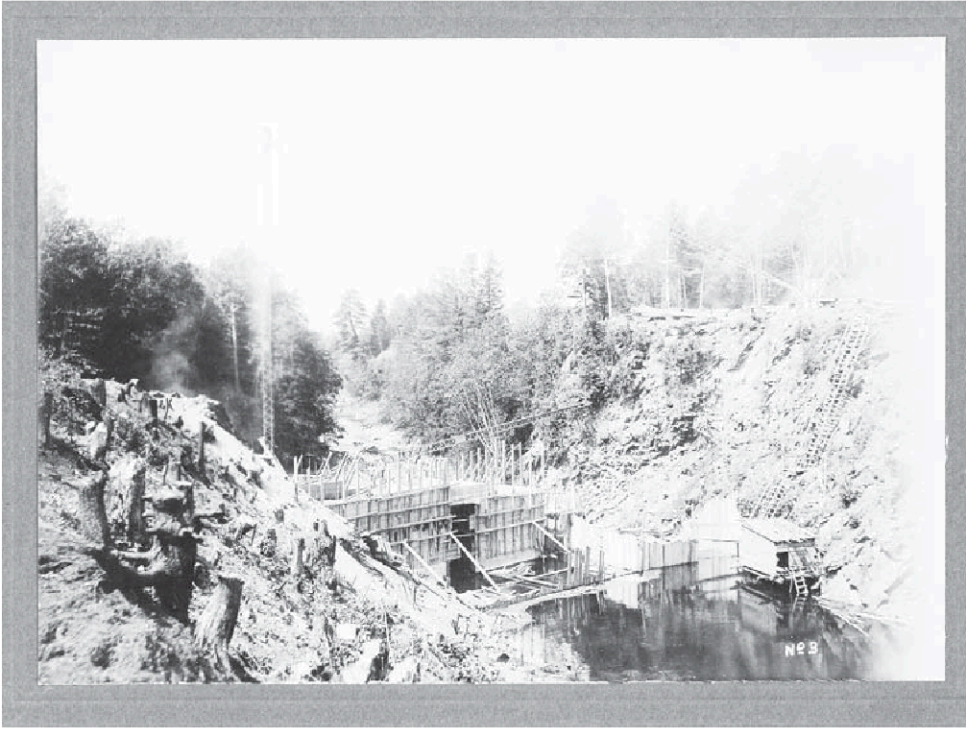
The studio portrait photograph shows a family from around the 1920s. Unfortunately there is no photographer's stamp to help us narrow down a location

but perhaps a reader might recognize one of these smartly-dressed people.

The final images we have today are a jovial-looking group, gathered at a clubhouse perhaps, and what seems to be a school photograph, both from around the late 1940s or 1950s. Do you recognize any of those pictured or have thoughts on their location?

Please get in touch if you can help us solve some of the unknowns of these people and places and help us preserve history!

Submitted by Jody Robinson, ETRC Archivist  
819-822-9600, ext. 2261  
etrc2@ubishops.ca



P177 LAKE MASSAWIPPI AREA HISTORICAL SOCIETY COLLECTION

Photo 1: Construction of an unknown dam, ca. 1920s.



P177 LAKE MASSAWIPPI AREA HISTORICAL SOCIETY COLLECTION

Photo 2: Unknown family, ca. 1920s

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P177 LAKE MASSAWIPPI AREA HISTORICAL SOCIETY COLLECTION

Photo 3: Unknown group photograph, ca. 1950s



P177 LAKE MASSAWIPPI AREA HISTORICAL SOCIETY COLLECTION

Photo 4: Unknown school photograph, ca. 1940s



# Quantum computing company coming to Sherbrooke

## 1QBit partners with University of Sherbrooke

Record Staff

**1**QBit, a world leader in quantum computing software and hardware optimization, announced that the company will be expanding its Canadian footprint by opening a new office in Sherbrooke and is currently on the hunt for Master's and Ph.D. researchers. With the new location near the Institut quantique of the University of Sherbrooke, 1QBit will have a presence in every major Canadian quantum computing research hub including Greater Vancouver, Waterloo, and Sherbrooke.

"Our continued growth in the last seven years has come largely due to our effectiveness in investing in the devel-

opment of Canada's top quantum researchers," commented Andrew Fursman, CEO of 1QBit in a recent press release. "Many of our senior employees are former Ph.D. interns, and the new office demonstrates our passion for establishing Canada as a global leader in quantum computing."

Since its founding in 2012, the company has partnered with Mitacs, a not-for-profit organization that fosters growth and innovation in Canada, and other academic institutions to hire dozens of Ph.D. quantum researchers with over 50 per cent of interns progressing to full-time employment.

1QBit is immediately seeking quantum computing researchers for the new

Sherbrooke office. To apply for a position, visit [1qbit.com/careers/current-openings](http://1qbit.com/careers/current-openings).

"This is tremendous news for the evolution of the Sherbrooke quantum ecosystem, we couldn't think of a better partner to be the first quantum computing company to establish a presence in the region," said professor Vincent Aimez, Vice President, Partnerships and Knowledge Transfer, UdeS. "1QBit has the vision for how to deliver real value with quantum computing and they have built a strong reputation for championing the development of Master's and Ph.D. interns in a very rewarding research environment."

In addition to opening a new office in

Sherbrooke, 1QBit will also benefit from relationships in the broader Quebec technology community.

"Our commitment to IQ researchers and students, as well as to the broader Sherbrooke quantum eco-system is to accelerate the identification of viable opportunities to solve some of the world's most complex problems with quantum computing," said professor Alexandre Blais, scientific director of Institut quantique at UdeS. "1QBit's global leadership in this area will have a substantial impact across many quantum computing research disciplines in Sherbrooke."

# Tom Standish

CONT'D FROM PAGE 1

Debbie Martin, who inherited the role of page administrator from Standish, explained that he created the group after a previous "people from the eastern townships" page went off the rails.

"Tom was extremely good at following up on all of the posts," she said. "Being a photographer himself it sort of evolved into a lot of beautiful pictures and stories about the townships."

Past posts on the page include reflections from local photographers alongside pastoral local scenes, as well as the memories and questions of Townships expats looking to reconnect with their roots.

In recent days, however, the comments are almost all memorials to a lost friend.

"Everybody, I think, really expected he was going to pull it off," Martin said, sharing that despite the fact that many of the people in the group never met Standish in person, they nonetheless had a real connection to a man she described as warm, respectful, and very positive.

"It's too bad he's gone." She said "Tom never gave up hope," said group member Linda Pellerin Cass-Jones, sharing that just days before his death, Standish was talking about how to make his car payments because "when he got well and got back to work, he would definitely need his car."

According to Pellerin Cass-Jones, the friendships and connections that were formed through the online group were a surprise to Standish.

"Tom was blown away by the generosity and caring that came to him through his Facebook family and particularly the Eastern Townships page," she said, adding that she joined the group in large part to keep in touch with her roots, having grown up in Stanstead. "Tom had a tough life and didn't feel very approved of in this world. His self image was fragile I think this demonstrated to him a love that's out there for him and what he's done that he had no idea was there."

Earlier in the year, after talking with Standish about the challenges of his con-

dition and the costs of treatment, the group member organized a gofundme fundraising campaign online so others could offer their support.

"He was just talking to me on messenger about how hard things were," she said, pointing out that he was told by his doctors to quit his job, but then faced delays and obstacles in getting disability compensation from the government. "He was shy about it, and uncomfortable with the idea of asking for people's help, but I said you're not asking, I'm asking."

In the end, that campaign and donations sent through the mail were enough to help keep Standish and his wife going through his treatment.

In the days since Standish's passing, Pellerin Cass-Jones has revived the online campaign, this time to help with funeral expenses.

"There has been so much of an outpouring for Tom and for Robin and so much sadness at his passing, she said. "When these things happen and we care about people, we want to be able to do something, and this is something concrete that people can do."

Meredyth Kezar, another of the former Townshippers, said that she sees the group Standish created as a place where people have really found a way to link to their roots.

"So many of the English population left, so it's like there's this yearning somehow for the good old days," she



COURTESY OF ROBIN LUNDEBORG STANDISH

said. "There's a feeling of community, and people like to see pictures."

Kezar is among those on the page who never actually met Standish in real life.

"He seemed like a really good guy," she said, adding that people don't always appreciate the amount of work that goes into being a good facebook page administrator.

"He was a funny guy and a guy that people related to," Pellerin Cass-Jones said. "Tom had a wonderful sense of humour and managed to stay on the right side of the shady line with his jokes."

Although noting that she did not find

his death as surprising as others after having talked with him in depth about his condition, Pellerin Cass-Jones shared that his passing is just as much of a loss.

"Every time I go to the computer I'm looking for Tom," she said, explaining that even when ill, he was the sort of person that would always be just on the other side of the keyboard. "It's a big vacuum."

The campaign, entitled "Help Tom & Robin Bridge the Financial Gap," can be found at <https://ca.gofundme.com/f/help-tom-amp-robin-bridge-the-gap>

## INVITATION

Public information meeting\* of the  
Centre intégré universitaire de santé et de services sociaux  
de l'Estrie - Centre hospitalier universitaire de Sherbrooke  
Tuesday, November 19, 2019, from 7 : 00 p. m. to 8 : 30 p. m.

