

## Slain Quebec girl's family sues youth protection, school board for \$3 million

The Canadian Press

The family of a seven-year-old girl who was killed in 2019 is suing the provincial youth protection authority and the local school board for \$3 million, seeking accountability for failing to act in the child's disturbing death.

The girl was found in critical condition in her family home in Granby, about 80 kilometres east of Montreal, on April 29, 2019 and died one day later in hospital.

The girl had been known to youth protection officials, who had left her in the custody of her father despite several reports of violence.

The young victim, who was abused and malnourished, died of asphyxiation after being wrapped in layers of duct tape before her death.

The killing sparked outrage, raising questions about youth protection and the ability of the province to protect vulnerable youth and led to wide-ranging inquiry into the youth protection system.

The lawsuit was filed Monday by lawyer Valerie Assouline at the Granby courthouse on behalf of the girl's biological mother and paternal grandparents.

Last December, the girl's 38-year-old stepmother was convicted of second-degree murder and sentenced to life without possibility of parole for 13 years while the girl's father pleaded guilty to a lesser count of forcible confinement, receiving a four-year sentence.

## La Grande Marche attracts over 1,000 participants in Sherbrooke



COURTESY

Record Staff

The weather cooperated, and more than 1,000 people made their way to Lucien Blanchard Park in Sherbrooke on Sunday to participate in the fifth edition of the

Grande Marche de Sherbrooke.

The activity, which is free and open to anyone, was held in more than 100 cities across Quebec.

Organized in collaboration with the Grand défi Pierre Lavoie, the

goal of the event is to get outside and get walking to highlight the importance of maintaining a healthy lifestyle.

Walking is, after all, one of the healthiest exercises and can be practiced at any age.

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## Weather



TODAY:  
RAIN

HIGH 12  
LOW 5



WEDNESDAY:  
MIX OF SUN  
AND CLOUD

HIGH 11  
LOW 1



THURSDAY:  
SUNNY

HIGH 11  
LOW 4



FRIDAY:  
CHANCE OF  
SHOWERS

HIGH 9  
LOW 1



SATURDAY:  
MIX OF SUN  
AND CLOUD

HIGH 14  
LOW 3

# The Treasure of together



## DISHPAN HANDS SHEILA QUINN

**P**en pals.  
That's how we started out. My friend Melissa and me, united by some stranger who must have been working for Scholastic at the time. Some person who received two little girls' forms, filled out in Crackers magazine and mailed in, looking for friendship, who then popped them into envelopes and sending them to us, connecting a girl from the Eastern Townships to a girl from Nova Scotia.

I've written about her before - we've celebrated a few milestones during the lifespan of this column, the last fourteen years - she's noteworthy, her presence in my life almost feels impossible since we connected thanks to a kids' magazine, and have stayed that way (connected) ever since, living on paper for a decade and then finally the phone calls began, meeting almost 27 years ago in person when we were 22.

And now we're about to hit 49, sixteen days apart.

She and her husband Dave will be here later this week for our first

visit in 9 years, when we celebrated turning 40 together. How can it be that decades go by like an eyelash falling on our cheeks, like a coffee cooling off, like a season of a favourite show? We are almost Golden Girls now.

We were tweens for Pete's sake, obsessed with Michael J. Fox and figuring out what our style was, awkward, a bit goofy, and well, those things really haven't changed that much. I still watch the Back to the Future trilogy at least once a year.

During the upcoming visit, we might see a few sights, and will have a Saturday night celebration together, but the main thing will just be being together. Being in the same place. I just want to be able to reach out and squeeze her hand. It doesn't matter where we are as long as I can do that. I just want to look her in the eye when something emotional arises as we catch up. I want to hear her laugh bounce off of the same walls around me when I crack her up being the usual goofball that I am. I want to see her eyes shine with pride while she talks about her daughter's university studies.

Let me be perfectly honest though - while I am a devoted and regular communicator since the advent of the internet, I was a pitiful pen pal. I did manage enough letters that the tether never let go, mostly due to her being the organized one. I am the flavour. I'm the one who makes sure we have adventures and that she is reminded of how beautiful is - that I do her hair and make-up and take pictures of her. She takes care of most of the logistics, and comes up with ideas for things to do together.

This is our seventh incarnation

if the old story about our cells regenerating very seven years. While a few of our bits and bobs come around sooner or later, by and large it would seem that that is mostly sort of true. Seven of us, different selves, different ideas, different perspectives, different phases, different circles in some cases, different jobs, different pop culture, different systems.

And yet, here we will be.  
The same.

Two gals, creative in our own rights and directions, one steadfast and methodical, one rebellious and spontaneous, both curious, interested in similar developments, ready to explore every different slice of self that life has to offer us.

We make each other more resilient, we balance each other out, we ground each other and light one another's torches, we guide each other and worry together, and with any luck, we will grow old together.

So, for a few days, we'll see some sights, eat some food, be with friends shared and inherited, and we'll be able to reach out and grab the other one's hand.

I know parting will mean being homesick for the next time, but hopefully before another complete cellular regeneration....I'll just have to try not to blink quite so much.

Here's to the unwavering, rock-solid, fun, powerful friendships that enrich our hearts and souls, that fill up all of our gullies, and that can see their way across time, across paper, across phone lines, across hugs in person, across homesickness for one another.

Happy almost Birthday, Melissa. Here's to more of forever.



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## Ben by Daniel Shelton



# Fire at metal recycling yard causes road closure

Record Staff

A series of small explosions and a fire at the AIM recycling yard on Queen Victoria Boulevard in Sherbrooke resulted in the closure of that street for part of the afternoon on Monday.

According to a representative of the city, the fire never grew beyond a single alarm, but a wide perimeter was set up around the site in light of the fact that there were potentially hazardous materials near the blaze.

A total of 15 firefighters responded to the fire, which was brought under

control within about an hour and a half of initially arriving on the scene.

Although the exact cause of the fire is not known, it was thought to be related to the move of machinery at the yard, and aggravated by the explosion of a small propane tank. Despite the explosions, damage was

estimated as minimal because the fire was mostly outside of the structures on the site, and no one was harmed.

An environmental evaluation was underway on Monday afternoon to check on the possible impacts of the fire.

# More delays for Sherbrooke children's theatre project

Record Staff

Sherbrooke's long-delayed plans to build a performance venue specifically for local young people has hit another bump in the road after a call for tenders issued earlier this year resulted in quotes that were millions of dollars higher than the projected budget.

The city issued a press release on Monday indicating that a new funding request has been submitted to Heritage Canada and a new timeline established in order to help ensure the continuity of the project, which aims to see a venue built that would specialize in dance and theatre performances for young children.

"This is a project that has been in the minds of the local cultural community for more than 30 years," said Evelyne Beaudin, Mayor of the City of Sherbrooke, noting that the idea came out of a desire to increase the connection of local young people to the arts. "This project stands to have significant benefits for the cultural community, the economic community of our downtown area and for our young people."

According to the information provided by the city on Monday, the most recent speedbump in the project comes from the fact that the lowest construction offer made in the call for tenders issued in August of this year was \$16,015,000, when the city's projected budget was \$10,700,000.

Adding the other projected costs, such as professional fees and equipment to the mix, that estimate ballooned to \$21,790,000.

Heritage Canada has already agreed to provide \$2,700,000 toward the cost of the project, but the city is now asking that the funding be increased by \$4,650,000 for a total of \$7,350,000, or one third of the overall cost.

The provincial Ministry of Culture and Communications already announced that it would increase its contribution to cover one third of the cost in June of 2022. And the city is now saying that if Heritage Canada agrees to do the same by Dec 3 of this year, Sherbrooke will cover the final third in collaboration with Côté

scène, the production company that will manage the future venue.

"The Jean-Besré Center for the Performing Arts (CASJB), created in 2008, was designed to accommodate a second phase: the youth performance venue, which would be open to the community. Thus, the artists will be able to create their dance and theater productions in the premises of the CASJB and then present them right next door. The logical progression of this work can only be complete when we have this space. The outcomes for the artistic community and on the retention of our creators will be immense", said Nancy Robichaud, President of the Committee on Culture, Recreation, Sports and the Outdoors.

# Townships Sun unveils guidelines for new writing prizes

Record Staff

The Townships Sun unveiled the more detailed guidelines for their new Young Voices awards on Monday, spelling out the criteria necessary to win prizes for fiction, non-fiction, poetry, photography or artwork. Anyone age 29 and younger who wants to enter the competition is invited to consult the criteria.

The awards, announced alongside a set of new writing workshops aimed at getting local young people involved with the craft of writing, offer a total of \$750 in possible prize money as well as publication in future editions of the Townships Sun magazine.

"This is an exciting chance for young creatives to get published in a magazine," said Marie Moliner, the project's coordinator and assistant editor of the Townships Sun magazine. "Being published paves your road ahead, for your career."

Submissions should relate to some aspect of life in the Eastern Townships, past, present or future. "We encourage participants to write about, or create images of, something that interests them," said Rachel Garber, the magazine's editor.

A limit of one submission per person will be accepted in each category. Fiction submissions could be a creative

short story, a personal story, humour, or another form of writing. Non-fiction could be an article, an essay, or an interview that tells a story about a Townships issue, event, person or another topic. Both fiction and non-fiction submissions have a limit of 1,200 words.

submissions should be less than 40 lines, or could be in the form of an image, known as a concrete poem.

Submissions of photography or artwork with visual impact in either black-and-white or in colour. This could be one image, or a short series of images, such as a comic strip or graphic story.

Written work is to be in English and the deadline for entries is Dec 1, 2022. Poetry

"Surprise us," Garber invited.

Details for submitting work for all these awards are given in the awards guidelines available on the Townships Young Voices page of the Townships Sun website, or by request at townshipsyoungvoices@gmail.com.

The associated free zoom workshops kick off next week, starting with Art and Photography on October 25. A Google sign-up sheet is available at TownshipsSun.ca/Townships-Young-Voices. Participants can also hone their skills with creative tips at the TYVoices YouTube channel.



COURTESY

The project is an initiative of the TownshipsSun, the creative/community magazine for the English-speaking community in the Eastern Townships. Write Here, Write Now! is organizing the workshops. Townshippers' Association is organizing the awards competition and also giving financial support, as are the Townshippers' Research & Cultural Foundation and

the Rotary Club of the Boundary in Stanstead. Léa Côté of Bishop's University's Experiential Learning Program is working as videographer for the project, with coaching from Abigail Whitcher of Townshippers' Association.

Questions? Email Marie Moliner, TownshipsYoungVoices@gmail.com.

# Weaponizing economic policy



DIAN COHEN

There was a time not too long ago when leaders around the world thought their citizens would be better off if they integrated their markets, trade and investments to allow the free flow of products and services between nations. Although the world has been globalizing for centuries, “globalization” came into popular use in the 1990s to describe the unprecedented international connectivity of the post-Cold War world.

Though globalization lifted a lot of people out of poverty, a lot got left behind. General discontent has given rise to a trend to de-globalize. It started

before the COVID-19 pandemic and has accelerated with the fallout over Russia’s invasion of Ukraine. Central banks and governments everywhere are shunning international cooperation in favor of going it alone to deal with inflation and economic uncertainty.

The financial and political drama in the UK these past couple of weeks, as well as the market interventions of Japan, India, Chile and others to shore up their own currencies highlights the questionable ways countries are restructuring their economies to protect their own interests. It’s not pretty.

Weaponizing economic associations is one dramatic change. The current energy debacle is just one arena. The sanctions imposed on Russia by the West were supposed to force Moscow into submission. They have not. They have simply balkanized the global economy. Russia is weakened, still moving to arrange new economic outlets for its natural resources, and still dangerous.

Under Xi Jinping, China has become the world’s dominant manufacturer of everything, as well as the main trading partner and dominant lender

for most of the developing world. At the Communist Party congress starting in Beijing on Oct. 16, Mr. Xi is expected to be named to a third five-year term as leader, giving him the ability to consolidate power and turn China into a more state-led society that will prioritize national security and ideology before economic growth. Tensions over the future of Taiwan as well as the damage Chinese lockdowns have done to supply chains have prompted the US and others to reduce their dependence on China for strategic and other goods. All this has hurt China’s economy, which has slowed dramatically. It can no longer be counted on to lead global growth.

An economically weakened China and Russia is bad for Europe. The EU has been weakened by the damage of Chinese supply chain shocks. Germany has been negatively affected by the Nord Stream 1 supply cuts. France has not been able to launch a new reform agenda. Italy just elected a new right-wing government. Central and Eastern Europe are mostly preoccupied with military threats from Russia.

The US Fed’s hiking interest rates to bring down inflation is like a wrecking

ball on the rest of the world – the appreciation of the world’s reserve currency hurts everyone. When the global economy is stable, countries like Germany, the UK and Japan may be able to increase their exports to the American market. But the global economy is not stable – everyone is dealing with the same problems that the U.S. is.

A recession is likely around the corner. Recession is not new. De-globalization is. Watch for evidence of global economic restructuring processes in the next few months – with governments becoming more active in shaping their national economies. More government activity doesn’t necessarily mean responsible spending or lower inflation. It could mean more aggressive activity in the name of protecting strategic assets and critical infrastructure.

The world has experienced protectionism as a preferred trade policy many times in the past, with all the populist and nationalist sentiment that comes with it. It wasn’t pretty then. It won’t be pretty this time round.

Dian Cohen, C.M., O.M., economist  
cohendian560@gmail.com

## Borderline Players present heartfelt dramedy The Tin Woman

A veteran cast of actors anchor a heartfelt but humorous drama as Borderline Players present *The Tin Woman* by Sean Grennan, on stage at the Haskell Opera House Oct 21-23 and 28-30.

Reeling in the wake of an unexpected heart transplant, Joy finds herself drawn to contact the donor’s family. A tempestuous meeting ensues resulting in a roller coaster of tears, laughter, and healing. An intimate and poignant play, *The Tin Woman* explores the power of human connection.

*The Tin Woman* premiered in 2014 at Peninsula Players Theatre in Wisconsin and has been described as “a mature, deftly crafted and accomplished work” (Florida Onstage) and “full of laughter and light, even at the darkest moments” (Green Bay Press Gazette). Learn more at <http://thetinwoman.com>

Borderline Players’ production is directed by Benj Tabah, last seen on the Haskell stage in *All Together Now* and making his Borderline directorial debut with this show.

“It’s a thoroughly engaging script with a ton of heart and lots of laughs,” says Tabah. “I’m so lucky to have assembled such a talented cast to bring it to life.”

The cast includes several familiar faces on the Haskell stage, including John Young (last seen in *All Together Now*), Kim Gannon (*Rumors*), Mary Hoadley (*Let’s Murder Marsha*), Sarah Comtois (*Mamma Mia!*), J.D. Wildes (*Let’s Murder Marsha*) and making his Haskell debut Sterling Mawhinney. Stage Manager is Sandra Garrett with Sara Sargeant and Phil Marquette as

technical directors.

Showtimes are Friday and Saturday, Oct 21 and 22 at 7 p.m., with a matinee Sunday, Oct.23 at 3 p.m., and Friday and Saturday, Oct 28 and 29 at 7 p.m., with a second matinee Sunday, Oct. 30 at 3 p.m.

Tickets are \$15 for adults, \$12 for students and seniors and are available at the MAC Center for the Arts in Newport, the Haskell Free Library and the Colby-Curtis Museum in Stanstead. Tickets are also available online (U.S. funds only) at <https://borderlineplayers.org>. Tickets can be purchased at the door on the day of performance. Reserve in advance by contacting Borderline Players via email [borderlineplayers@outlook.com](mailto:borderlineplayers@outlook.com) or Facebook.

Please note that masks are mandatory for audience members for all performances.

Note also that there are new requirements for entering the Opera House. American spectators may enter by the main Opera House entrance on Caswell Avenue. Canadian audience members should park on the Canadian side and enter the opera house using the fire escape tower at the north end of the building. After the performance, they must return to Canada the same way. Canadians with mobility issues who require the elevator should report to U.S. Customs and enter from the American side of the building. They will need to report to Canada Customs upon their return to Canada. Please note that access to the Rte 5/143 port of entry is blocked after 8 p.m.

Submitted by the  
Borderline Players

PHOTO OF  
YOUNG  
CANADIAN  
SOLDIER

Name:

Hometown:

Age when enlisted:

Regiment:

Served:

A few words about them:

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The Record would like you to join us in paying tribute to the many Townshippers who served their country in time of war.

Send a photo of a veteran(s) in your family at the age they were at the time they served and a brief description, to allow Townshippers to say a collective thank you.

**The Record will publish a special section November 3** on Townshippers’ contribution to the war effort.

**Send photos before October 27 to  
[classad@sherbrookerecord.com](mailto:classad@sherbrookerecord.com)**

If your business or organization would like to recognize veterans in the special section, please contact one of our sales representatives at 819-569-9525

# Phoenix storm out to a near-perfect start to the regular season

By Michael Boriero

The Sherbrooke Phoenix are quickly proving to the entire Quebec Major Junior Hockey League (QMJHL) that last year's success and prowess on the ice during the regular season and playoffs was real and not by chance.

The Phoenix are currently sitting comfortably at the top of the overall standings with eight wins and one overtime loss in the 2022-2023 regular season, which started just a few weeks ago at the end of September. Sherbrooke has been lethal up front, and frustratingly stingy on defense.

One of the major reasons for Sherbrooke's early dominance is the team's top line. Joshua Roy, last year's leading goalscorer in the QMJHL, Justin Gill, a fourth year player with a heavy shot, and Ethan Gauthier, the league's first overall pick from 2021, have been burning opponents.

Roy exploded onto the scene last year, notching 119 points in 66 regular season games, as well as 23 points in 11 playoff games. And he is already putting up a remarkable scoring pace this year with 17 points in seven regular season games. But the biggest surprise so far is Gill.

As a former first overall pick, like his teammate Roy before him, Gauthier, although only 17 years old, was expected to make a jump in his second year. And he has put up 16 points in nine games. Gill, meanwhile, has an astounding 21 points in nine games, including 12 goals.

"I've never been a goalscorer. I always have more assists than goals in my career and that was something I wanted to improve. Sometimes if I had the option between shooting or passing, I would pass it, but this year I just believe in my shot," Gill said in a phone interview Monday.

He was drafted by the Charlottetown Islanders in 2019. But Gill was eventually traded to the Phoenix midway through the 2020-2021 regular season. In his first full season with Sherbrooke last year, Gill posted a respectable 46 points — 20 goals and 26 assists — in 68 games.

He told The Record that it has a lot to do with confidence. Gill is 19 years old now, a veteran with three years of experience under his belt and a pro-level shot, according to Phoenix head coach Stéphane Julien. He said he was determined to take a big step forward this season.

And he has done just that alongside Roy and Gauthier. The dynamic trio sit first, second and third in the overall points category just a few weeks into the campaign. He said a lot of it has to do with on- and off-ice chemistry. And, he added, it doesn't hurt to play with talented forwards.

"I mean it's pretty easy, we're very good friends outside of the rink, so for our chemistry it went really fast. We know each other a lot, so it was really easy to adapt on the ice. They're also super talented, so it's very easy to play with them and it helps me a lot," Gill told The Record.

While the team has found a rhythm on offense, scoring a league-high 45 goals, and defense, allowing only 19 goals against in nine games, Gill said the message in the room remains the same, which is to take everything day-by-day. It is only the beginning of the season, he noted.

"We try to tell the other guys not to take anything for granted. I mean it's not because we're first in the league that we have to stop working hard in practice and stop working against lower ranked teams because in this league every team can beat anyone," Gill explained on Monday.

According to Julien, Sherbrooke's start to the season has been slightly surprising to the coaching staff. There were question marks during the off-season, as the team lost two offensive weapons in Julien Anctil and Xavier Parent. He said he needed players to step up.

"As a coach before the season starts you always put some things in perspective and you cross your fingers that some guys will explode at the beginning season and that's what they did. They came ready at training camp and we're pretty happy about it," Julien told The Record.

And, he noted, the line of Roy, Gill, and Gauthier sort of just happened by coincidence. Roy was at the Montreal Canadiens training camp when the season started in September. When he returned to Sherbrooke, Julien slid him onto a line with Gill and Gauthier, and the rest is history.

Although the focus has been on the team's offense, Julien also wanted to highlight the play of his defensive core: David Spacek, Tyson Hinds, and captain Kaylen Gauthier. And he also noted the performance of goaltender Jakob Robillard. He is undefeated in six games this year.



Justin Gill

VINCENT L-ROUSSEAU

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# EDITORIAL

By-laws and practices which target activities like sleeping on streets, parks or in cars and panhandling criminalize individuals.

## If cities don't want homeless encampments they should help people, not punish them

By Penny Gurstein

Professor Emeritus, and Director of Housing Research Collaborative, University of British Columbia

This summer, homeless encampments in cities such as Vancouver and Los Angeles and others were dismantled.

The reasons varied. In Vancouver, it was fire hazard concerns on Hastings Street, a major artery in the Downtown Eastside, where the encampment had sprung up over several blocks.

In Los Angeles, the encampment was on city-owned land intended for other uses. There, officials have gone even further to curtail encampments, with the city council approving a ban on homeless encampments within 500 feet of schools and daycare centres.

Encampments of those experiencing homelessness have become a fixture in large cities as well as smaller communities. It should not be surprising that people who are unsheltered seek out the relative security, community and resources encampments can provide.

Yet, the ineffective, and often punitive, responses by various levels of government are alarming. These policy failures are most evident in the troubling encampment evictions occurring across North America.

More than 235,000 people are estimated to be homeless in Canada. In addition to these visibly homeless, another 450,000 to 900,000 are among the "hidden" homeless: those staying with family and friends because they have nowhere to live.

### Policing not the answer

Our country has a housing crisis. Homelessness results from a severe shortage of affordable housing, poverty and insufficient support services. For people who end up homeless, it is a tortuous and difficult route.

For many, their path to living on the streets starts with childhood trauma, mental health issues and substance misuse. For others, in low paying jobs with no savings or family support, they can be one pay cheque away from homelessness. Regardless of how they end up homeless, people deserve to be treated with dignity and understanding.

Instead, shockingly, police have been carting away belongings from encampments, leaving people with few options of where to stay, other than another street or park. Even worse, evictions have turned violent.

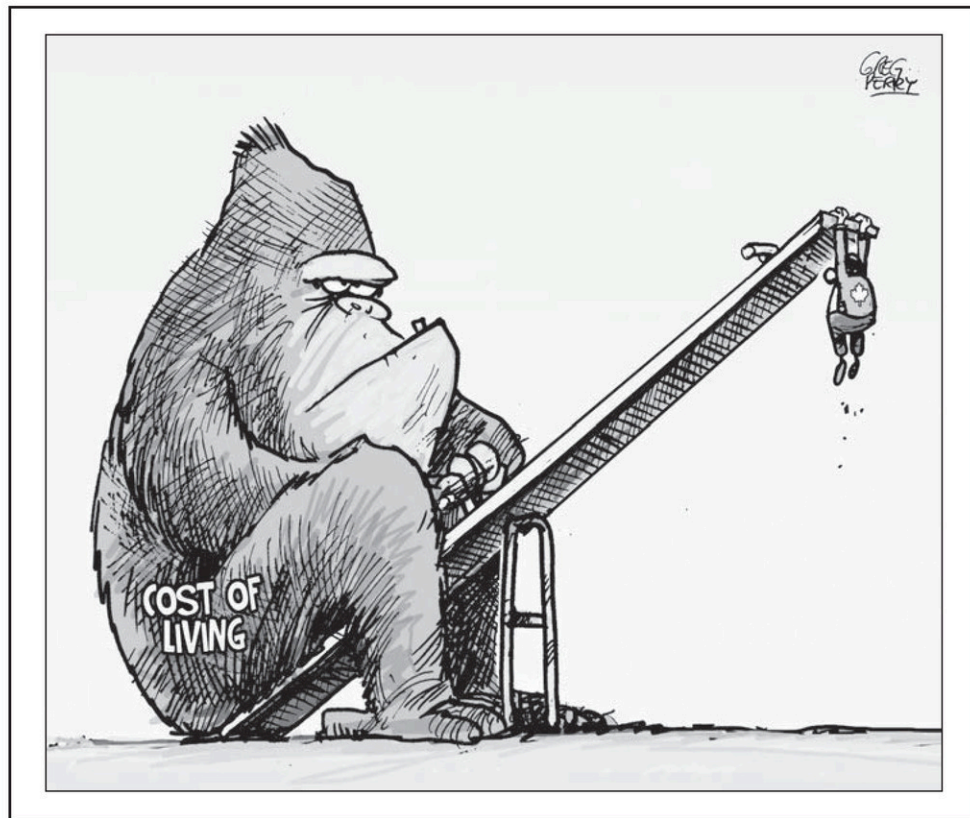
Los Angeles is not the only city that has tried to enforce bans on people sleeping in public space with so-called vagrancy by-laws. When Victoria tried to enforce city by-laws to that effect in 2005, homeless people took the city to court. The B.C. Supreme Court sided with the unhoused people, saying that it was an infringement of their rights.

A similar court decision occurred in 2021 when residents of a CRAB Park encampment in Vancouver's Downtown Eastside challenged an injunction by the Vancouver Parks Board forcing an eviction. Elsewhere in British Columbia, the city of Prince George was forced to apologize for the trauma it caused by destroying part of an encampment even though a judge ruled that the encampment must remain because there is not enough adequate accessible housing in the city to justify its closure.

Dismantling encampments has a dire impact on people's lives. It severs social relationships, causes stress, and increases fear and distrust of authorities. It dehumanizes unhoused populations even more.

### Long-term solutions needed

It is clear that dismantling encampments is not the answer. Some people, even if they have been



provided with shelter, will opt for encampments. In other cases, which occurred in Vancouver this summer, there was no shelters or other housing available. And in previous encampment evictions, some residents were offered substandard SRO housing, the same kind of housing some were fleeing when they opted for living on the streets.

By-laws and practices which target activities like sleeping on streets, parks or in cars and panhandling criminalize individuals. And the consequences of criminalizing homelessness disproportionately falls on racialized people. Marginalized communities often face discrimination in accessing housing and other services which is compounded if they have a criminal record due to homelessness.

Ten per cent of the off-reserve First Nation and Inuit populations have experienced homelessness in Canada. In 2020, the last year that a homeless count was conducted in Vancouver, 39 per cent of the city's homeless population was Indigenous even though they comprise two per cent of the total population.