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Asbestos	Hôpital, CLSC et centre d'hébergement d'Asbestos 475, 3 <sup>e</sup> Avenue, rooms 1622 and 1624

\*The information session will alternate territories from one year to another

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# EDITORIAL

Encouragingly, the 56 per cent of residents and families who did have conversations after receiving a pamphlet expressed great relief.

## To die well, we must talk about death before the end of life

By Tamara Sussman  
Associate Professor, School of Social Work, McGill University

I would like to tell you an all-too-familiar story. It begins with a long-term care home resident, Laura, who has multiple chronic conditions and gets an infection that doesn't get any better.

Her health has been declining for months, but no one has talked to her about her preferences for end-of-life care. In the absence of that knowledge, she is sent to the hospital where she undergoes stressful tests.

The story ends with Laura dying in the hospital, alone and frightened. Her family is traumatized, and so are the staff who have cared for her over the past year.

It's a simple fact that 100 per cent of us will die. Conversations about our future health care and what's important to us — called advance care planning — have shown distinct benefits.

In fact, research shows that as many as one third of seriously ill, hospitalized older people are receiving invasive treatments they don't want at end-of-life, because no one has talked to them about their wishes for future care. This is true even in long-term homes, where the average lifespan is less than two years.

### Pamphlets help stimulate conversation

How do we change those statistics and give our older people the care they want — and deserve? My team's research has focused on answering that question over the past six years.

We recently developed a series of pamphlets and distributed them in long-term care homes to try to get the conversation started.

The pamphlets were disease-specific (for example, focusing on dementia), and included information about life-limiting illnesses, what to expect and tips for talking about wishes for the future.

In our study, 84 per cent of residents and families who received a pamphlet felt encouraged to think about their future care and 70 per cent felt clearer about what to talk about.

### Planning death is a great relief

Moving from thinking to discussion, however, was a different matter. Family members worried that bringing up the subject would destroy hope. Residents thought they should protect their families from thinking about their death.

And many long-term care home staff indicated that they did not feel trained to participate in these conversations — in fact, only 21 per cent handed out the pamphlets, preferring instead for families or residents to take them from a display board.

Encouragingly, the 56 per cent of residents and families who did have conversations after receiving a pamphlet expressed great relief. A typical response from families was: "It makes it easier for me right now because now I don't have to guess."

### Death is taboo, globally

The problem goes beyond long-term care homes. A striking 93 per cent of Canadian participants in a recent poll think it's important to communicate their wishes for future care should they become seriously ill, but only 36 per cent have actually done so.

That may seem shocking. But according to the World Health Organization, Canada is actually ahead of most European countries.

Clearly, talking about death and the end of life is still taboo around the world.

Informational resources such as our pamphlets can be a great first step in helping all parties gain clarity on what to be thinking and talking about. But because residents and families tend to protect one another, staff need to take more active roles in supporting such conversations.



tions.

### Care home staff need training

That means we need to clarify roles and provide the necessary training to support long-term care home staff, especially those who develop strong relationships with residents.

We have an aging population, and thanks to technological advances, more of us are living longer with frailty and chronic conditions. We need to find ways to communicate what's important to us, so that we receive the care that's right for us.

I would like to be able to tell you a different story. It begins with a care home resident, Sam, who gets an infection and

is not getting better, even with antibiotics.

Sam has been living with multiple chronic conditions for some time and his family knew frequent infections could be a sign that the end of life was near. The family also knew that he wanted to die in the long-term care home and not in a hospital — because they had talked about this when he was healthier and could communicate his desires.

Sam dies, but with dignity and in peace and, most importantly, in keeping with his own wishes.

Tamara Sussman receives funding from The Canadian Frailty Network and the Canadian Institutes of Health Research.

## Letters

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. Preference is given to writers from the Eastern Townships.

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WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER (819) 569-9511  
MATTHEW McCULLY MANAGING EDITOR (819) 569-6345  
GORDON LAMBIE ASSOCIATE EDITOR (819) 569-6345  
SERGE GAGNON CHIEF PRESSMAN (819) 569-4856  
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# COLUMNIST

Whatever we do, however we choose to keep our Sabbath, we need this day of rest now more than ever.

ONE COLUMN, FOUR VOICES

## Open to the Spirit

Today's word: Sabbath

By Revs Mead Baldwin,  
Rabbi Boris Dolin  
Lee Ann Hogle, and  
Rev. Carole Martignacco

1) In my tradition, Shabbat, the Sabbath, is not simply a day of rest, it is also, for better or worse, a day of rules and prohibitions. The most religious do not use electricity, don't drive or turn on the stove, and God forbid, don't post on Facebook or check their Twitter accounts for one day each week. In its ideal form, the Sabbath is a day of turning off so that we can turn on to the connections and relationships around us. Yet, many people rebel against these rules, saying that such a narrow focus on what we can't do makes it more difficult to simply enjoy the power of a day of retreat and rest. Unless you happen to be in Jerusalem or one of the other religious cities in Israel, where buses stop, stores are closed and people don't work, taking a break from all of the business of our lives can actually be as much work as the business itself. In this day and age, to truly shut off and shut down, to move away from our convenient appliances, our emails and our calls is a very real act of will.

Yet to take the Sabbath seriously is actually an important and much needed protest against the idea that we always have to be connected to our machines, that we always have to be busy. To separate and instead connect with our souls, our family and the environment is what we need, and what the world needs more than ever. It allows us to take in the beauty of creation, and strengthen our relationships so that we can more readily live our lives with intention. As Abraham Joshua Heschel once wrote, keeping the Sabbath is "the art of painting on the canvas of time the mysterious grandeur of the climax of creation".

Whatever we do, however we choose to keep our Sabbath, we need this day of rest now more than ever. A day to not only to relax, but to take in with the fullness of ourselves the energies and hope that are just waiting to be found. Again, as Heschel said, if the Sabbath is a true "sanctuary in time", all we have to do is take a deep breath, take our time and enter this holy space. Don't worry, everything else can wait.

2) Remember the Sabbath day and keep it holy. Those words from the 10 commandments have been used to force some strict rules in the past, and in some cases, remove any trace of joy in life. I remember moving to New Brunswick as a young minister. A month later we had a Sunday service outdoors at a camp in August. After the worship there was to be a pot luck lunch. While we were waiting I began tossing horseshoes and asked who wanted to play. There was some hesitation and someone wondered if it was okay to play games on the Sabbath. Of course, I said, and kept playing. On another occasion we had a church dance on a Saturday night. At midnight some people stopped dancing, while others continued. I wondered, Why was it okay to dance on Saturday, but not on Sunday.

The confusion may come because of a misunderstanding about what "holy" means. In the Hebrew Scriptures, King David danced when they brought the ark of the covenant into Jerusalem. His joy was certainly holy. In the parable of the Prodigal Son, upon his return his father threw a party with a banquet and dancing. That was a holy celebration.

I like the concept of the Sabbath, a day set apart for worship and reflection. Growing up we always went to church in the morning. In a snowfall we held a service in the living room. My workaholic Dad stopped his chores that day. In the afternoon, however, we did play sports and games. We remembered the sabbath day and kept it holy.

3) Around the world and across different cultural and religious traditions a weekly day of rest is common practice. In North America this day takes its roots in the Judeo-Christian tradition of Sabbath-keeping. Much can be said for the taking of a common day of rest. It nurtures a sense of community, enables families to get together and generally upholds the fabric of society. On a personal basis it provides a reprieve from workday obligations and invites us into a time of unstructured and optional activities- like sleeping in or taking a stroll. It also gives us time and space to look back on our week or our year or our lives and give thanks for the small

things we often take for granted. We live on a beautiful planet. We are surrounded by wonderful sights, sounds and foods. Our human bodies are marvelously crafted and bring us many occasions for pleasure. We are fortunate to be here. All this is hard to appreciate when our lives are filled with dashing from one obligation to the next. As a society we have become accustomed to being 'on' all the time.

In bygone days, in the Christian religion, much of our practices were dictated by threat of eternal damnation if we did not conform. In some circles there was no playing cards, no dancing and no playing in general on the day of rest. Time was to be spent in worship and other religious practices. Many factors have contributed to the demise of Sabbath -keeping : Sunday Shopping, hockey practice and for most of us, a rejection of a fear-based religion.

However along with the increased liberty of Sunday shopping comes the need to instigate a personal discipline of taking the time to rest, do nothing and give thanks for life. Why? Because without

this breathing space we could never fully appreciate the gift of life we have received. We would never have a moment to consider if the path our lives are on coincides with our values, our hopes and dreams. We would never question our purpose and mission in the short time we have been allotted here on earth. Keep the Sabbath. Make it Holy. Offer your thanksgiving for all that you have and all that you are. It is a gift from our Creator.

**One word, three voices this time. I hope we have given you something to think about.**

Rev. Mead Baldwin pastors the Waterville & North Hatley pastoral charge; Rabbi Boris Dolin leads the Dorshei-Emet community in Montreal; Rev. Lee Ann Hogle ministers to the Ayer's Cliff, Magog & Georgeville United Churches; Rev. Carole Martignacco, Unitarian Universalist is retired from ministry with UUEstrie and now resides in St. Andrews by-the-Sea NB, but keeps one foot in the Townships by continuing with this column.

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# Air pollution is a major health concern

Let's learn more



DOUGLAS NADLER

The climate crisis manifests in many ways and follows many different pathways. Yet very often media coverage of the recent protests, which include the student strikes throughout the world, focuses on the form the protests take rather than the immense dangers that are the reasons behind them, or the accompanying existential fears that have been percolating for the last 40 years and now have reached fever pitch.

One of the dangers is the risk to human health from air pollution. Air pollution can of course come from many sources. For example, this week has witnessed infernos around the world. California's deadly fires close to San Francisco and in Los Angeles are mirrored in Lebanon, Brazil and Africa. Many individuals die directly from these fires, but the enormous levels of air pollution produced have a profound effect on the public's short- and long-term health.

More ominously, rising temperatures caused by climate change are accelerating the number of fires and their ferocity. The resulting dust and wildfire smoke are just two tangible effects of the total climate crisis.

It can be said that human-induced climate change is an outcome of the need for energy, which since the industrial revolution has been derived mainly from fossil fuel. The pollution from combustion includes greenhouse gases, such as carbon dioxide, that can cause problems in human health. Indeed, the US Supreme Court has declared greenhouse gas emissions a "pollutant" that endangers public health and must be regulated.

The arts have embraced the subject with urgency and creativity - the play Lungs by Duncan Macmillan is currently on the London stage - and on the world's streets Extinction Rebellion activists declare, "Climate change is a health emergency."

Environmental epidemiologist Mark Goldberg is a professor in the Department of Medicine at McGill University. I met him at his cottage in North Hatley to discuss his work on atmospheric pollution and how climate change can cause or exacerbate many health conditions. He began by showing me a website that details the concentration of atmospheric carbon dioxide, which has been increasing relentlessly over the last 60 years despite attempts to secure international agreement to reduce greenhouse gas emissions ([www.co2.earth](http://www.co2.earth)).

Mark has spent the last 20 years inves-

tigating the effects of urban air pollution, whether that be from cars or from industry. He and other scientists have found that exposure to these pollutants causes lung cancer and cardiovascular disease and can increase the severity of symptoms and other health-related effects. Their research has led to a better understanding of how air pollution can exacerbate diseases such as congestive heart failure and breast cancer.

An example of Mark's collaborative research is a study conducted among 5.1 million Ontario residents, which showed that exposure to extremely small particles in the air increases the risk of developing heart failure and heart attacks, even at the relatively low concentrations found in Ontario and in Canada generally ([tinyurl.com/ontario-air-pollution-heart](http://tinyurl.com/ontario-air-pollution-heart)). A widespread and significant source of these damaging particulates is diesel vehicle emissions.

Another study in which Mark participated, which is linked directly with climate change, showed that increased daily temperature in Montreal leads directly to a rise in the number of deaths, and that the higher the temperature, the greater the risk of death ([tinyurl.com/montreal-temperature-mortality](http://tinyurl.com/montreal-temperature-mortality)). This should awaken even the most hardened climate crisis denier. It is worth pointing out that the hottest Septembers so far since global records began in about 1880 were in 2015 and 2019.

My discussion with Mark gave me the indelible and visceral understanding that governments and large corporations have

failed miserably to confront the utterly tragic repercussions of an exponentially rising level of greenhouse gas emissions, and that they must be held accountable for this unfolding nightmare.

Just in the last month Guardian newspaper headlines such as "Scores more heart attacks and strokes on high pollution days, figures show" and George Monbiot's column saying "The big polluters' masterstroke was to blame the climate crisis on you and me" have been shouting at us to wake up.

Mark Goldberg has done us all an invaluable good. With a better understanding of the causes of our health and climate crisis, let us now rise up to protect our future.

Find out more about our North Hatley neighbour and his group of scientists at McGill University:

[mcgill.ca/environ-epi](http://mcgill.ca/environ-epi)



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# Local Sports

A year ago Murphy was a member of the RSEQ second-team, this year he made the leap to the first team.

## Multi-talented Kyle Meagher at 17 knows importance of living healthy



A RUNNER'S MIND

CHRISTINE BLANCHETTE

Canadian actor and musician, Kyle Meagher, at 17 has already combined his talents to launch a career while making time to incorporate healthy living habits. The Ottawa resident's first EP, Beats in a Bagel Shop had over 400,000 plays across Spotify, Apple Music and YouTube, while some of his acting credits include a recurring role in all three seasons of the CBC and Netflix series, Anne with an E. No doubt the upbeat entertainer has more success to come. In a Q&A, Meagher touches on his creativity and the importance of living a healthy lifestyle.

**Q:** How did you become interested in the performing arts?

**A:** I've been doing music since I was about three, from singing to playing various musical instruments including guitar, saxophone and a bit of piano. Then when I was in my teen years I was in a band. For acting, I was about 10 years old when I started doing a little bit of the-

atre (and) commercials, (which) lead to television and film roles.

**Q:** Does being multi-talented give you an advantage for more opportunities?

**A:** Absolutely! In fact, the reason I started doing music professionally and not just as a hobby was because of an acting job I had for a TV pilot in Boston. The director knew I sang and played guitar, so he asked if I would record an original song for the pilot. It was really cool and I was excited to create a song for the show. Since then I began taking more of an interest in recording my own music and expanding that part of my professional career.

**Q:** Recording music can take many hours in studio. Where do you get your stamina?

**A:** Honestly, it's a lot of fun and I enjoy it so much that it doesn't feel like I'm really working. However, I am keen on getting a ton of sleep; I try my best to get a full 12 hours of sleep when it's possible! I take every opportunity to make sure my body gets adequate rest. Drinking lots of water and staying hydrated is another important way to keep energized when I'm on the go.

**Q:** Are you on a regular workout routine?

**A:** My workout is fairly simple, which I do both at home and on the road. Typically I do calisthenics - sit ups, push ups can be done anywhere. At home I have a bar to do several types of pull-ups and

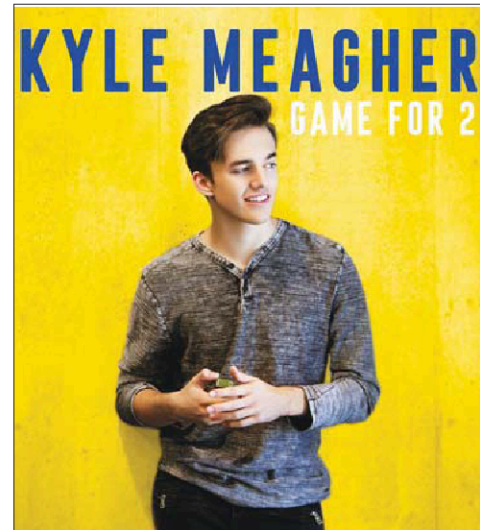
then jogging or walking as much as I can is also important. Finally, I love playing hockey so that keeps me active whenever I can participate.

**Q:** Tell us about your new single and your message?

**A:** My new music is a bit different - Game for 2 - is an upbeat song about a girl whose boyfriend is paying more attention to his video games than her. It's really about how today many of us, and it's not just teens - I would say most of the population - pays more attention to the online world than the people around them and reminds them not to forget those right in front of us. It's a bit of a quirky song that is playful in nature and a lot of fun to perform.

**Q:** Where do you get your positivity?

**A:** I haven't always been this positive - there was self-doubt for a few years when I actually had friends who were asking me why I was always missing school for acting and music and one that actually told me that I was wasting my time and going "nowhere." But rather than listening, I guess I used it to fuel even more determination into my career. I actually finished school by homeschooling because I was missing too many classes in the public system and ended up finishing school a year



early and started university. So I guess by believing in myself and working hard I have proven to myself that surrounding myself with positive people and thoughts will get me further!

**Q:** What is next for you?

**A:** Well, Anne with an E Season 3 is currently airing on CBC and will be on Netflix January 3rd. I just finished filming a TV movie called Killer Prom that will be out in 2020. I am also finishing up a couple more songs that will come out in the New Year.

## Murphy named RSEQ Men's Rugby All-Star

Bishop's Gaiters number eight Tyler Murphy (Bromont, Que./Massey Vanier H.S.) earned an RSEQ University men's rugby all-star nomination on Thursday when the conference released its awards. For Murphy it's his second all-star selection in as many years.

Murphy, a third-year sports studies student from Bromont, Que. led the Gaiters in scoring with 62 points. He played in all six of Bishop's contests. The 62 points came from six tries, 13 conversions and two penalties. It was also the second most in the conference. He was named game MVP on three occasions. He was the Bishop's University Provigo, Robert Lafond Athlete of the Week on Sept. 9 and the RSEQ Athlete of the Week on Sept. 17.

A year ago Murphy was a member of the RSEQ second-team, this year he made the leap to the first team.


The complete RSEQ Release is available here.

The Gaiters finished the year at 2-4. That left them in fifth place in the RSEQ

and out of a playoff position.

Stay up-to-date with everything Bishop's Gaiters at [www.gaiters.ca](http://www.gaiters.ca) or on social media by using @BishopsGaiters.





## Celebrating 50 Years

The Founding Friends of Massey-Vanier will publish a 50<sup>th</sup> Anniversary Memorial Book Nov. 29.

The Golden Jubilee of Massey-Vanier 40-page full-colour book will be a compilation of photos and recollections from teachers, students and administrators over the past 50 years.

A limited number of books will be printed.

To reserve your copy, please send an email to [billing@sherbrookerecord.com](mailto:billing@sherbrookerecord.com) stating your name and phone number. Put **MV-50 years** in the subject line.