People who identified as Black, Hispanic and Arab were also significantly over-represented compared to their percentage of the general population.

As the federal Housing Advocate Marie-Josée Houle said in a September visit to Vancouver's homeless encampments, "the housing system has failed everyone there." Homeless encampments have become a last resort because of lack of better housing

alternatives. The shelter system is overcrowded and too restrictive for many people.

But sanctioning encampments should not be the only solution. Encampments can be unsafe and dangerous places, and provide little opportunity for moving out of homelessness. We need a holistic approach to ending homelessness that addresses the reasons for homelessness.

For those who fall into homelessness out of economic necessity we need more plentiful affordable rental housing, rental assistance and stronger rent controls to ensure that renters' rights are upheld. For those struggling with multiple health and substance issues, we need more supportive housing.

For Indigenous people experiencing homelessness we need more, better funded, and culturally appropriate housing and services. For those ending up in encampments we need to ensure, at the very least, that their rights are upheld.

Homeless encampments are not going to go away any time soon. The federal government has already declared housing to be a human right. We must work to end homelessness now.

*Penny Gurstein does not work for, consult, own shares in or receive funding from any company or organisation that would benefit from this article, and has disclosed no relevant affiliations beyond their academic appointment.*

*This text originally appeared on theconversation.com*

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# Elite runner and coach Allison Tai knows the value of staying active



A RUNNER'S MIND  
CHRISTINE BLANCHETTE

For many weekend warriors, summer's end triggers a shift in habits along with the changing season. Those after-dinner trail runs aren't the same without sunlight, no matter how good your headlamp is. And when bad weather lingers annoyingly past your planned run time, the official transition to weekend couch potato begins in earnest. It starts with, 'I'll get right back to it next week,' until sometime the next spring when one tends to wake up like a hibernating bear, however, the bear has been feeding off its fat all winter while us humans were packing it on. So beware, adapt and enjoy what every season brings, especially the fall.

elite runner and coach, on the benefits of staying with your athletic program into fall. Always a reliable source of expert advice, she talks about seamlessly transitioning workouts to changing conditions and ways to adapt and enhance your workouts. Here is our Q & A:

Q: What are your top five ways for staying active during the fall?

A: Enjoy the fall vibes. Plan hikes where you'll get to see the gorgeous changing foliage. Paddle through lakes where trees butt against the water. Cycle through parks or try your hand at mountain biking on an easy track. It's easy to get bummed about the loss of summer but there's a lot to be excited about when it comes to fall and being active.

Start running. Running in the heat is tough. When fall comes around and before the snow and ice hit, can be a perfect time to immerse yourself in a running goal.

Embrace the fall routine. Generally, fall is when we all get back into our routines. Kids go back to school, work settles. It's an excellent time to make sure fitness gets the spot it deserves by carving gym or activity time into your daily schedule.

Fall is also a great time to run on the beach. Most people desert the beach soon after that first leaf changes so

there's actually some room to run. Just make sure to give your body time to adjust and adapt - particularly in deep sand.

Just be active. Go to a pumpkin patch, rake some leaves, walk to work. All the daily life movement really adds up. You don't have to put on spandex to call it fitness.

Q: For those who are new to running and walking what advice would you give?

A: Start easy. Each run should feel too easy at first. That's OK. Walk more than run. And when you are running, make sure to take small, light, quick steps.

Q: With cooler temperatures and less light, what would you recommend to stay motivated?

A: Get a good headlamp and blinker light and keep them charged. Make sure to dress in layers: a base layer that absorbs moisture and a thin windbreaker on top. If it gets wet outside, replace the wind breaker layer with a waterproof layer. Invest in well made, comfortable clothes. They make great technical clothing now and it is well worth investing in some good pieces to keep you comfortable and happy even as the temperature dips and the days shorten.

Q: What is the best approach to stay motivated, goal setting for example?



COURTESY

A: Write your goals down or put a reminder somewhere you will see it every day. Whether that is a race flyer or a statement of your SMART goal (specific, measurable, achievable, realistic and timely) posted to your fridge, put that goal front and centre in your consciousness.

Fall is my favorite season, embrace it.

## Cantonniers dominate in Saint-Hyacinthe

Record Staff

Alix Durocher and the Magog Cantonniers had a strong game on Sunday afternoon against the Gaulois in Saint-Hyacinthe.

Number 47 of the Cantonniers scored four goals in a 9-4 win to bring his total to six goals so far this season.

The third of his four goals, scored at 14:50 of the second period, proved to be the game-winner.

Gabriel Courchesne also scored two goals. He now has five goals on his record.

Émile Ricard, Évan Dépatie and

Raphaël Messier scored the other goals for the winners.

Dominic Pilote, Mathieu Taillefer, Thomas Queenton and Émile Dubois replied for the Gauls who directed 36 shots at Louka Cloutier.

Rémi Cloutier and Benjamin Colbert received 31 shots.

With a four game winning streak, the Cantonniers will be back in front of their fans this Friday and Saturday for two games against the Jonquière Élites.

The games will take place at 7 p.m. this Friday and at 1:30 p.m. this Saturday at the Magog arena.



ARCHIVES/MARCO BERGERON, PICKER PHOTO

# COMING SOON

A new Saturday newspaper to help you plan your weekend and learn more about our Townships' communities and the people who make them special

**INTERESTING FEATURES**

COLUMNS
WEEKLY NEWS RECAP
TRIVIA

TOWNSHIPS EVENTS CALENDAR
TIPS FOR SHOPPING LOCALLY AND MUCH MORE

Watch for it throughout the Townships every Saturday at your local newsstand and online at [www.sherbrookerecord.com](http://www.sherbrookerecord.com) beginning Oct. 22

BROUGHT TO YOU BY PUBLISHERS OF THE RECORD, AND WITH THE SUPPORT OF THE COMMUNITY MEDIA STRATEGIC SUPPORT FUND

## Death

**Evelyn Ruth  
SUITOR**  
(nee Davis)

November 19,  
1938 – October  
13, 2022



Unexpectedly, but peacefully at her home in Huntingville, surrounded by her family on October 13, 2022, in her 83rd year. Evelyn was the daughter of the late Clarence and Ethel Davis and is predeceased by her twin sister Ethel (Lynn) Bennett of Ottawa. She leaves to mourn her husband of 62 years, Allan Suitor, her sons Bruce (Jennifer), James (Bernice), and daughter Nancy (Alistair). She was the cherished grandmother of six grandchildren and eight great-grandchildren, and leaves many cousins, nieces and nephews as well.

Visitation will take place at Cass Funeral Home, 3006 College Street, Sherbrooke, QC on October 22 from 11:30 a.m. to 1:30 p.m., followed by the funeral service at 2 p.m. at Cass. Interment will follow at Huntingville Cemetery.

In lieu of flowers, a donation to a charity of your choice would be appreciated by the family.

**CASS FUNERAL HOMES**  
3006 College St., Sherbrooke QC  
PHONE: 819-564-1750  
FAX: 819-564-4423  
www.casshomes.ca

# New COVID-19 booster has two-pronged approach



**ASK THE DOCTORS**  
By Eve Glazier, M.D., and Elizabeth Ko, M.D.

**Dear Doctors:** How important is it to get the new COVID-19 booster? My husband and I are in our mid-40s and in good health. We both got the Moderna vaccine when it first came out, and we got a booster, too. What's in this new shot? Also, is it true that it's a good idea to switch up vaccine brands?

**Dear Reader:** We think it's important for everyone who is medically eligible to be fully vaccinated against COVID-19 and to remain up-to-date with boosters. And yes, this includes the new bivalent vaccine, which was authorized by the Food and Drug Administration at the end of August.

The latest data show that 90% of all new COVID-19 infections in the United States are now caused by omicron BA.5, the newest subvariant. That speaks to the fact that it is the most easily

spread strain of the coronavirus to date. The vaccine booster that you're asking about includes components of the original coronavirus that causes COVID-19 and the omicron variant that has become the dominant strain. The boosters have proven to be effective at preventing serious disease as well as helping to prevent against initial infection.

Vaccines work by training the immune system to recognize one or more specific molecular characteristics of an invader. This allows the body to quickly mobilize its defenses and neutralize the threat. In the case of the coronavirus that causes COVID-19, the identifying marker was the distinctive spike protein on its outer surface.

The new bivalent booster trains the immune system to recognize the spike protein from the original virus. It also includes a "tutorial" that's specific to the omicron variant. By targeting these two distinct spike proteins – that's the "bivalent" part of the vaccine – the hope is that the new boosters will provide the person who receives the shot with more robust protection.

For the approximately 30% of people in the U.S. who remain unvaccinated, the guidance is to begin with the original two-dose series of the vaccine. You are considered to be up to date when you have completed the primary two-dose COVID-19 vaccine series and continue to receive the most recent booster dose that is recommended for

you by CDC. This guidance varies by each person's age, their specific COVID-19 vaccination history, the timing of their most recent dose and their medical history. You can find information about the coronavirus vaccines and boosters, as well as vaccination sites near you, at [vaccine.gov](https://vaccine.gov).

You also asked about a mix-and-match approach to vaccines and boosters. This refers to the practice of switching between the Moderna and the Pfizer vaccines. There is reliable evidence that this practice may lead to enhanced immunity. People produce antibody responses from all three booster vaccines, no matter which vaccine they have originally received. But studies show that a subsequent dose of a different vaccine causes similar or higher antibody responses than a booster of the same vaccine.

Based on data from several studies into this approach, the FDA has authorized the use of mix-and-match doses for currently available COVID-19 vaccines.

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

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

## Datebook

TUESDAY, OCTOBER 18, 2022

Today is the 291st day of 2022 and the 27th day of autumn.

**TODAY'S HISTORY:** In 1767, the boundary between Maryland and Pennsylvania (the Mason-Dixon Line) was established.

In 1962, Drs. James Watson, Francis Crick and Maurice Wilkins won the Nobel Prize in physiology or medicine for uncovering the double-helix structure of DNA.

In 2001, four al-Qaida members were sentenced to life in prison for bombing the U.S. embassies in Kenya

and Tanzania in 1998.

**TODAY'S BIRTHDAYS:** Pierre Trudeau (1919-2000), Canadian prime minister; Jesse Helms (1921-2008), U.S. senator; Chuck Berry (1926-2017), singer-songwriter; George C. Scott (1927-1999), actor; Peter Boyle (1935-2006), actor; Mike Ditka (1939-), football coach/player; Wendy Wasserstein (1950-2006), playwright; Martina Navratilova (1956-), tennis player; Jean-Claude Van Damme (1960-), actor; Wynton Marsalis (1961-), jazz musician; Esperanza Spalding (1984-), singer-songwriter; Lindsey Vonn (1984-), skier; Zac Efron (1987-), actor.

**TODAY'S FACT:** The Mason-Dixon Line surveyed by Charles Mason and Jeremiah Dixon in 1767 left a "wedge" of land in dispute between Delaware and Pennsylvania until 1921.

**TODAY'S SPORTS:** In 1977, New York Yankees outfielder Reggie Jackson hit three home runs on three consecutive swings against three different Los Angeles Dodgers pitchers, leading his team to an 8-4 win (and the series win) in Game 6 of the World Series.

**TODAY'S QUOTE:** "You can grow up with literally nothing and you don't

suffer if you know you're loved and valued." – Esperanza Spalding

**TODAY'S NUMBER:** \$556.37 – Herman Melville's total earnings from the 3,715 copies of "Moby-Dick" that sold during his lifetime. The now-classic novel was first published as a three-volume edition titled "The Whale" on this day in 1851.

**TODAY'S MOON:** Between last quarter moon (Oct. 17) and new moon (Oct. 25).

## RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:  
Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$16.00 (includes taxes)

With photo: \$26.00 (\$29.90 taxes included) DEADLINE: 3 days before publication.

WEDDING WRITE-UPS:

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

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

**DEADLINES FOR DEATH NOTICES:**

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

# TOWNSHIPS' CRIER

## TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, [www.aa.org](http://www.aa.org)

## RICHMOND

Are you a senior from Richmond and Danville area and looking for fun activities to do within your community? Join us each Wednesday during our Seniors Wellness Wednesdays located at the Richmond Regional High School starting at 9:30 am. Our activities combine some of our familiar activities (Tea & Talk, CHEPs community health videoconferences) and much more! Contact for information: Alice Weare at 819-826-5488 or by email to [richmondclc@etsb.qc.ca](mailto:richmondclc@etsb.qc.ca)

## LENNOXVILLE

Fall has arrived and Community Aid wants to offer you an opportunity to socialize with friends from the area! Are you a card player? Do you play 500? Join us for a fun afternoon. If you don't play cards but would like to join us, please feel free to do so. Drop-in to have a nice

chat with people, we can also offer a range of other activities and games. We simply want to promote friendship. It's just nice to be able to meet people. Come and meet us on Tuesday, October 4 and October 18 at 1:30 p.m. at the Amédée Beaudoin Community Center in the Borough of Lennoxville (there is an elevator). You don't have to be a member of Community Aid to attend. Feel free to bring a friend. If you have questions call Samuel or Sylvie at Community Aid: 819-821-4779.

## WATERLOO

The Community Singers Benefit Concert for Creek United Church. Choruses from Cowansville, Knowlton, Dunham, Lac Brome & Granby, interpret songs by Faure, Mozart, Whitacre, Offenbach, Monteverdi, Bach et Gounod. Musical direction: John and Laura Barr. St. Paul's United Church, 4929 rue Foster, Waterloo, on October 22 at 2 p.m. Entrance: \$20. For information: 450-263-3421.