Payment due at time of delivery.  
Books are \$10 (plus shipping if not picked up).

A portion of the profit from book sales will be given to The Friends of Massey-Vanier and the Scholarship Awards Committees



**Death**

**Death**

**Death**

**Death**



**Odis E. (Ronalds) Branch**

The death of Odis (Odie) E. Branch, formerly of King Avenue, Bathurst, occurred Oct. 27, 2019 at the Wales Home, Richmond, Quebec. She was 98 years old.

Born in Bathurst, she was the daughter of the late Frank and Elizabeth (Good) Ronalds. Before her retirement, she worked as a teacher at the Superior School and at South Bathurst Public, her teaching career spanning more than 30 years. She was also a lifetime member of St. George's Anglican Church where she was an active member of the Altar Guild, the quilting circle and other volunteer organizations, as well as a fifty-year member of the Royal Canadian Legion Herman J. Good VC Branch # 18.

Odis is survived by one son, Stuart (Nicole) Branch, Gatineau; and two daughters, Karen Steeves (Thamesford, Ont.), and Nancy (Frank Faucher) Branch, Sherbrooke, Que.; five grandchildren, William, Alissa, Whitney, Lori, and Philip; and by several nieces and nephews.

The body will rest at Elhatton Funeral Home in Bathurst, NB. Funeral services will be held from St. George's Anglican Church with Rev. Sandy MacPherson officiating. In lieu of flowers, the family would appreciate donations to St. George's Anglican Church, 432 King Ave., Bathurst, NB, E2A 1P5.

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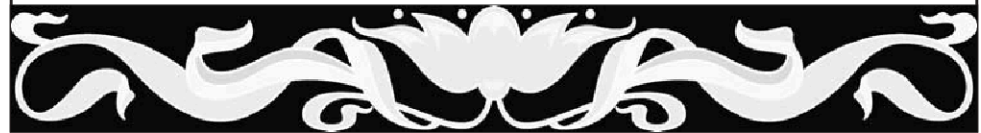
**Louise EDGECOMBE**

It is with great sadness that we announce the passing of Joanna Louise Edgcombe (née Maysenhoelder) on October 27, 2019 at age 75, after a lengthy battle with cancer.

Louise leaves behind her loving husband of 52 years Harold (aka Harry), daughter Joanna (Jim), son Jason (Sheila), grandchildren Jack, Tyler, Evan, Ryan, Ella and Emmett and her brother Jim. She is predeceased by her brother Peter.

Louise was born in Montreal, Quebec and raised in Sherbrooke where she originally met Harry. Harry & Louise married and stayed in the Montreal area to raise their family before moving to Ontario in 1984. Many years later they moved to Niagara on the Lake where they continued to reside and still operate a family restaurant business. Louise was an honest, strong-willed and caring wife, mother, grandmother, sister, aunt and friend. She touched many lives through her career as a Registered Nurse Assistant (RNA) and later as a daycare worker. In retirement, she enjoyed spending time with her grandkids, cheering on the Toronto Blue Jays and Raptors, crocheting and the many trips to Fallsview with Margaret. Louise will be missed by her extended family and friends in Ontario, Quebec and New Brunswick.

Cremation has taken place. As per her wishes, there will be no formal service however donations to the special team at Hospice Niagara would be appreciated ([www.hospiceniagara.ca](http://www.hospiceniagara.ca)).



**Death**

**Death**

**Death**

**Death**



**Helen White Sirois  
1921-2019**

When a precious girl breathed her first breath and arrived in the lives of her parents on June 29, 1921, it gave incredible joy to her father, Jay Newman White, and her mother, Inez May (Rodda) White, of Coaticook. They named their daughter Helen Alberta



White and she spent her formative years in Coaticook alongside her older sister, Joyce Noreen White.

Her life spanned nearly 100 years and was full of accomplishments as devoted wife for 72 years to our father, Yvon Sirois, Dispensing Optician, of Sherbrooke, who predeceased her in 2018; as caring mother of her two children, Neil Sirois (Angelika) and Charlotte Sirois Di Stefano (the late James Di Stefano); as loving grandmother of Jennifer Di Stefano and Nina Di Stefano-South (Robert South) and Michael Sirois, and great-grandmother of Emerson Di Stefano, Henry and Étienne South.

Our mother successfully trained as an optician and was an invaluable help to her husband Yvon in building his business. She also developed a lifelong passion for the fine arts, producing more than 100 paintings during her 70-year career and showing an exceptional talent for detail that gave her paintings great expressiveness and a photo-like appearance. She had a keen and ongoing curiosity for learning, loved history, geography and acquiring facts, had a lifelong interest in the English and French languages, and was an advocate of proper nutrition as a key to a healthy lifestyle.

She will be remembered as a loving, intelligent, determined, creative, informed, articulate, generous, and elegant lady, with a dry sense of humour and genuine concern for people.

In the early hours of October 23rd, our beloved mother breathed her last breath at the age of 98. Although this is a very sad time for her family, we are so thankful for the rich values she instilled in us: hard work, thrift, honesty, loyalty, and self-discipline.

As a family, we especially wish to take this opportunity to extend our heartfelt appreciation to Mrs. Sandra Klinck of Grace Village in Huntingville, and to the doctors, nurses and staff who showed our mother such tender, loving, and professional care in her final weeks.

The funeral will be held at 3:00 p.m. on Sunday, November 3, 2019, at the Coopérative funéraire de l'Estrie, 485, rue du 24-Juin, Sherbrooke, QC J1E 1H1 (Tel.: 819-565-7646). Family and friends will be gathering prior to the service for visitation, commencing at 1:00 p.m.

Donations in memory of the late Helen White Sirois to Grace Village (Massawippi Retirement Communities) will be received with gratitude.

**COOPÉRATIVE FUNÉRAIRE DE L'ÉSTRIE** PHONE: 819-565-7646  
**485 rue du 24-juin, Sherbrooke QC** FAX: 819-565-7844  
[www.coopfuneraireestrie.com](http://www.coopfuneraireestrie.com)

**Jean BROOKS  
(nee Hunting)  
January 17, 1923 -  
September 20, 2019**

On September 20, Jean Hunting Brooks of St. Albert, Alberta, passed away at the age of 96 years. Jean will be lovingly remembered and deeply missed by her children Bill (Dyann), Barbara Maywood (John), Michael (Kerrie Serink); her grandchildren Steven (Becky), Kevin, Anastasia (Peter), Jonathan; and her great-grandchildren Charlotte and William; and many family members and friends near and far. Jean was predeceased by her husband of 57 years, Douglas Brooks, in 2006.

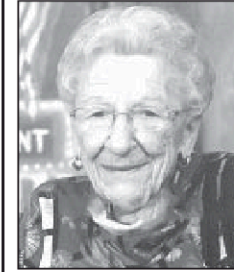


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**Roberta  
Grace  
DUSTIN  
WARK  
BALDWIN**

Peacefully at the Hotel-Dieu Hospital in Sherbrooke,

on October 28, 2019 in her 93rd year. Daughter of the late Helen Mayhew and Rufus Dustin, predeceased by all her siblings, Randolph, Royce, Garnet and Phyllis.

Roberta grew up in North Hatley and Ayer's Cliff and spent most of her life living in the country on Suitor Road in Huntingville where she raised four children.

Predeceased by her husbands Alan Wark and Murray Baldwin and her son Peter Dustin Wark. Mother of Jim Wark of Waterville, Quebec, Dawn Wark Grey of Calgary, Alberta and Jill Wark of Ignace, Ontario. Grandmother of Sarah and Peter James Wark, Amy and Tim Grey and Jerry and Stephanie Corbeil. Great-grandmother of seven.

The family wishes to thank the caregivers at the Residence Manoir Gale in Waterville for the exceptional care given to Roberta as well as the compassionate doctors and nursing staff at the Hotel-Dieu.

We are saddened by the death of Roberta but we are happy that she is off to a better place where she can feel peace after many years of failing health. We share a toast with all of you to have known such an incredibly strong woman.

Private burial will be held at a later date.

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# Church Services

## Anglican

### LENNOXVILLE

Saint George's Anglican Church, Lennoxville, 84 Queen Street. On the 1st, 2nd, 3rd and 5th Sundays we have Holy Communion Service and Sunday School class. Services begin at 11:00 a.m. On the 4th Sunday we have Service of the Word. Services begin at 11:00 a.m. 819-346-5564.

### SHERBROOKE

Church of the Advent, 473 Bowen Street South, Sherbrooke invites you to worship with us on Sunday, November 3 at 11 a.m. At 1 p.m. on November 17 we will celebrate Holy Communion.

## Presbyterian

### LENNOXVILLE

St. Andrew's Presbyterian Church, 256 Queen St., Lennoxville, 819-569-3100, Sundays: 10:30 a.m. Worship and Sunday School.

## United

### AYER'S CLIFF - MAGOG

Ayer's Cliff - Magog - Georgeville Pastoral Charge welcomes everyone for Sunday service at Beulah United Church in Ayer's Cliff - Worship service and Sunday School 9:15 a.m. and St. Paul's United Church, Magog - Worship Service and Sunday School 11:15 a.m. with lunch provided each Sunday following the service in Magog. Minister: Rev. Lee Ann Hogle 819-571-7233.

### HATLEY

A service remembering the contributions of Hatley United Church to the life of the village and surrounding areas during the lifetime of that church community. The official closing service will be held at 2 p.m., Sunday, November 3, 2019. Rev Linda Buchanan will lead the service. The celebratory service will be followed by a time of fellowship. All are welcome.

### RICHMOND

The Richmond-Melbourne Pastoral Charge invites you to join us for worship at Richmond-Melbourne United Church, 247 Principale Sud, Richmond, on Sunday, November 3 at 10:30 a.m. Virginia Wallace will be leading this service. All are welcome!

### SHERBROOKE

Please join us at Plymouth-Trinity United Church, corner of Dufferin and Terrill in Sherbrooke, 819-346-6373, www.plymouthtrinitychurch.org, for our worship service on Sunday, November 3, at 10:30 a.m. Joignez-vous à nous pour notre culte dominical le 3 novembre, à 10h30. Minister: Samuel V. Dansokho.

### WATERVILLE/NORTH HATLEY

Waterville/North Hatley United Church, Sunday, November 3, 11 a.m., Worship service with Rev. Mead Baldwin. Sunday School. Rev. Mead Baldwin 819-837-1112.

## Death



**June Harrison (Montgomery) 1929-2019**

Passed away peacefully surrounded by her family at the

Hotel Dieu hospital on October 30, 2019.

Beloved wife of the late Garth Harrison. Cherished mother of Liz (Steve) and Barb (Ian) and grandmother of Robyn.

June leaves to mourn her brother Paul (Rilla). She was predeceased by her brothers Graydon (Ludell) and Dalton (Claris). She also leaves to mourn her sister-in-law Amy (Ron) Husk along with many nieces, nephews, cousins and friends.

Visitation will take place at the Bury Cultural Center on Friday, November 1, 2019 from 7:00 to 9:00 p.m. A funeral service will take place on Saturday, November 2, 2019 at 3:00 p.m. at the Trinity United Church in Cookshire with the Rev. Tami Spires officiating. Donations to the St. Paul's Rest Home (592 Main St. Bury QC J0B 1J0) or to the Bury Protestant Cemetery (c/o Valerie MacLeod, 568 Principale St., Bury, QC J0B 1J0) would be appreciated by the family.

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## Death

**Thomas (Tom) Standish 1962-2019**

On October 26th, 2019 Tom passed away suddenly at his home with his wife, Robin Lundeborg, at his side. He was 57 years old. He was the son of the late Harley and the late Beverley (Peasley).

Besides his wife, he leaves to mourn his sons Dominik Potvin (Anne-Marie) and Adam Bryan; his grandchildren Leevia, Jayden Potvin and Colton Bryan as well as his sister Wendy (John Halley). He was the son-in-law of Lorna Lundeborg (Art (Mandy) Mandigo) and brother-in-law to Andy & Kim Phaneuf. He will be missed by many other relatives and dear friends along with Diaz.

Family and friends will gather to receive condolences at the Centre funéraire Coopératif de la région de Coaticook, 284 Child St., Coaticook, QC, on Saturday November 2nd, 2019 from 2 to 4 p.m. and from 7 to 9 p.m.

**Centre Funéraire Coopératif**  
Région de Coaticook  
284 Child St., Coaticook QC  
PHONE: 819-849-6688  
FAX: 819-849-3068  
info@salonfunerairecoaticook.com

## In Memoriam

**JOHNSTON** - In loving memory of Irene Johnston who passed away 11 years ago on November 1, 2008.

*Where oh where did the time go?*  
Still loved, missed and remembered by family and friends.

**CHILDREN, GRANDCHILDREN, GREAT-GRANDCHILDREN and GREAT-GREAT-GRANDCHILDREN**

## In Memoriam

**POWELL, Ruth Patricia Sarrasin:** September 2, 1936 - November 3, 2014.

*Five years have gone by  
Since you were called away,  
How well do we remember  
That somber autumn day.  
Thoughts of you are always near  
And memories brought to mind,  
Days we do not think of you  
Are very hard to find.*

*A helping hand to all you knew,  
A woman so kind and full of life,  
So sad for it to end.*

*No longer in our lives to share,  
Your face we cannot see,  
But in our hearts you are always there,  
For that, we remember thee.*

**MURRAY**  
**LAURIE AND PETER**  
**FORREST AND ESTELLE**  
**LORNE AND KIM**  
**SASHA AND NICK &**  
**RILEY AND RAVEN**  
**SHANNON AND JON &**  
**LILITH**  
**SPENCER**



# SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

11/1

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## PREVIOUS SOLUTION

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

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

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

## PREVIOUS SOLUTION

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11/2

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

DIFFICULTY RATING: ★★☆☆☆

# SUDOKU

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



# Your Birthday

FRIDAY, NOVEMBER 1, 2019

Change begins with you and how you handle your personal affairs. Look for practical ways to use what you already have in order to reduce waste. Much can be accomplished this year if you set rules and guidelines that contribute to a minimalist lifestyle. A personal change should be a priority.

**SCORPIO** (Oct. 24-Nov. 22) — Evaluate your current position and consider the changes you'd like to make. You have more control over what happens next than you realize. Choose to make a difference.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Take care of business before you socialize. Protect yourself against negative publicity by not sharing information that is personal or that could easily be used against you. A low-key attitude is favored.

**CAPRICORN** (Dec. 22-Jan. 19) — Use your charm and diplomacy if someone tries to stir up trouble. A calm and controlled attitude will put you in the driver's seat and out of harm's way.

**AQUARIUS** (Jan. 20-Feb. 19) — A change to the ways in which you handle people and personal matters will help you avoid complaints or criticism. Don't get into a conversation with someone too rigid to meet you halfway.

**PISCES** (Feb. 20-March 20) — Set off on a new adventure. Travel and educational pursuits are favored, and spending more time with a loved one will bring you closer together. Your input and help will

be appreciated.

**ARIES** (March 21-April 19) — Make adjustments that will take the pressure off of you. Look at your options and consider the best way to go about improving your life. Personal gain is within reach.

**TAURUS** (April 20-May 20) — Make a move. Trust and believe in what you can offer and accomplish. Get together with people you work well with to finalize plans. Spend time with someone you love.

**GEMINI** (May 21-June 20) — Put more time and effort into personal changes that will make you look and feel your best. Address health issues and put a diet and exercise plan in play.

**CANCER** (June 21-July 22) — If something is bothering you, discuss it and eliminate the problem. Being open and honest about your feelings will bring you closer to your personal goals. Romance is encouraged.

**LEO** (July 23-Aug. 22) — Personal improvement should be your focus. You cannot please everyone, but you can be responsible for your own happiness. Take physical action and enjoy your day.

**VIRGO** (Aug. 23-Sept. 22) — Let go of whatever isn't working for you and surround yourself with what's important. Join forces with someone who shares your interests, concerns and beliefs.

**LIBRA** (Sept. 23-Oct. 23) — Think outside the box when it comes to new beginnings. You have to let go of the past to move forward. Cut out what is no longer working for you.

SATURDAY, NOVEMBER 2, 2019

It's time to take everything you've experienced in the past — all the knowledge and skills you have gathered along the way — and put it to good use. Much can be accomplished if you concentrate on what's important to you and find an innovative approach to reach your destination.

**SCORPIO** (Oct. 24-Nov. 22) — Taking a day trip, getting together with old friends or signing up for something you want to master is encouraged. Your effort will change the way you approach life.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Personal change will be gratifying. Taking time to rejuvenate, to enjoy a little pampering or to have fun with a loved one will enhance your state of mind.

**CAPRICORN** (Dec. 22-Jan. 19) — A domestic or professional change will improve your lifestyle. If you are open to suggestions and input from the people around you, it will ward off an unnecessary spat.

**AQUARIUS** (Jan. 20-Feb. 19) — Personal improvements will bring the highest return. Put time, effort and a little cash into the way you present yourself to others. The compliments you receive will boost your confidence.

**PISCES** (Feb. 20-March 20) — Take better care of your physical and mental health. Refuse to get into an unhealthy situation. A personal change should include proper diet, exercise and moderation.

**ARIES** (March 21-April 19) — Put your

money into self-improvement, knowledge and home improvements. Romance is on the rise. A commitment can be made, and a lifestyle change is encouraged.

**TAURUS** (April 20-May 20) — You'll be drawn to people who are heading in a similar direction as you. Learn all you can, but don't share personal information that could jeopardize your chance to advance.

**GEMINI** (May 21-June 20) — Rethink your strategy regarding your health and physical appearance. If something isn't right, ask questions. A change should improve your financial situation, not make it worse.

**CANCER** (June 21-July 22) — Nurture a meaningful relationship. Make unique plans that will give you the incentive to look and be your best. An exclusive offer will interest you. Romance is featured.

**LEO** (July 23-Aug. 22) — A change you or someone else makes will turn into a problem if you haven't confronted the situation appropriately. Make sure everyone is on the same page before you make alterations.

**VIRGO** (Aug. 23-Sept. 22) — Overspending on your home or family will add to your stress. Instead, make plans to do something that isn't costly but will add entertainment and comfort to your living space.

**LIBRA** (Sept. 23-Oct. 23) — Channel your energy. Stay focused on what needs to be done instead of getting upset about who is doing what. Do your part and move on to something you enjoy.