## ONLINE WORKSHOPS

Mental Health Estrie invites you to attend an upcoming free virtual (Zoom) workshop which is open to all and presented in English. "Feeling Lost: Understanding and Coping with the Stress and Stigma of a Psychotic Illness" will take place on Wednesday, October 26 from 6:30 p.m. to 9 p.m. with

Camillo Zacchia, Ph.D. Psychologist. Understanding the nature of mental illness with a focus on psychotic illnesses such as: Schizophrenia, Schizoaffective Disorder, and Bipolar Disorder. For more information or to register, please visit [mentalhealthestrie.com](http://mentalhealthestrie.com), our Facebook & Instagram pages, email [outreach@mentalhealthestrie.com](mailto:outreach@mentalhealthestrie.com), or call (819) 565-2388.

## BURY

Fundraiser for the Centre Communautaire de Brookbury, 571 Brookbury Road, Bury. Spaghetti Supper on October 22 at 5 p.m. Includes salad, rolls, dessert and drink. Cost \$15.

## LENNOXVILLE

The Lennoxville United Church Women (UCW) invites you to its 2022 Christmas Bazaar on Saturday, November 19 from 10 a.m. to 3 p.m. in the Gertrude Scott Hall, 6 Church Street, Lennoxville (Sherbrooke). Come browse the selection of Christmas goodies and gifts we will offer at the Bake Table (Homemade Christmas (Fruit) Cakes and Donuts available on a first-come, first-served basis), Candy Table, Wish Table, Crafts Table (Knitting, woodworking, jewellery, etc.), Attic Treasures and a Fishpond for the younger set. We will also have available a selection of themed gift baskets suitable for such occasions as a Baby Shower, a Wedding

Shower, a "Christmas Tea-for-Two," a "Grannie's Christmas" and more.

## ONLINE

Zoom in on Health: Tuesday, October 25, 2022, 12-1 p.m. Ageism at a Glance! Online workshop through zoom. To register, contact: Vanessa Asselin ([va@townshippers.org](mailto:va@townshippers.org)).

## RICHMOND

The Richmond County Historical Society and the St. Patrick's Society of Richmond and Vicinity are proud to present the final result of the historical mural installed in downtown Richmond. The inauguration will take place on Sunday, October 23 from 1 p.m. to 3 p.m. at Place René-Thibault (160 rue Principale N., Richmond). Among the guests we will have the honour of having members of the Abenakis community of Odanak. Light refreshments will be served. RSVP is required to [info@rchs-shcr.ca](mailto:info@rchs-shcr.ca) by October 20.

## ONLINE

CHEP Video Conference: October 19, 10:00 - 11:30 a.m. "Incontinence and other pelvic floor disorders: Is it inevitable for us ladies?" FREE online conference (Zoom); phone-in option available. To register, contact Vanessa ([va@townshippers.org](mailto:va@townshippers.org)) or Abby ([aw@townshippers.org](mailto:aw@townshippers.org)).

## Dear Annie

TUESDAY, OCTOBER 18, 2022

**Dear Annie:** I have never sent in anything to a column before, but I'd like to say something from a grandkid's perspective about "Brokenhearted Grandma."

I do not acknowledge my grandmother unless I have to because we are usually in the same room. I will not go out of my way to talk to her. I actively avoid any situation where that would be a necessity. "Brokenhearted Grandma" sounded just like mine.

But the other side of the story is that she's a horrible person. She sent us "lavish" gifts, but she was never there. She made no effort to be in our lives growing up, and she bashes both my sister and me as "the failure kids," despite lucrative careers and a solid base in life.

She is narcissistic, conniving and pouts when she doesn't get her way. She tries to play victim - like your letter writer - all the time. She and my grandfather were emotionally abusive and dismissive of all of their kids, and it took until this year for my mom to finally realize that none of us could stand her mother and that our grandmother acts like a spoiled 16-year-old.

There are so many instances I could name, but for the sake of argument, just remember, there are two sides to every story, and not all grandkids like this are lazy. Sometimes, they actually want nothing to do with a relative, and because we're adults, we can make the decision to cut toxic people out of our lives. And it's not like she's not aware of it, but she plays the victim card very well. - The Other Side of the Coin

**Dear Other Sign of the Coin:** Every family situation is different, and if your grandmother is all those things you say, I don't blame you for wanting to ignore her. Hearing about the other person's perspectives is always important.

**Dear Annie:** One of my sisters has been monitoring my bank account online for a while now. I don't monitor her account or our brother's account, so I have no idea why she is doing this. To me, it is a major violation of my privacy, and so I feel disrespected.

To stop her from doing it, I went to my bank recently and had them close the existing account and open up a new one.

Hopefully, this will put an end to my sister's 100% uncalled for treatment.

What is your take on this situation, Annie? - Coping with a Snoopy Sister

**Dear Snoopy Sister:** Your bank account is none of her business, and her snooping is a huge violation of your privacy. I don't understand how your sister was even granted access to YOUR bank account in the first place. Regardless, you handled it well by opening a new account.

But what's up with your sister? If you haven't asked her, I would suggest that you have a serious conversation with her.

**Dear Annie:** My friend says, "you know what I'm saying," after nearly every sentence in conversations. She used to not do this very annoying habit, but it has become routine when she talks. It has become a kind of pause, a nervous talking habit or something. It drives me to distraction, to the point where I no longer want to talk to her. She will use that expression at least 20 times in a short conversation.

Should I bring this up? I don't want to make her uncomfortable, but it's ruining our relationship. Along with that, she is constantly doing things while on the phone, such as cleaning dishes and yard work. I have asked her to please stop all that and sit and talk, but to no avail. What should I do? - You Know What I'm Sayin'?

**Dear You Know:** Yes, I do know what you are saying. But my guess is that your friend is clueless.

People use that phrase when they want some sort of contact or acknowledgement that you agree with them and understand what they are saying. All you can do is tell her how you feel and remind her to stop. You should do this in a loving way each time she relies on the phrase. You're right; it is like a nervous tic.

When she does the dishes and other things while speaking with you, it is understandable that you don't like it because you don't feel that your conversation is important to her. Since she has not responded back to this, next time she starts doing other things, just remind her of your conversation and say you have to get off the phone if she doesn't stop.

However, while telling her of your feelings, try not to be super critical of your friend. If you suspect

that you get annoyed very easily, you might want to examine that.

**Dear Annie:** I just finished reading the letter in your column about the grandson being hazed in his private school. The school's coach and principal basically did nothing.

I agree with your advice that it is great that the young man is seeing a counselor, but I would go one step further. The private school can be made to pay for his counseling or even medication, if needed.

I am sure a letter from a lawyer would help. The family might consider a lawsuit.

The family might never know how many students they will help by making this school and administration accountable. This situation was handled so wrong on so many levels.

I LOVE your column, and you help me do my exercise bike as I read it! - A Retired Schoolteacher from Arkansas

**Dear Teacher:** Thank you for your kind words. I always love hearing from professionals, and I'm glad we agree that the school really dropped the ball. You make a wonderful suggestion that the school pay for the victim's counseling.

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

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



Fig. 16

> If this feels like a math test, visit [mathliteracy.ca](http://mathliteracy.ca) or call 1-800-303-1004.

Math solves problems **ABC** CANADA  
Literacy Foundation  
Fondation pour l'alphabétisation

### CELEBRITY CIPHER

by Luis Campos

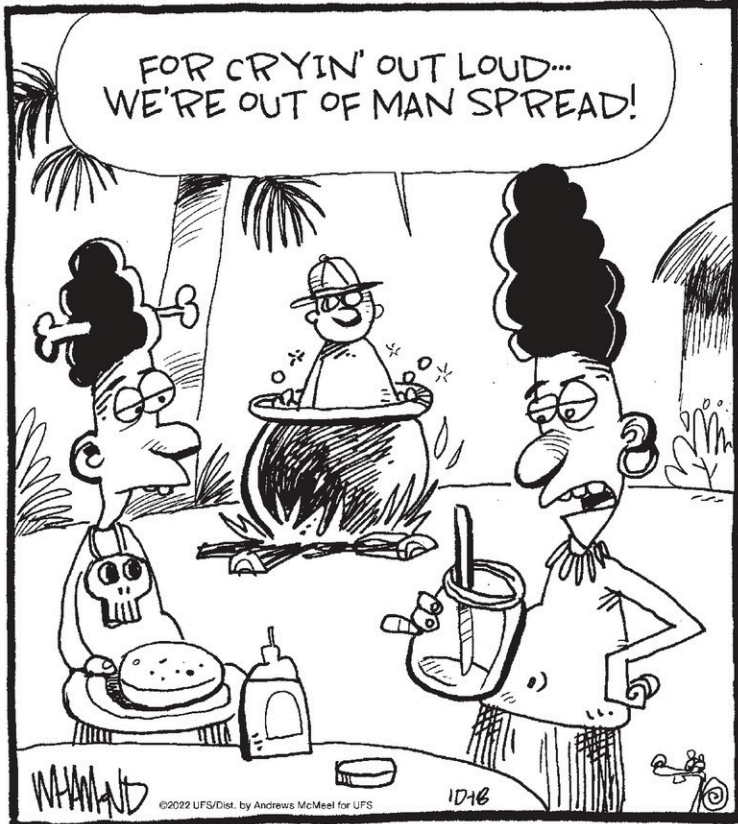
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"NFD HSNXRY AXYTD M WMF WMJFRI  
KENW SJH YDVEMUJOJDH. UJEOXDH  
PMF LD KMZDY. YDVEMUJOJDH MED  
EDMR." — ZRMXH ZJFHZJ

Previous Solution: "Greatness can be captured in one word: lifestyle. Life is God's gift to you, style is what you make of it." — Mae C. Jemison

TODAY'S CLUE: r sjanbe v

### REALITY CHECK



### HERMAN



"Two hundred and forty-seven submarine sandwiches to go."

### ALLEY OOP



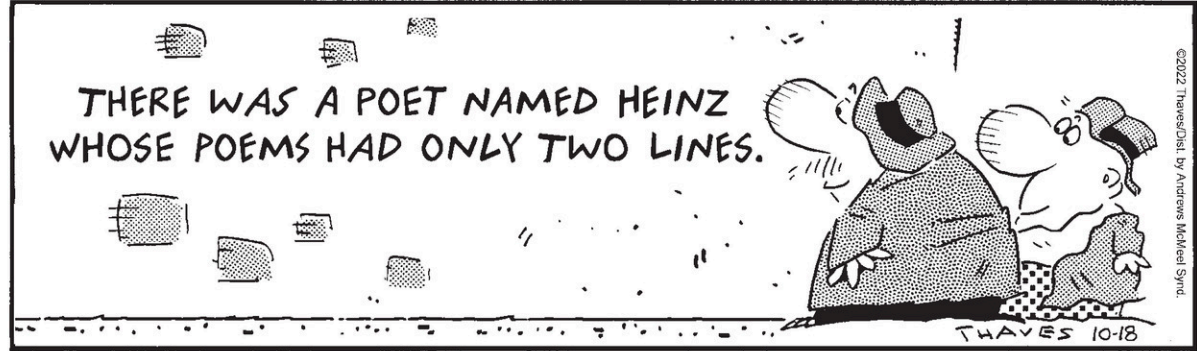
### ARLO & JANIS



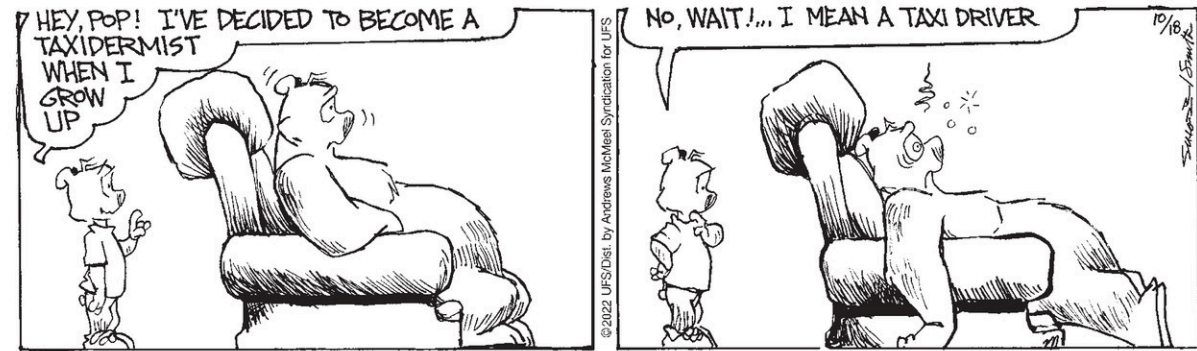
### THE BORN LOSER



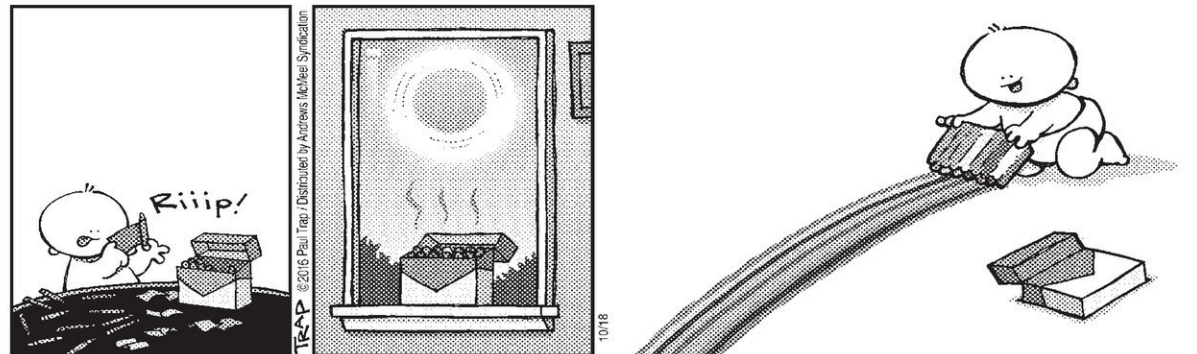
### FRANK AND ERNEST



### GRIZZWELLS



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 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

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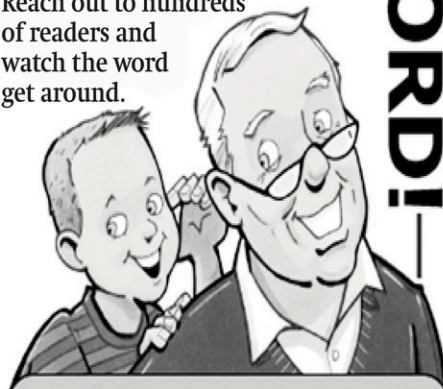
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# ROLLER RINK WORD SEARCH

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

Find the words hidden vertically, horizontally, diagonally, and backwards.

- BACKWARDS
- FRIENDS
- SALCHOW
- BALANCE
- GEAR
- SKATING
- BOOT
- INLINE
- SLALOM
- BRAKE
- LACES
- SPIN
- DERBY
- PROFESSIONAL
- SPINOUT
- DIPPING
- REXING
- STOPPER
- DRAG
- RINK
- TECHNIQUE
- FEET
- SAFETY
- TOE

# SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

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## PREVIOUS SOLUTION

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

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

# PUMPKIN CARVING PHOTO CONTEST

## ARE YOU A MASTER PUMPKIN CARVER?

The Record would like to see your Halloween pumpkins. Send us a selfie holding your pumpkin for a chance to win a prize.

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Last year's winner  
 Noah Last

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[classad@sherbrookerecord.com](mailto:classad@sherbrookerecord.com)  
 before noon on Wednesday, October 26.

The photos will be published in the paper on October 28.

# NEA Crossword Puzzle

# Your Birthday

TUESDAY, OCTOBER 18, 2022

**ACROSS**

- 1 Window part
- 5 "The Name of the Rose" author
- 8 Be pouty
- 12 Columbus' home
- 13 Fruitcake go-with
- 14 Mr. Turing
- 15 Grotesque waterspout
- 17 Nove preder
- 18 Top of the line (2 wds.)
- 20 Family mem.
- 21 Tint again
- 24 Lustrous gem
- 26 One — — time
- 27 Spouted rhetoric
- 31 Greenish mineral
- 33 Yale alumnus
- 34 Bolt
- 38 Recipe verb
- 39 Merchandise ID
- 40 Arizona city
- 41 Stand against

44 — and don'ts

- 45 Track down
- 48 Tip the scales
- 50 Cheery greetings
- 51 Involuntary movement
- 55 Political campaign
- 57 Thin moon
- 61 British prep school
- 62 Yes, in Yokohama
- 63 Rochester's Jane
- 64 Has a bite
- 65 Off — — tangent
- 66 Conduct

**DOWN**

- 1 Slow pace
- 2 Detective's cry
- 3 Cosmonaut space lab
- 4 Wet and spongy
- 5 "Orinoco Flow" singer
- 6 Unfriendly
- 7 Kind of molding
- 8 — Tome
- 9 "Infra" opposite
- 10 Delayer's motto

**Answer to Previous Puzzle**

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

- 11 Hillock
- 16 Sandwich cookie
- 19 Zoo animal
- 21 "Darn it!"
- 22 State, in Paris
- 23 Melting watch artist
- 25 Guitarist Duane —
- 28 Stay in the army (hyph.)
- 29 Brand for Bowser
- 30 Muscle quivers
- 32 Gator cousin
- 35 Import vehicle
- 36 Urban woe
- 37 Greasy spoon fare
- 42 For each one
- 43 Farm animals
- 45 Number of Fates
- 46 Dogie catcher
- 47 English racetrack
- 49 Outdo
- 52 Say likewise
- 53 Kukla's friend
- 54 R2-D2's owner
- 56 Naval off.
- 58 "— of the Tiger"
- 59 D.C. gun lobby
- 60 Media mogul — Turner

makes waste. Slow down, review essential details and adjust your plans to meet demand and ensure progress. Look at the big picture, but change only what's necessary for now.

**ARIES** (March 21-April 19) – Deal with emotional issues promptly. Speak up, discuss your concerns and offer solutions that motivate others to help you. Make personal gain, love and health your priorities.

**TAURUS** (April 20-May 20) – You must play by the rules if you want to win. Speak from the heart and be willing to keep your promises. Take ownership of the changes you make. You will know what you have to do.

**GEMINI** (May 21-June 20) – Stretching your imagination and doing something you find entertaining will encourage you to broaden your perspective and head in a direction that promotes more advancement. Live in the moment.

**CANCER** (June 21-July 22) – Assess your situation, and you'll devise a decent plan that will help you raise your profile or income. Step outside your comfort zone if it will help you surpass the competition.

**LEO** (July 23-Aug. 22) – Push yourself to discover all you need to know about something that interests you, then announce what you will do next. Put your mind to work for maximum effectiveness. Leave nothing to chance.

**VIRGO** (Aug. 23-Sept. 22) – Study, discover and put your plan in place. Question anything you think might pose a problem so you can avoid making mistakes. Offer empathy and insight to someone who can help you. Set high standards.

Focusing on balance and equality and heading in a direction that makes you feel good about yourself and what you do will help you make big moves this year. Don't let anyone put pressure on you. It's up to you to make fulfilling decisions that take you where you want to go without interference. Speak up, protect your rights and proceed.

**LIBRA** (Sept. 23-Oct. 23) – Set goals and stick to them, regardless of what others want. Putting yourself first will ensure progress and give you more options to help others. Personal growth is encouraged.

**SCORPIO** (Oct. 24-Nov. 22) – Inviting change before you have everything in place will result in uncertainty. Take your time and map out a plan that puts your mind at ease and points you in the right direction.

**SAGITTARIUS** (Nov. 23-Dec. 21) – Look for the straightest path to get where you want to go, then proceed. Don't rely on others to lead the way or fix a problem. Look for a financial opportunity to help you save money.

**CAPRICORN** (Dec. 22-Jan. 19) – Emotional discussions will be necessary if you want to avoid discord. Gather everyone's thoughts before you decide what to do next. Refuse to let temptation lead you astray.

**AQUARIUS** (Jan. 20-Feb. 19) – You've got the right idea, so don't second-guess your next move. Take the high road and finish what you start. Your happiness depends on you doing what's suitable for you now. Invest in yourself.

**PISCES** (Feb. 20-March 20) – Haste

TUESDAY, OCTOBER 18, 2022

## He discards, you switch

By Phillip Alder

You are defending against three no-trump. Partner leads fourth-highest from his longest and strongest. You win an early trick and, all things being equal, do what? Right – you lead back partner's suit. However, there is an occasion when you should know that this isn't the best continuation. (No, I don't mean when you have a solid suit of your own!)

South is in three no-trump. You are East. Your partner leads the heart four: three, 10, king. Declarer plays the diamond four: seven, 10. How would you plan the defense?

Probably your first thought is to win with the diamond ace and return the heart seven. You hope partner can cash four heart tricks, having started with A-J-x-4-2.

However, there is another possibility: that your partner has five weak hearts and four strong clubs. How do you know which it is?

You don't, but you will if you have patience. Hold back your diamond ace. Then rely on your partner to make a helpful discard on the third round.

If he throws a low club, return a heart. If, though, he pitches one of his hearts, he is warning you that the suit isn't going to run. Then, you should

North		10-18-22	
♠	A 4 2	♠	Q 9 6 3
♥	8 3	♥	10 7 6
♦	K Q J 10 8	♦	A 5 2
♣	9 4 3	♣	J 7 6
West		East	
♠	J 8	♠	Q 9 6 3
♥	J 9 5 4 2	♥	10 7 6
♦	7 6	♦	A 5 2
♣	A Q 10 8	♣	J 7 6
South		Dealer: South	
♠	K 10 7 5	Vulnerable: Both	
♥	A K Q	South	West
♦	9 4 3	1NT	Pass
♣	K 5 2	North	3NT
		East	All Pass
Opening lead: ♥ 4			

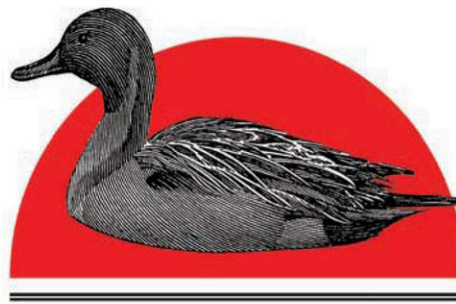
shift to a club.

Sounds easy enough, but your problems aren't over. To which club should you switch? As you need to take four club tricks immediately, you must lead the jack – bingo!

When you aren't sure how to continue the defense, permit partner a chance to give you the guiding signal.

From honor-third, when you need two tricks in the suit, lead low. When you require three or four, lead high.

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			40			
			41	42				43		44	
45	46	47					48	49			
50				51	52	53	54				
55			56		57				58	59	60
61					62			63			
64					65			66			





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## Jeune Barreau de Montreal organizes provincewide bilingual legal clinic

By Ruby Irene Pratka  
Local Journalism Initiative

Members of the English-speaking community looking for answers to legal questions will be able to ask away on Oct. 22 and 23 at the provincewide bilingual legal clinic organized by the Jeune Barreau de Montréal in partnership with the Barreau du Québec and the Centre d'accès à l'information juridique.

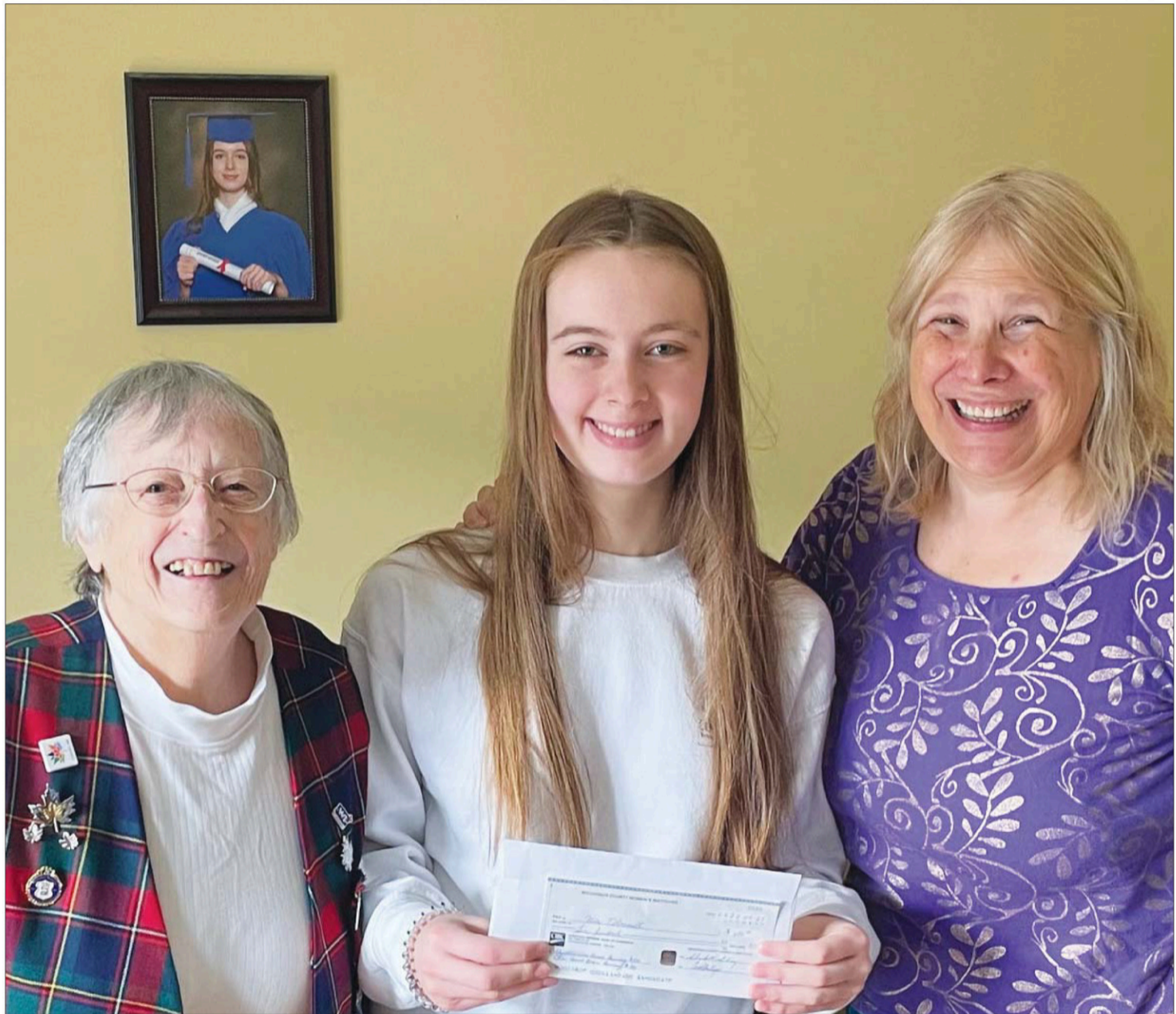
Between 9 a.m. and 4 p.m. on those days, people will be able to call a toll-free number and benefit from a free 15-20-minute consultation with a lawyer. If the situation warrants, the lawyer can propose a follow-up consultation or refer the caller to additional resources.