Sunday horoscope on page 15

## Thanks, but no thanks

Dear Annie

FRIDAY, NOVEMBER 1, 2019

**Dear Annie:** I always enjoy sharing my baked goods and also my soups with my neighbors. Some will return the favor by making items for me. I never expect them to reciprocate, though I know I always try to reciprocate when people do things for me.

I'm writing to you because now someone is giving me presents that I really don't want. I am always thankful, but I do not like any of the items. I know I need to be thankful. But I do not like to lie, and I would rather have just a thanks for my baked goods and soups instead of thank-you gifts that I do not like at all!

Normally, I would just donate the items to a church, but I am too afraid that this friend will be looking for me to use the items. And, of course, I do not want to hurt her feelings. What is your suggestion? — You Shouldn't Have

**Dear You Shouldn't Have:** "The true purpose of a gift is to be received," writes minimalist expert Marie Kondo in her bestselling "The Life-Changing Magic of Tidying Up," and I couldn't agree more. When someone gives you an unwanted gift, receive it gratefully; recognize the warm-hearted intention behind it; and write them a thank-you note. Then donate it (or return

it, if they've included a gift receipt) without guilt. If you want to head off future unwanted gifts from this friend, simply tell her: "I appreciate your thoughtfulness, but you really do not need to get me anything. Your friendship is enough." If she's been spending money on the items she's giving you, and if she seems determined to continue doing so, you might politely tell her that you have more than enough material things but that you'd love to see more donations to a charity you support.

**Dear Annie:** This is in response to the lady who complained about how people hold their fork and knife. Your response was very true. I have rheumatoid arthritis, and as my hands have gotten worse, holding things is a real challenge. I used to peel potatoes in a few minutes, but it now takes many times as long. I also park in a handicapped spot. Some days, I can move fairly easily; other days, it is a challenge to just get out of my car. I have other friends with osteoarthritis, multiple sclerosis and Parkinson's disease who have similar problems.

I learned long ago not to judge by appearance. Thank you for explaining that things aren't always what they seem. — Mary W.

**Dear Mary W.:** I'm sorry that you're struggling with rheumatoid arthritis. I'm happy to print your letter to

again amplify the message that others' suffering and limitations are not always readily apparent.

**Dear Annie:** Your advice to "Left Behind" would be poor advice in some states. As a Washington state lawyer, I can tell you that Washington has what is called a "committed intimate relationship," in which unmarried partners may have community property like rights in each other's property. Also some states have common-law marriage. "Left Behind" should consult a lawyer with a family law practice in her state to find out if she has any rights. — Regular Reader in Vancouver, Washington

**Dear Regular Reader:** I'm embarrassed to say that I failed to get the complete picture when researching my answer. I'm printing your note to correct the record for "Left Behind" and anyone else in her shoes. Contacting a lawyer is the best bet. Thanks for writing and setting me straight.

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

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

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### CELEBRITY CIPHER by Luis Campos

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

" X ADRMH ' WOSSDZKKM ' EJOYL — XV  
BKOMV VWOV X WOH UYKEERYK VD  
TKV RU OMH CK EJOYL, BOGKRU OMH  
OSS VWOV! " — JWYXEVDUWKY SSDLH

Previous Solution: "The thing under my bed ... isn't real. ... If I'm careful ... it will never be able to grab my ankle." — Stephen King

TODAY'S CLUE: *g s n e b e c*

### 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.

" PJDS AHFIOV OF AFOHVOU VDO MUOF  
JX ' DHKKJYOOS, ' EJ DME TMEJMS  
FOBHMSE VDO BJEV XJAZEOU ... JX  
VDO EOFMOE. " — UJSHKU IKOHEOSAO

TODAY'S CLUE: *J s n e a l s*

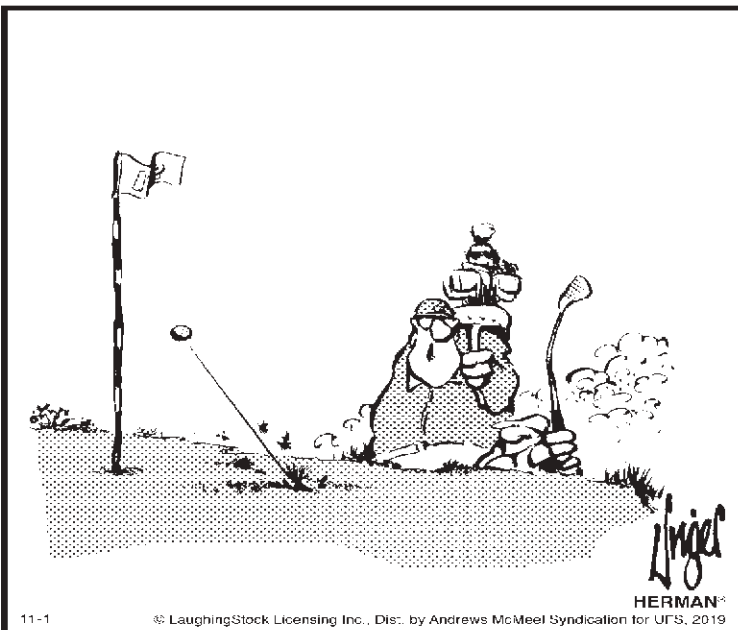
get up and be scary, makeup and all that! — Christopher Lloyd

Previous Solution: "I found 'Halloween' scary — it meant that I had pressure to

### REALITY CHECK

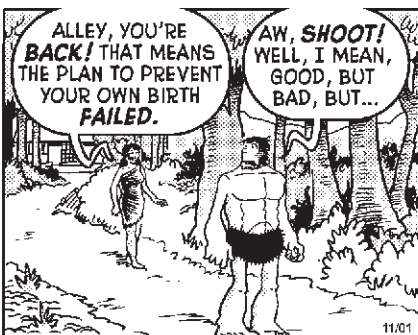


### HERMAN



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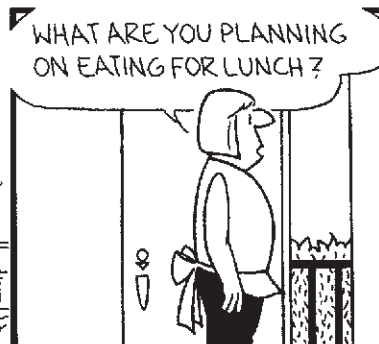
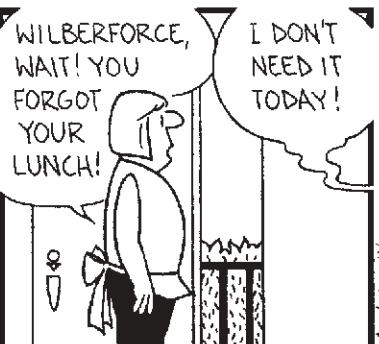
### ALLEY OOP



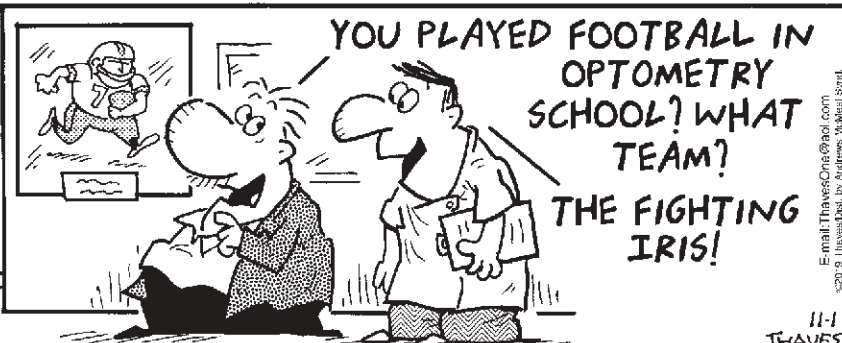
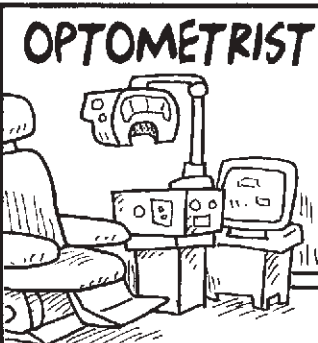
### ARLO & JANIS



### THE BORN LOSER



### FRANK AND ERNEST



### GRIZWELLS



### THATABABY



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CALL SHERBROOKE: (819) 569-9525 BETWEEN 8:30 A.M. AND 4:30 P.M.  
 E-MAIL: classad@sherbrookecord.com  
 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

# CLASSIFIED

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION  
 OR MAIL YOUR PREPAID CLASSIFIED ADS TO  
 THE RECORD, 6 MALLORY, SHERBROOKE, QUEBEC J1M 2E2

**001** Property for Sale

5 1/2 ROOM BUNGALOW on quiet street in Lennoxville. Near centre of town. Call 819-346-6281 or 514-717-9742.

**160** Music

**FLUTE LESSONS** for all levels and ages-beginners to advanced players. We make music fun and incorporate exercises and duets in the lesson time to enjoy music. I am a professional flutist with 30 years of teaching the flute. Please write to douglasnadler62@gmail.com. Use flute lessons as the subject of the email.

**035** For Rent

**KNOWLTON** - Sunny, renovated 4 1/2 room apartment available immediately. Suitable for quiet, non-smoking working couple. References required. Parking included. Reasonable rent. Call 1-416-533-1440.

**275** Antiques

WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. 819-837-2680.