"The Jeune Barreau de Montréal organizes this clinic twice a year, once in October and once in April," said lawyer Alexandra Paquette, president of the JBM. "One of our missions is to make justice more accessible, and this is one way to do that. Living in the regions can make it hard for someone to access a lawyer."

For Paquette and her colleagues, there's no such thing as a silly question. "Every question is welcome," she said. "Some of the things that keep coming up are custody disputes and youth protection issues - we've had young people call and ask what their rights were in a custody case. We get disputes

CONT'D ON PAGE 3

## Deserving Mia Tetrault is the recipient of Women's Institutes bursaries



COURTESY

Norma Sherrer, President of Fordyce Women's Institute, Mia Tetrault, and Louise Smith, President of Missisquoi County Women's Institutes, got together on the occasion of the granting of three bursaries to Mia

By Louise Smith

Mia Tetrault is a very hard-working student in her first year at Champlain College in Lennoxville. She spent her elementary

years at Heroes' Memorial School in Cowansville and then she did her high school years at Massey-Vanier High School.

She is pursuing a science program, hoping to go on to further studies in

health sciences.

When at CEGEP, Mia lives in an apartment with two other girls. The whole apartment building is full of students. She has a 20-minute walk to

CONT'D ON PAGE 3

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# Brome County Community Bulletin Board

**Lac Brome Food Bank** - If you need assistance, please call 450-242-2020 ext: 319. Pick up at 270 Victoria at the back.

## October 22

Benefit Concert for Creek United Church - The Community Singers. Chorusses from Cowansville, Knowlton, Dunham, Lac Brome & Granby interpret songs by Faure, Mozart, Whitacre, Offenbach, Monteverdi, Bach et Gounod. Musical direction John and Laura Barr, at St. Paul's United Church, Waterloo Québec 4929 Rue Foster, Waterloo, QC, JOE 2N0, October 22 at 2 p.m. Entrance \$20, For information: 450-263-3421.

## October 22

Country Dance at the Holy Trinity Anglican Church, 409 South St. Cowansville. Music by Keeping' It Country. Saturday, October 22, 1p.m. to 5 p.m. Donations \$10. No masks obligated, wear at your own discretion. Door prizes! Canteen on premises. Half & half.

## October 22

Fall Fest fundraiser Saturday October 22 in the Brome Public Building 330 Stagecoach Road Brome at 5 p.m. Sausages, salads, homemade desserts, coffee, tea, and drinks will be served. \$20 for adults, children 5-10 \$10, children under 5 free. Prizes and raffle tickets. Call Bob Derby 450-243-1999 or

450-521-6716.

## October 23

Please join us for Hymn Sing on Sunday October 23 at 3:00 p.m. in the Hall of St. James Anglican Church - Foster, 725 Lakeside, Foster. You will choose the songs we sing during the hour of singing praise. Valerie Cook will lead the service and Danny Foster will keep us in tune. A Fellowship hour with light refreshments takes place afterwards where you can visit with old and new friends. Note that masks are not required but please feel free to wear them, Hand sanitizer is available at the door and surfaces have been properly cleaned. We encourage

social distancing. We look forward to greeting you again for a wonderful time of singing praise.

## October 30

Activities at the Cowansville Legion, 120 boul. Davignon. Breakfast will take place one Sunday every 2 weeks on October 16 and 30, November 13 and 27 and December 11, from 9 a.m. to 12:30 p.m. Price \$10.00 per person. The president's café, Tuesday and Thursday, from 9 a.m. to 12 p.m. Crib on Wednesday at 6:30 p.m. Bingo Thursday from 6 p.m. Hamburgers and hot dogs on Friday from 5 p.m. to 7 p.m. Welcome to all.

## Church Bulletins

### ALL SAINTS ANGLICAN CHURCH - DUNHAM

Sunday services at 11a.m. All are welcome. Beginning Sunday September 4 services will be held every second Sunday at All Saints Anglican Church in Dunham with alternate week services (beginning September 11) held at Trinity Anglican Church in Cowansville. For information: 450-877-8661.

### ANGLICAN PARISH OF BROME

Sunday services cancelled until further notice. See the announcement for Grace Anglican Church to join the online meeting on Sunday mornings. Information: Rev. Tim Smart 450-538-8108

### BEDFORD PASTORIAL CHARGE

Service at 9:30 a.m. Worship Leader: Rev. David Lefneski with Celebration of the Sacrament of Communion. Church office: 450-248-3044; email: bedford.pastoral@yahoo.ca "The earth is the Lord's and everything in it!" (Psalm 24:1)

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

Worship and Music at Creek United, 278 Brill Rd., West Bolton, service at 9:00 a.m.; St. Paul's United, 4929 Foster, Waterloo, service at 10:30 a.m. Service available on You Tube. Reverend Dave Lambie, minister. For information or to leave a message call: 450-539-2129.

### EMMANUEL UNITED CHURCH

Thanks to all who came out to celebrate the Welcome Project's Community Event, Drumming music including special guest Mr. Francis Komedza of SERY (Solidarité Ethnique Régionale de la Yamaska). It was wonderful. Thank you for donations of non-perishable food, money and gift cards over the past three weeks. All going to the Cowansville Food Bank. Sunday worship service at 11:00 a.m. Outreach service at Résidence des Bâtitisseurs at 1:00 p.m. and at Résidence Excelsoins at 2:00 p.m. Minister: Rev. David Lefneski. Messages at the church office are checked daily: 450-263-0204; email: capchurchoffice@bellnet.ca

### ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

Our 10:30 a.m. Sunday mass has resumed. However, we must comply with the latest Quebec Public Health restrictions. Thank you for your understanding. For more information, call: 450-263-1616 or visit the website <http://unitedesvignes.org>.

### GRACE ANGLICAN CHURCH

We are now open for in-person worship for our regular 10:30 a.m. Sunday services. Everyone is welcome. Alternatively, you can attend online. For an invitation to join, please email the Rev. Tim Smart, [revtimsmart@gmail.com](mailto:revtimsmart@gmail.com) or visit our Facebook page "Grace Church, Sutton" for the Sunday link.

### KNOWLTON MOUNTAIN VALLEY PASTORAL CHARGE

Welcome to in person and online worship beginning March 2022 at Knowlton United Church, 234 Knowlton Road, Knowlton at 11 a.m. Worship services will be held on the first 3 Sundays of each month unless otherwise stated. For further

information, please contact Rev. Steve Lawson at 450-242-1993.

### ST. PAUL'S ANGLICAN CHURCH

St. Paul's has re-opened for Sunday in person worship at 8 and 10 a.m. We continue to livestream our Sunday morning worship at 8 and 10 a.m. at St. Paul's Knowlton on Facebook. All services are also available for replay, at 24 St. Paul's Road in Knowlton. St. Paul's is a dynamic diverse community pursuing and serving Jesus in the Eastern Townships. Our mission is to grow in members and spiritual maturity so that we can reach as many people as possible with the love of Jesus. Everyone welcome! Telephone: 450-242-2885, email: [stpaulsknowlton@gmail.com](mailto:stpaulsknowlton@gmail.com).

### TRINITY ANGLICAN CHURCH

Sunday Church Services at Trinity Anglican Church Cowansville are now being held at 11:00 a.m. In being a part of the Eastern Townships Regional Ministry, our church service schedule is in a period of change. Please contact the church office 450-955-3303 and leave a message if you would like to have more information.

## New charges at the grocery store – reuse bread and flyer bags

By Louse Smith

Recently grocery stores have stopped using plastic bags and customers are getting used to bringing their own bags. When caught short, there is a charge of forty cents for a paper bag. However, there is still the roll of thin plastic bags that customers use when buying loose items like tomatoes or other

vegetables. Meat purchases are also put into the small, light clear bags. There never used to be a charge for those bags, but now that has changed.

In line at IGA, a conversation was overheard between a senior cashier and a new cashier who was in training. The new employee was told that there was a five-cent charge to be entered for the use of each of the small clear bags used by a customer.

A way to get around this is to save plastic bread bags and the bags used to hold weekly flyers. Fold them up and place several of them inside one of the larger bags to be brought into the store. Any time you need to buy loose items or meat products the reused bags are a perfect choice and several charges won't be added to your grocery bill, which is already rising!

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# Brome Lake community daycare paves the way for others

By Ruby Irene Pratkan  
Local Journalism Initiative

Early childhood education advocates in the region are hoping that a new community daycare established at Centre Lac-Brome as part of a provincewide pilot project will inspire others.

Places at the bilingual daycare, the first of its kind in Estrie, were “snapped up very quickly,” said Cynthia Brunelle, who manages the project for the Town of Brome Lake. The daycare, set up in the former teens’ room at the community centre, is scheduled to open on Oct. 24.

Marie-Claude Morier is the director of the CPE Les Pommettes Rouges in Bedford and the co-ordinator of the pilot project for the Brome-Missisquoi region. She explained that although

the project in Brome Lake was the first of its kind to be approved, similar projects are being developed in Sutton, Frelighsburg and Saint-Armand. Morier said the Sutton and Frelighsburg projects were progressing steadily, while the equivalent initiative in Saint-Armand was having trouble finding a space, a problem she hoped would soon be resolved to the benefit of the town’s parents. “The territory of Saint-Armand is large, and the nearest family daycares are in Frelighsburg, but in Frelighsburg there were four family daycares and there are now two,” she said.

In May, the Ministère de la famille launched a three-year pilot project paving the way for the accreditation of community daycares – daycares established in public places with approval processes similar to those of

family daycares. Community daycares must have a maximum of two self-employed accredited educators and of 12 children, ranging in age from babies to preschool age.

“A lot of family daycares have closed in the last few years, either because people moved or because they found that running a daycare out of their own home was a lot of work,” said Morier. “Now, those [owners] have the option of opening in a community space in partnership with a municipality, or at a business...and the process of opening a community daycare is faster than opening a CPE, which can take years.” The pilot project allows for the establishment of family-style daycares in municipal buildings, small or large businesses and schools.

Community daycares “offer parents

another childcare choice, and give employers the chance to welcome their employees back from maternity leave by providing a childcare space for their children,” said Morier. Brunelle, the mother of a 10-month-old, said she was grateful to have secured a spot at the new daycare for her own child.

Morier is hoping that other municipalities and private employers in the region will take up the task of establishing family daycares; she hopes to press her case during upcoming meetings with the Centre local de développement and the mayors’ round table.

If you are a business owner or a municipal employee considering applying for permission to open a community daycare in your community, contact Marie-Claude Morier at info@cpelespommettesrouges.ca.

## Jeune Barreau de Montreal

CONT'D FROM PAGE 1

between neighbours or between landlords and tenants. Since the pandemic, we’ve gotten a lot of people asking about house purchases.” One memorable call involved a hunter trying to sort out who could claim the antlers of a moose that had been shot on someone else’s land.

Sylvia Martin-Laforge, president of the Quebec Community Groups Network, praised the bar association’s initiative. “The biggest challenge that an English speaker faces when they’re looking for legal services is knowing where to go,” she said. “I’m not sure

that most people have a handle on that – there’s a clear need for readily available, well communicated bilingual legal services. Depending on the region you live in, legal services can be thin on the ground for everyone, and even more so for English speakers.”

In June, the QCGN unveiled its Access to Justice portal, which contains a searchable English-language database of answers to frequently asked questions about criminal justice, education, employment and labour law, family and youth protection,

housing and immigration and the legal right to be served in English by government entities, as well as concerns specific to the anglophone community such as English public school eligibility and the implications, still not fully understood, of Bill 96. Beyond the portal, Martin-Laforge said she hoped to see the project take on a larger research and advocacy role. In addition to information the QCGN can provide, Martin-Laforge pointed out that the legal education website Éducaloi has a wide range of bilingual resources.

However, she acknowledged that there’s no substitute for the opportunity to speak with an expert in real time. “A temporary legal clinic is great, but there has to be a bilingual clinic or helpline [year-round],” she said. “The government should manage it and if they can’t do it for some reason, they should farm it out. Everyone should have access to justice in a democracy.”

The Jeune Barreau de Montréal legal clinic can be reached at 1 844 779 6232 from 9 a.m. to 4 p.m. on Oct. 22 and 23.

## WI bursaries

CONT'D FROM PAGE 1

school through the golf course. It is her eighth week of school. She finds the level of work more difficult but she is continuing to rise to the challenge. Most of her classes have 30 or less students which makes for a good teacher-student ratio.

Mia made a positive impression on every teacher she has ever had throughout her school years. Mia is mature above her years. When she wrote application letters to both the

Fordyce Women’s Institute branch and the regional Missisquoi County Women’s Institutes, they were of a caliber never received before. The way that Mia wrote about being involved in the Terry Fox Runs during her school life motivated the two levels of the women’s institutes to make donations to the Heroes’ Memorial Terry Fox Run. The accompanying teacher reference letters were also the most glowing ever received by the two levels of the

women’s institutes. It was very easy to choose Mia as the recipient of one bursary at the local level and two bursaries at the county level, the Ella Beech Brown Bursary and the Elizabeth Beech Bursary. Most weekends Mia comes home to Cowansville to work as a cashier at IGA to help out with financing her studies. These bursaries will be of some help in supporting her studies. On

Monday, Norma Sherrer, the President of the Fordyce Women’s Institute and Louise Smith, the President of the Missisquoi County Women’s Institutes, came over to Mia’s home to present her with her bursary cheques. Her mom is very proud of her and Mia seems destined to be one who will succeed at whatever venture she pursues.

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# Bank of Montreal in Cowansville under renovation



LOUISE SMITH

Blue duct tape letters have been replaced with a sign.

By Louise Smith

The outside of the Bank of Montreal is undergoing a lot of work. The entire front of the building is under wraps. The first days that the work was started, when driving by, on the plywood panels, the letters BMO were constructed out of blue duct tape.

The tape-formed letters have now been replaced by an official BMO poster. The next handmade signage in place is a red painted sign indicating the entryway to the bank. Perhaps that too will soon be replaced by something more professional-looking. But the entrance way is clearly marked, no matter the quality of the signage.

## Fulford News

Best wishes to newly-weds Michael Banks and Nina Apperley, residing on the West Island.

Fulford residents met with Council members to discuss matters relating to this community, especially about speeding, foliage blocking stop signs and the lack of doctors in the area.

Fulford Community Club is considering future events, one of which was very popular long ago, so stay tuned!

Family members from Quebec, Ontario and Alberta gathered in Fulford to commemorate the life of Sandra Stewart, wife of Robert "Bob" Brunton.

Condolences to the family and friends of Gordon Cameron, husband of Linda Vaux, long-time residents of Fulford.

Submitted by  
Margaret Fordham

# Brome Hall supper tickets for Saturday Oct. 22 are selling out fast!

By Louise Smith

Next Saturday there will be delicious aromas emanating from the kitchen of the Brome Hall in the village of Brome. The Fall Feast, consisting of a choice of three types of sausages, a variety of salads and desserts, and coffee and tea, will be available for \$20. The supper is another way that the Brome Hall team is raising funds to help refurbish the hall.

The hall is located at 330 Stagecoach Road, (on the road to Brome Fair), and the dinner is scheduled for 5 p.m. There will be door prizes and a raffle to add to the fund-raising. Tickets can be purchased by calling Bob Derby at 450-243-1999 or 450-521-6716. Half of the tickets are already sold. They need to be bought ahead of time. Parking is limited so car pooling is recommended.

## Pet of the Week: Grizzly

Grizzly is a handsome and graceful grey and white tabby with a noble face and big sad eyes, full of worry. He's got extra toes on his front paws (polydactyl), is in very good health and just turned 4 years old this month. He was brought to the shelter in late July as he had become too nervous and irritable to cohabitate with the couple's newborn child.

Grizzly is calm and dignified. He's a sensitive and anxious boy who needs a lot of tender loving care to feel reassured. He has difficulties adapting to life at the shelter and seems depressed and unhappy.

Once he knows and trusts you, Grizzly will approach you seeking affection and loves to be petted and sit beside you but he is not a lap cat, at least not yet. You can pick him up and put him beside you however he is not into intense cuddling. Grizzly warns you when he has had enough attention by growling and can also snap at your hand/fingers. In situation of stress, he can sometimes bite harder, but it is not easy to predict when this behavior will appear.

Grizzly is quite vocal at times as he will try to attract your attention that way. He communicates his feelings of despair by meowing and crying, seeking to be comforted. You can also hear him growl while he eats but not always. This furry fellow can be picky about what you serve him, but in general enjoys his food (dry and wet) and is very happy when you fill his bowl. Offering him savory treats also seems to cheer him up, as he gobbles them down with great pleasure. When it's naptime, Grizzly likes to sleep in



a comfy little bed in a tranquil spot, away from prying eyes.

Grizzly will be happiest in a caring and serene environment with calm people who have experience with temperamental/moody cats. We therefore recommend a household without children, dogs and ideally without other cats, unless they are sociable and non-dominant since he is rather unsure around them. In any case, please plan for an integration period for Grizzly in his new home so he can gain in confidence.

We truly hope to find Grizzly a peaceful place to live and adopters who will love & cherish him. He deserves a second chance in life! If you wish to adopt Grizzly, please write to us at: [adoptionpcamontereg@gmail.com](mailto:adoptionpcamontereg@gmail.com) Thanks!

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# First Knowlton taxi company opens

By Quinn Ruby  
Local Journalism Initiative

What started out as a dream of six-year-old Dilon Elston has finally become a reality. He and childhood friend Alex Beck, supported by owner Jennifer Pepler-Quinn, have worked together over the past 15 years to create Queb Taxi, a taxi company serving Knowlton and the surrounding area that opened on Sept. 6.

Pepler-Quinn was working at Waterloo Elementary School helping teach a Sunday school program where she met Elston. Six years later she met Beck. She asked them what their dreams were for the future and despite their initial hesitation to answer, Pepler-Quinn says they finally told her they wanted to "...have a taxi business and drive for a living." She says, "I told them from the beginning: when you're 25, I'd be happy to support you in launching a business."

Pepler-Quinn is currently the owner and main driver, with her brother, retired professional driver Chuck Pepler, helping with overflow, but she plans on eventually handing over the business to Elston and Beck. Once it is "viable," she says, they will incorporate the company and put it under Elston and Beck's names.

She estimates that around 50 per cent of their business is in Knowlton and the surrounding area while the remaining 50 per cent is transportation to the Montreal Airport. While there are residents of Knowlton that offer airport transportation services, Queb is the only official taxi company in town.

Their clientele, she says, consists of all kinds of people. "We'll drive you where you want to go" is their slogan because they want the community to feel that they have freedom in terms of transportation. "There's no public transit available whatsoever in our little town," she says. "I'm excited to bring people home who might have had drinks and driven. Now they have an option." She also expressed her excitement for providing elderly citizens that do not have a vehicle with access to whatever they may need. "When my mom lost her license when she was 88 she felt very stranded even though I



SUSAN PEPELER

Chuck Pepler, Jennifer Pepler-Quinn, Alex Beck, and Dilon Elston pose for a group photo.

was ready to drive her wherever she wanted to go. She said, 'I wish there was a taxi company.'

They currently have two vehicles in their fleet: an Acura RDX for longer trips like going to the airport and an electric car for shorter trips. Rather than operating on a metered system like taxi companies in larger cities tend to do, Queb operates using flat rates. Roughly, their rates are \$10 per hour. A quick, local trip to downtown Knowlton is \$10. For transportation to appointments where clients need the driver to wait for them, it is an additional \$20 per hour. Roundtrip airport trips are \$150.

In addition to their clientele of locals, they have also begun acquiring contracts for staff parties of local businesses. They are also already planning contracts with local hotels and wineries that will begin next summer.

Their hours of operation are 9 a.m. to 5 p.m. on weekdays and they are closed on weekends, but customers can schedule rides outside of those hours in advance by calling them at (450) 243-6000.

# Hallowe'en preparations are a serious business for many!

By Louise Smith

Hallowe'en is two weeks away but the preparations are underway in earnest in communities in and around Brome-Missisquoi County. Sometimes it can be three generations working together to put on a display outside of the home, or else it can be put up by adults whose children have all grown up and moved away, but they wish to make the holiday special for the children still living in the community.

The decorations can vary from store bought elaborate illuminated air-powered structures to homemade creations covering the lawn and front of households. Sometimes it is a combination of the two, but whatever the style, the number and variety of decoration helps to make the night of Hallowe'en special for many.



PHOTOS BY LOUISE SMITH

Three generations of this family in Sutton are working together on their spooky masterpiece.



This house on William Street in Cowansville is definitely ready for the spooky night!



There is little space left on this lawn!

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## ABOUT TOWNSHIPERS

# Virtual information sessions and workshops – join us from the comfort of your home!



By Michelle Lepitre

Over the past three years we, at Townshippers', have been working with our partners to explore new ways to offer our programs to people at a distance. Although we've missed seeing you in person, we have found that Zoom videoconferences have become a wonderful way for us to share information and connect with you at a distance – something which we feel is particularly helpful because the Townships is such a large territory. With video conferencing, we can now gather – from Beford, Cowansville, Knowlton, Sherbrooke, and beyond! – without having to leave our homes.

This shift towards videoconferencing has also meant that we can more easily offer programs to individuals who might find it difficult to join us in person – for example, people who work during the day, caregivers who have to stay home with their loved ones, and people who find it difficult to travel to in-person activities.

In case you are unfamiliar with our video conference options, here's a quick overview of a couple of health and social services programs we are currently offering virtually.



VLADA KARPOVICH ON PEXELS

*This fall or winter, why not join us online for an upcoming CHEP or Zoom in on Health video conference session?*

### CHEP (Community Health Education Program)

The CHEP (or Community Health Education Program) is offered by Townshippers' Association through a partnership with the CHSSN, or the Community Health and Social Services Network. It is intended to increase access to English-language health information, resources, services, and support.

CHEP videoconferences take place on the third Wednesday morning of the month, from September to June (with no sessions in December or in March), and you can join in a CHEP session directly from the comfort of your own home through the Zoom video conferencing platform.

We are also happy to say that we are now able to start offering CHEP videoconferences in person again too! To learn more about upcoming times, topics, and locations for the in-person sessions, keep an eye on the Brome County News Community Calendar and The Townships Crier and What's On columns, or contact Abby (aw@townshippers.org) or Vanessa (va@townshippers.org).

### Zoom in on Health

Since 2020, the agents for Townshippers'

Association's Eastern Townships Partners for Health and Social Services Networks have also been offering another kind of regular online video conference: Zoom in on Health.

Through Zoom in on Health, you have an opportunity to connect virtually with local health and social services professionals who are always happy to share information in English on a variety of topics. In the past, we've talked about everything from flu vaccines to nutrition, exercise to pain management, and bullying to ecoterapy. These one-hour presentations, which usually take place over lunch hour, are a great way for you to add a bit of learning and connecting into your day. So why not grab your lunch, sit down and relax, and join us for an upcoming session?

For information about the dates, times, and topics for our upcoming videoconferences, you can:

- Like our Facebook page, where we regularly share information about upcoming events;
- Visit the Community Calendar on our website: <https://townshippers.org/calendar/>;
- Read the Townships Crier and What's On event listings in The Sherbrooke Record and the Community Calendar in the Brome County News.

This monthly column keeps you in touch with Townshippers' Association's activities and news. Other ways to keep in touch:

### Online

[www.townshippers.org](http://www.townshippers.org)  
[Facebook.com/Townshippers](https://www.facebook.com/Townshippers)  
 Twitter @Townshippers

### In person

3355 College St., Sherbrooke  
 3-584 Knowlton Rd., Lac-Brome

### By phone

819-566-5717  
 450-242-4421

# 5 tips for staying safe and healthy during winter?

(NC) The colder months can present risks to anyone, but for those living with arthritis, staying safe and healthy can be more challenging.

While winter does present some hazards, you can help protect yourself by following these tips from Arthritis Society Canada.

## 1. Move your physical activity indoors

Slippery conditions, snow covered trails and fewer daylight hours can pose a risk for outdoor activity, but spending more time indoors shouldn't mean less movement.

Exercising on a regular basis has been shown to reduce the pain of arthritis. Use light weights or resistance bands to work on making muscles stronger while doing low-impact indoor activities such as stationary cycling or swimming to improve your cardiovascular health.

## 2. Ensure a safe outdoor environment

A well-lit pathway, as well as a salted or sanded walkway will help you avoid slips and falls, especially in the dark.

If you use a mobility aid such as a cane or walker, replace the tips if they are worn out. Consider adding ice-pick-like attachments onto the end of your cane for additional traction when walking in the snow.

## 3. Safe snow removal

Consider having someone assist with snow removal to guarantee it's done on a regular basis. If you decide to do it yourself, ensure you use proper shoveling techniques or invest in a snow blower. Keep the shovel close to your body and try to push the snow rather than lift. As with any physical activity, don't overdo it and take regular breaks.

## 4. Dress appropriately

Ensure you're dressed for the weather with the right footwear and layers for warmth. Choose boots that are waterproof, lightweight, comfortable and have good quality lining or insulation to keep the feet warm.

Dressing in multiple layers will help you keep warm and reduce heat loss. As a guideline, wearing two or three thinner layers of loose-fitting clothing is usually warmer than a single thick layer.

## 5. Stock up on essentials

Be prepared in case of emergency. Keep your fridge, pantry and medication cabinet stocked with at least three to five days' worth of supplies. Stock up on non-perishables and keep flashlights and batteries handy.



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# 40 YEARS OF LOYAL SERVICE FOR MR. ROBERT COMEAU AT SANTÉ COURVILLE WATERLOO

Mr. Robert Comeau reached a very impressive professional milestone in 2022: An achievement that will be increasingly difficult to match.