**065** Storage

**BRAND NEW HEATED storage lockers** with radiant floor heating, 5x10, 10x10 and 10x20. Also have non-heated units. Mini Entrepotage Lennoxville 819-562-8062.

**395** Home Improvement

**TAPIS STEVE** - Closing Sale! Liquidation of floor covering inventory. Up to 80% off. Store hours: Friday 8:30 a.m. to 5 p.m. and Saturday 10 a.m. to 1 p.m. 11 Queen Street, Lennoxville. 819-566-7974.

**145** Miscellaneous Services

**LENNOXVILLE PLUMBING**. Domestic repairs and water refiners. Call Norman Walker at 819-563-1491.

**INVENTORY CLOSURE**

Following the death of the late **Murray GARDNER**, during his lifetime residing and domiciled 1250 Didace Street, Magog, Quebec, J1X 2P9, which occurred on March 19, 2019, an inventory was made by the liquidator of the estate in accordance with the law.

This inventory may be consulted by all the interested parties, at the office of **Mtre Timothy LEONARD, Notary**, at 520 Bowen South, Sherbrooke, Quebec J1G 2E1, 819 563-0500.

This September 30, 2019.

**Timothy LEONARD, Notary and Attorney for the Liquidator**

**AUCTION for LESTER AULIS**

**200 Dube Road, Ogden (held indoors, heated) Saturday, November 9 at 10 a.m. Doors open at 8 a.m. for viewing and registration TO BE SOLD:** Motorcycles, scooter, trucks, tractor, car, 4-wheeler, antiques, household items, furniture, and many other items.

**TERMS:** Cash only. Canteen on site. **NOTE:** The owner and auctioneer are not responsible for thefts or broken items after the sale, or accidents on the site.

Photos on our Facebook page: encanfranciscdenault

**FRANCIS DENAULT Bilingual Auctioneer 819-560-1526**

*At your service for all kinds of auctions, all over the province!*

**AUCTION**

**2-day Antique Auction Sale for the estate of Mr. Leif Jacobsen at the Richmond Community Center 820 Gouin Street, Richmond, Quebec Saturday & Sunday, Nov. 9 & 10, 2019 at 9:30 a.m.**

This will be the 3rd session on behalf of the Jacobsen family from Hemmingford. Another wonderful selection of early Quebecois & Canadian antiques from this remarkable collection. Plan to be with us!

**Preview:** Friday, November 8 from 5 p.m. to 8 p.m. and starting at 8 a.m. the morning of the sale.

Cash, credit card or cheques with proper ID will be accepted. A 10% buyer's premium will be applied on all purchases.

For the full listing, pictures, terms and conditions, please visit our website or contact the auctioneers.

Sale consultant: Brian Davies

**Geneviève & Stephen Barrie BSB Auction Services Richmond, Quebec 819-826-1120 www.bsbauctions.com**

**THUMBS UP!**

Whatever you're after, just thumb through the Classifieds and you'll be good to go! That's all there is to it!

**819-569-9525 450-242-1188**



## NEA Crossword Puzzle

- ACROSS**
- 1 Seed vessel
  - 4 Insult wittily
  - 8 Pilot's problem
  - 11 Pseudo
  - 12 Actress — Adams
  - 13 Sapporo sash
  - 14 Viking name
  - 15 Wine valley
  - 16 Ginza money
  - 17 Past
  - 19 Wild disturbances
  - 21 Region of India
  - 22 Thumbs-up vote
  - 23 Not better
  - 26 Cloud-seeding compound
  - 29 Startled cries
  - 30 Master
  - 32 Drench
  - 34 Greed's kin
  - 36 Bluffer
  - 38 Up for payment
  - 39 Blanks
  - 41 Powerful adhesive
- 43 Baseball's**
- Durocher
- 44 "My gal" of song**
- 45 Oman neighbor**
- 48 Adjusts**
- 52 Rollover subj.**
- 53 Expresses grief**
- 56 Pear throwaway**
- 57 Greedy one**
- 58 Rocky Mountain people**
- 59 QED part**
- 60 Go downhill**
- 61 Remain**
- 62 Messy abode**
- DOWN**
- 1 Bleached out
  - 2 Word of assent
  - 3 Clears the mist
  - 4 "The Prisoner of —"
  - 5 Potato st.
  - 6 Tweak

**Answer to Previous Puzzle**

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

- 7 — up (got ready)
- 8 Cellist — Ma
- 9 Aid a thug
- 10 Gets a trophy
- 11 Watch pocket
- 18 Carol
- 20 Osiris' wife
- 22 Skywalk-er's mentor
- 23 Sorrow
- 24 Possesses
- 25 Host's request
- 26 Bearded flower
- 27 Extinct bird
- 28 French waters
- 31 Mock butter
- 33 Piano part
- 35 Sturdy lock
- 37 Pore over
- 40 Population survey
- 42 Locations
- 44 Not polite
- 45 Small barks
- 46 Mr. Satie
- 47 Astrolog-ers of old
- 49 Harbor town
- 50 Food holder
- 51 Collection
- 54 Slugger Mel —
- 55 Maude of TV

	1	2	3		4	5	6	7		8	9	10	
11					12					13			
14					15					16			
17					18				19	20			
				21					22				
23	24	25				26				27	28		
29					30	31				32		33	
34				35		36			37		38		
				39					41	42			
					43				44				
45	46	47						48			49	50	51
52						53	54	55			56		
57						58					59		
60						61					62		

### HANDY POINTERS

on writing a successful classified ad

*It's easier than you think*



Prepare an outline of your ad and then write it.



Be specific — buyers want useful information such as price.



Group related facts in the same sentence.



Avoid slang and abbreviations. Abbreviations are not needed because **The Record** charges by word rather than space.



Above all, don't forget your telephone number or address and when respondents may contact you.



# NEA Crossword Puzzle

## ACROSS

- 1 Nonsense!
- 5 Paul Newman film
- 8 Frizzy coif
- 12 Fury
- 13 Goodall subject
- 14 Commend
- 15 Creole veggie
- 16 Made a list
- 18 Type of interest
- 20 PFC mail drop
- 21 Bradley and Sneed
- 22 Harvest tools
- 25 Pale blond
- 28 Not we
- 29 Hemingway nickname
- 33 Stylist's goop
- 35 Prompted
- 36 Mexican pot
- 37 Having an awning
- 39 Zen riddle
- 40 "Scram!"
- 42 Tax org.
- 43 Adopt

## 46 Formic acid producer

- 49 Baja gold
- 50 Phillips University town
- 53 Handle, as a problem (2 wds.)
- 56 Tweety or Sylvester
- 58 Lectern
- 59 Drink with scones
- 60 Sight from Messina
- 61 Growth on rocks
- 62 Ben & Jerry rival
- 63 Say hoarsely

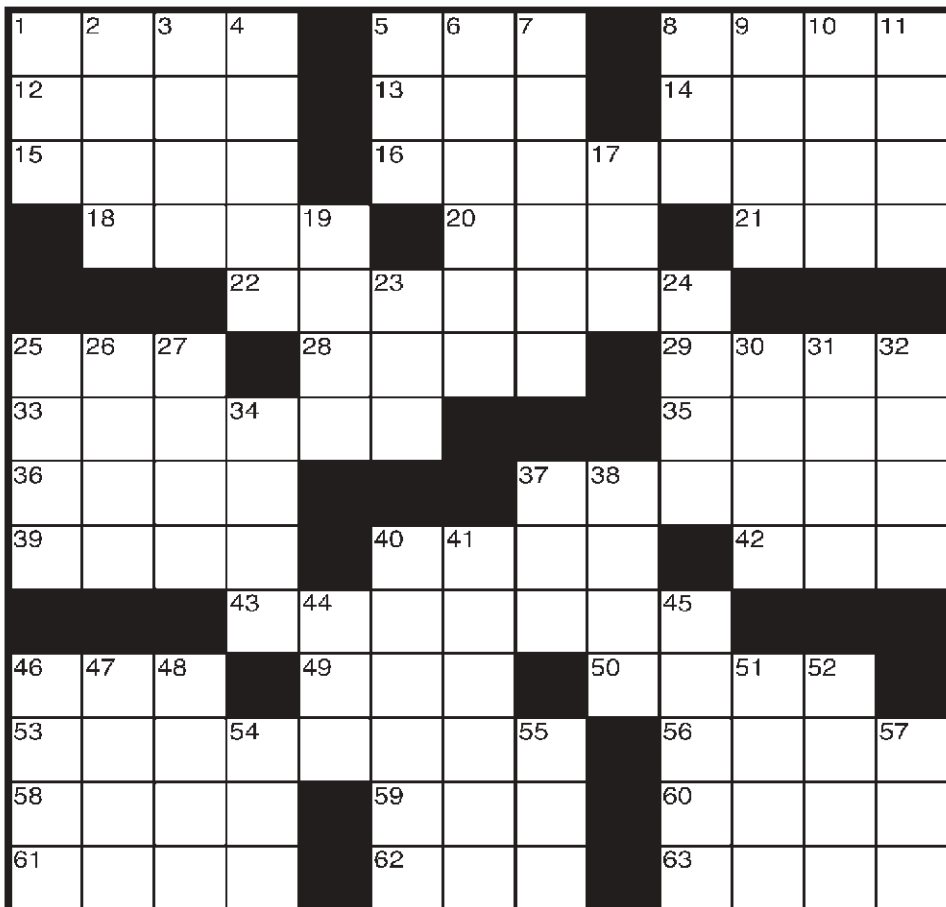
## DOWN

- 1 Expert
- 2 Squirrel hangouts
- 3 Mean person
- 4 Recovers
- 5 Osaka yes
- 6 Quick on the —
- 7 Intensely
- 8 Ms. MacGraw of films

## Answer to Previous Puzzle



- 9 Rattle
- 10 Regretted
- 11 Chances
- 17 A Stooge
- 19 Temper tantrums
- 23 Ernesto Guevara
- 24 Pet lovers' grp.
- 25 Out of control
- 26 Without help
- 27 Island dance
- 30 Honda competitor
- 31 Look intently
- 32 States further
- 34 Of sound mind
- 37 Old French coin
- 38 Faucet hookup
- 40 Elf
- 41 Jeered
- 44 Scatter seeds
- 45 Key in data
- 46 Rodin sculpture
- 47 Verne skipper
- 48 Soda can openers
- 51 Smidgen
- 52 Wears
- 54 — Alamos
- 55 Make bales
- 57 Sleep briefly



# Your Birthday

SUNDAY, NOVEMBER 3, 2019

Keep your emotions in check and your mindset on what you want to achieve. Sit in the driver's seat and direct the traffic around you to suit your needs. Unity and transparency will enrich whatever you decide to pursue. This is a year of growth, prosperity and change.

**SCORPIO** (Oct. 24-Nov. 22) — Listen to others, but don't give in to someone using emotional tactics to take advantage of you. Temptation should not play a role in the decisions you make. Do what's right.

**SAGITTARIUS** (Nov. 23-Dec. 21) — If you put your energy where it counts, you will come out on top. Don't let anyone mislead you. Disillusionment will stand between you and what you want.

**CAPRICORN** (Dec. 22-Jan. 19) — If you intuitively size up situations, you'll offset a problem that could lead to a disagreement. Your time is better spent on love and romance.

**AQUARIUS** (Jan. 20-Feb. 19) — Channel your emotions into something entertaining. A positive change to your appearance or image will give you a new lease on life. Make plans with a loved one.

**PISCES** (Feb. 20-March 20) — Use your intelligence when dealing with people from your past. Don't let anyone corner you. If you don't want to do something, don't do it.

**ARIES** (March 21-April 19) — Helping

others will make you feel good. A financial gain or gift is heading in your direction. Share your thoughts with a loved one.

**TAURUS** (April 20-May 20) — Take emotions out of the equation if you want to make a sound choice. Stay focused on what's doable and on whom you want to include in your plan. Romance is in the stars.

**GEMINI** (May 21-June 20) — You can reinvent your strategy. If you share your thoughts with a loved one, their suggestions will help you put your plans in motion.

**CANCER** (June 21-July 22) — Try something new and exciting. A change will expand your mind and encourage you to make personal changes that will improve your relationship with someone important.

**LEO** (July 23-Aug. 22) — Activity should be your priority. Sign up for a physical challenge. An emotional matter will make more sense once you've had time to mull over the facts. Romance will enhance your life.

**VIRGO** (Aug. 23-Sept. 22) — An incident will encourage you to get involved in something you care about. If you volunteer your skills and services, you will make a difference and leave an impression on someone influential.

**LIBRA** (Sept. 23-Oct. 23) — Spend time with friends. Refuse to miss out on something you want to do. Do what's best for you, and ignore someone trying to control your life.

FRIDAY, NOVEMBER 1, 2019

## Patience is needed to know the story

By Phillip Alder

Elbert Hubbard, a writer and publisher who died aboard the torpedoed RMS Lusitania on May 7, 1915, said, "How many a man has thrown up his hands at a time when a little more effort, a little more patience would have achieved success?"

Bridge defenders can be like that. Sometimes you need a little patience to learn exactly what to do. In this example, look at the East and North hands. Your partner, West, leads a fourth-highest spade four against four hearts. How should you patiently plan the defense?

After South opened with a vulnerable three hearts, North bid game more in hope than in expectation. However, he knew that the contract might be lay-down; and if not, perhaps the defense would not be perfect.

East knows that his side needs four tricks. From the dummy, these surely must be either three spades and one diamond or two spades and two diamonds. But which?

It depends upon how many spades West started with — four or five? It takes patience for East to find out which. He wins the first trick with his spade king and cashes the spade ace, looking care-

North	11-01-19		
♠ J 7 2			
♥ A 6 2			
♦ J 10 9			
♣ A K Q J			
West	East		
♠ Q 10 6 4 3	♠ A K 8		
♥ 3	♥ 5 4		
♦ Q 8 5 4	♦ A 7 3 2		
♣ 6 3 2	♣ 10 9 7 4		
South			
♠ 9 5			
♥ K Q J 10 9 8 7			
♦ K 6			
♣ 8 5			
Dealer: South			
Vulnerable: North-South			
South	West	North	East
3♥	Pass	4♥	All Pass
Opening lead: ♠ 4			

fully at his partner's second spade. If it is higher than the four, indicating that he began with four spades, East should cash the diamond ace, then lead his last spade.

Here, though, West plays the three, announcing that he began with five spades. Now East must shift at trick three to a low diamond. If West has the king, the ace and another diamond works; but not here. South must be forced to guess what to do.



# The Village Newsletter

## October Ends...

October was a great chance to reconnect with friends and family. We started off the month focusing on all the things we have to be thankful for as we prepared for our Family Thanksgiving Pancake Breakfast which was a delicious success! For our birthday bash, we welcomed the musical group Jim n' I from Northern Ontario as they shared lively songs we all enjoyed singing along to. This month we saw many students throughout the building as groups of Champlain nursing students came for hands on learning on site, groups of Champlain Special Care Counselling students came to learn the joys of a residence like Grace Village, and our BCS Bridges Program continued biweekly to offer intergenerational learning and bonding activities. We enjoyed delicious food like fish & chips, ribs, steak, and wine at local restaurant Sebby's on our monthly lunch outing, and celebrated National Chocolate Day with a delicious fruit and chocolate fondue in our Bistro. Towards the end of the month we amped up for our annual community Halloween event where we handed out over 5000 pieces of candy to children trick-or-treating down our hallways in their costumes. It was a busy month filled with great music, fun games, fitness opportunities, and so much more. The month was only made better by the fantastic colours the Townships offered up right outside our doors. What a beautiful place we live in!

### Special Activities

- Set your clocks back one hour - Nov 2nd
- Guess the Age Game - Nov 5th
- Three Ingredient Scones - Nov 5th
- Community Flu Clinic - Nov 6th
- Apple Pie Fundraiser - Nov 9th and 16th
- Music with Bishop's Students - Nov 9th
- Remembrance Day Service - Nov 11th
- National Ice Cream Sundae Day - Nov 12th
- Guess Who? Game - Nov 12th
- World Kindness Day - Nov 13th
- Special Music by Ed Sealey - Nov 14th
- Bookmark Craft - Nov 19th
- Pizza Party (Sign-Up) - Nov 19th
- Birthday Bash - Nov 20th
- National Gingerbread Cookie Day - Nov 21st
- National Cake Day - Nov 26th
- Christmas Decorating - Nov 26th
- Dancing with the Birds Documentary - Nov 27th
- Seniors Luncheon (Sign-Up) - Nov 28th
- Grace Village Christmas Market - Nov 30th




## And we welcome November!

November is the launch of the Annual Flu Vaccine Campaign, and we are honouring that by offering flu shots to our residents, staff, and the local community at the beginning of the month, after all, a healthy home is a happy home! Once the community flu clinic has passed, we begin our annual Apple Pie fundraiser where 1000 apple pies will be made and sold on site and the proceeds will go to the Dr. Klinck resident subsidization fund, so be sure to make your order (pies make wonderful gifts!). We will hold a special Remembrance Day service the morning of November 11th in the Grand Hall to honour all those who have served in our nation's defense. We will celebrate other days like National Ice Cream Sundae Day, National Cake Day, and National Kindness Day where our Grace Giving Back activity will focus on a project to help the community around us. We are happy to welcome back Ed Sealey for special music on the 14th. The second half of the month will see with building transform into a holiday wonderland as we decorate and prepare for our annual Grace Village Christmas Market on the 30th where over 40 vendors will exhibit their work. The Christmas Market is a fundraiser for the Recreation & Leisure department that has allowed us to continue offering many of the wonderful activities highlighted in this newsletter over the past year, so please come on out and show your support (Find us on Facebook for more info!) Towards the end of the month we will have a pizza party, watch a new Netflix documentary and make gingerbread cookies on National Gingerbread Cookie day. Overall we expect and exciting and fun month.




For information, or to learn how to volunteer at Grace Village, contact the Recreation & Leisure Department 819-569-0546 ext. 5007 & 5008, drobertson@masscom.ca, kpyle@massom.ca





## We have temporarily relocated



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## CALLING ALL ARTISTS AND ARTISANS

The Record will publish a special section on November 8 listing all the Christmas Craft Bazaars and Shows in the area.

Artists, artisans, churches, schools, individuals, send your listing to The Record by **November 4** to [classad@sherbrookrecord.com](mailto:classad@sherbrookrecord.com) to promote your event.





Listings must be paid in advance. We accept visa or mastercard.



For information, call 819-569-9525