“I grew up with the Courville family,” he says. “My mother worked for Santé Courville for 18 years when the founder Mrs. Vivian Courville started a residence for the elderly in her own house in South Stuckely. Ms. Courville always protected me when I was a child,” recalls Robert with a hint of nostalgia in his voice.



Robert began his career at Santé Courville in 1981. He then took care of odd jobs such as cutting the lawn, watering the flowers and cleaning. Over the years, he will officially become in charge of the maintenance of the building. In 2017, he will retire, but at the request of Santé Courville, will continue to work 2 to 3 days a week until today. In adversity, Robert was and is always present and available to help and contribute.

The secret to Robert's longevity is that he deeply loves his job, his colleagues and the residents. Over the years, he has learned to adjust to different situations. Even if he did not work directly with the residents, he embodied the philosophy of the center “We Care.” His motto has always been: “Residents come first.”

For Robert, the recent expansion of the center has been a challenge. However, the close professional relationship he has with Kenneth Courville, an owner manager whom he describes as fair, as well as his desire to contribute to the well-being of residents, soon enabled him to overcome this ordeal.

March 2023, when his wife retires, will be Robert's last run at the Center. **Robert, on behalf of the residents and the entire team, we sincerely thank you for your contribution over the past 40 years!**

Kenneth, Christine, Johanne, Wylliam and Karolyne

From Left to right: Lyne Arbour, Johanne Fontaine, Richard Senneville, Robert Comeau, Christine Durocher, Ken Courville



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# Bridge master Marie Kelly Geisler celebrates centennial birthday!

By Marguerite Brown

A very special bridge party was held on Oct. 13 to honour the 100<sup>th</sup> birthday of Marie Kelly Geisler. Marie was born in Leeds, England, in 1922. She and her pilot husband moved to Canada in 1946 after World War II was over.

After her two children were off to school, Marie took up the game of bridge. She became the founder and director of the Dorval Bridge Club in Montreal for almost 30 years and through the club she made many life long friends. She is currently a Bridge Sapphire Master and has been a member of the American Contract Bridge League for sixty years.

Marie moved to Cowansville in 2010 at the behest of her two adult children who had already settled in the Townships. She didn't know a soul so she sought out the local bridge playing scene. No ACBL club was to be found. Marie volunteered at the Missisquoi Community School assisting in teaching the "experienced" group of bridge players who signed up for the ten-week course. She followed that up by helping to set up the first ACBL Bridge Club in Cowansville, which was headed by Karin Dorey.

And this year, the club celebrated her centennial birthday. Marie is a remarkable woman who has gone from not knowing a soul in our community to being a local celebrity, known throughout the area, in the world of bridge and beyond! There has been no nursing home for Marie. She lives in a beautiful condo complex whose



Marie knows how to dress in style for her special day!

residents and managerial staff take good care of their Marie. Her daughter and son are in daily contact and they make sure all her needs, such as delicious goodies, are in good supply.

Marie regularly plays bridge online and she has a weekly visit of close friends who visit her condo for a social game of bridge. She gleans tidbits from her daily reading of British newspapers online, keeping in touch with the news from "back home". Nothing much gets by this lady as she stays up to date with world news. The recent passing of Queen Elizabeth II was upsetting for Marie. And the fact that Betty White passed away just shy of her 100<sup>th</sup> birthday was worrying for Marie. So at midnight on Oct. 13, Marie got up out of bed, turned on her light and declared, "I made it!" Bravo, Marie!



COURTESY

Friends got together to help celebrate the 100th birthday of Marie Kelly Geisler.

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# Flu shots

The flu shot is your best defence against the flu. The flu shot is recommended for everyone 6 months of age and older.

**It can save lives by:**

- protecting you, if you're exposed to the virus
- preventing you from getting very sick
- protecting people close to you:
- because you're less likely to spread the virus
- who are at higher risk of serious flu complications if they get the flu
- reducing additional burden on the health care system during the COVID-19 pandemic
- reduce your chances of being infected with COVID-19 and the flu at the same time, which could lead to more serious complications

The flu shot won't protect you against COVID-19.

**Considerations for getting a COVID-19 vaccine**

It's safe for your health care provider to administer a COVID-19 vaccine at the same time as other vaccines. If you're 12 years of age or older, you may get the flu shot at the same time as a COVID-19 vaccine. You may also get it any time before or after you receive the flu shot.

For children aged 5 to 11, the National Advisory Council on Immunization recommends a 14-day interval between a COVID-19 vaccine and other vaccines. This is to help better monitor for possible side effects from COVID-19 vaccines. Provinces and territories will

decide on an interval for this age group as part of their vaccination programs.

Talk to a health care provider or consult your provincial or territorial public health authority for the latest guidance.

**Groups who should especially get the vaccine**

The flu shot can protect you against the flu. Because of this, it can reduce your chances of being infected with COVID-19 and the flu at the same time. This can lead to serious complications. You should especially receive the flu vaccine this season if you're:

- at high risk of severe COVID-19 related illness
- capable of spreading the flu to those at high risk of severe illness related to COVID-19

**The flu vaccine is especially important for the following groups.**

- People at high risk of complications from the flu
- people with health conditions, such as: cancer and other immune compromising conditions, diabetes, heart disease, lung disease, anemia, obesity, kidney disease, neurological or neurodevelopmental conditions
- children up to 18 years of age undergoing treatment for long periods with acetylsalicylic acid (ASA)
- people 65 years and older
- people who live in nursing homes or other long-term care facilities
- children under 5 years of age
- people who are pregnant
- people who experience barriers in

accessing health care

- people who are at an increased risk of disease because of living conditions, such as overcrowding

**People who can pass on the flu virus to those at high risk**

- caregivers
- child care providers
- health care providers
- family and other household members
- those who provide services in closed or relatively closed settings to people at high risk, such as workers in long-term care facilities or crew on a ship

Talk to a health care provider to find out when it's best to get vaccinated.

**You need a flu shot every year**

A new flu vaccine is created every year to protect you during flu season. It's important that you get a new flu shot every year because:

- the type of flu virus usually changes from year to year
- effectiveness of the flu shot can wear off, so you need a new one every year to stay protected

**The flu shot is effective**

The effectiveness of the vaccine varies from season to season. It depends on:

- how well the vaccine matches with the circulating flu viruses
- the health and age of the person getting the flu shot

The viruses circulating in the population can sometimes change during the time it takes to produce a

vaccine. When this happens during the flu season, the flu shot may not work as well as expected.

It's also important to remember that the flu shot protects against several different flu viruses each season. The seasonal flu shot can still provide protection against the remaining 2 or 3 viruses, even when there's:

- a less-than-ideal match
- lower effectiveness against one virus

If you do get the flu, the flu shot may reduce the severity of flu-related complications.

Getting your flu shot is still the most effective way to protect yourself against the flu and flu-related complications.

**The flu shot is safe**

- you cannot get the flu from the flu shot
  - most people have no side effects from the flu shot
  - severe reactions are very rare
- (Source: [www.canada.ca/en/public-health](http://www.canada.ca/en/public-health))



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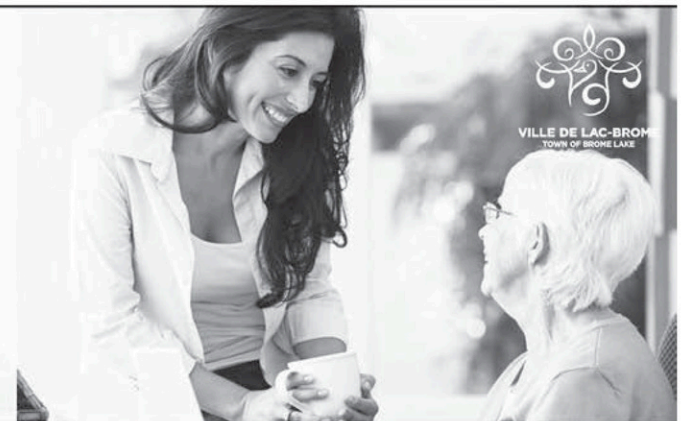
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## RESOURCES FOR SENIORS



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To find out more information on Wellness Volunteer Services such as:

- Meals-on-Wheels.
- Volunteer transportation services to get to a medical appointment.
- Friendly visits (by phone or e-mail for the moment).

Or to get more information about:

- The Brome Lake Food Bank.
- The community fridge.

**Call the Centre Lac-Brome at 450 242-2020**

To find any other social or community services near you:

- Call 211.
- Visit [211qc.ca/en](http://211qc.ca/en).
- Visit the online Seniors' Directory: [lacbrome.ca/en/seniors-directory](http://lacbrome.ca/en/seniors-directory)

# Tips for better nature pics



**BEHIND THE LENS**  
**DARREN MURPHY**

I'm asked quite often what tips I can provide that will help someone take better wildlife pictures. This is really difficult to answer as I've used dozens over the years to improve my personal photography. So, I decided to narrow it down to five which I believe to be the most essential for any photographer (regardless of their skill level) to know.

Starting off I would encourage anyone to "photograph in the best light available". If you can, head out to the field in the early morning hours or late in the day to shoot.

This way you can create more texture and interest in your final product. Shadows themselves are much more contrast and you will get more wildlife activity in the early morning or late afternoon hours. The animals and birds are simply more active. Experiment with the front, side and back lighting and decide exactly how you wish to frame your subject with that particular backdrop. Always be ready to change your camera settings to achieve superior results. There's simply nothing better than capturing your subject with the backdrop of a rising sun or sunset.

Number two tip would definitely be composition. This will make or break your photo. While you can always better your photo's lighting in software programs like Photoshop or Lightroom, you cannot change the picture's composition. Always pay very close attention to your background and the position of your subject when depressing your shutter. If the opportunity lets you, experiment a little with both the foreground and backgrounds to create some interesting possibilities. Most people try to always center their subject in the shot and while this can provide a great photo, you may actually be missing out on a better opportunity. For example, if you're shooting a loon at sunrise and center the bird in the pic, you may be missing the sunrise in the top corner of your viewfinder. Or a great rock formation protruding from the water. A rule of thumb for me is take as many different pics as you can with varying backdrops. Once you get home and begin post processing, may find that gem you were looking for where the subject, lighting and background are all in synch.

Number three tip would be to try and change perspective. If your budget allows and you've been doing nature photography for a few years you probably have more than one lens in your camera bag.

For up close and personal shots, a 400mm to 600mm lens provides you with that closeness you're looking for. I always try to get the eye of the subject as it simply captures the animal or birds' true soul. You can capture motion as well such as a running deer or owl in flight. Changing your pictures perspective is at times challenging, but once mastered makes for a superior finished product.

Number four tip would be "expect the unexpected". It's very important to be able to anticipate your subject's behavior. Simply put, it will allow you to get better and more natural pics. For example, after spending countless hours in the field photographing owls I learned that many times before the bird leaves its perch, it will defecate. Look for the bird to bob from side to side then the slick white stream it expels. That's your sign it's ready to take flight. You should have your camera already mounted on your tripod and all your camera settings correct and ready to click your shutter.

*Number four tip would be "expect the unexpected". It's very important to be able to anticipate your subject's behavior. Simply put, it will allow you to get better and more natural pics. For example, after spending countless hours in the field photographing owls I learned that many times before the bird leaves its perch, it will defecate. Look for the bird to bob from side to side then the slick white stream it expels. That's your sign it's ready to take flight.*

These precious seconds when your subject gives you a sign can aid you in getting that elusive and great pic you've been searching for. If you have the time, I would suggest you also do some research on your chosen subject online. Here you may find additional tips that may aid you in the field.

Finally, my final tip would be to take as many pictures of your subject as you possibly can. I cannot even count how many times I've taken what I believe to be a superior shot only to find in post processing that it's out of focus or I don't care for the backdrop. Now as a rule of thumb I snap maybe ten to fifteen ensuring that at least a couple are going to be good. Actually, don't stop shooting until you believe you've got your ultimate image. The key here is something I've mentioned in several previous articles, get to know your camera inside out. Become an expert with your aperture, shutter speed, ISO etc. and I can pretty much guarantee your photography overall will greatly improve!



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#newsmatters FEATURE

REACHING 384,000 OF READERS ACROSS ALL ENGLISH QUEBEC COMMUNITY NEWSPAPERS

## EDUCATING THE NEXT GENERATION

# Community newspapers fight the scourge of fake news

BY RUBY IRENE PRATKA



Quebec's community newspapers have spent much of the last two years keeping readers informed about how to combat the COVID-19 pandemic – from providing updates on case numbers and new public health measures, to documenting community self-help efforts, encouraging local businesses and providing much-needed distraction.

They have also played a role in helping readers distinguish reliable information from the swirl of pandemic-related misinformation making the rounds on social media. Statistics Canada refers to this information crisis as an “infodemic.” A Statistics Canada survey found that 96 per cent of Canadians had been exposed to pandemic-related misinformation and 40 per cent reported believing something they had seen online before later realizing it was false.

“Fake news is a scourge,” said Nikki Mantell, publisher of the *Low Down to Hull and Back News*. As a mother of two elementary school-aged kids, she said she is disturbed by what her own kids tell her they “learned” on Youtube and other sites and is considering a media literacy program at her local school. Some years before the pandemic, the paper did classroom workshops on news literacy and debunking, and a Letter to the Editor activity in an elementary school classroom. Publishers Penny MacWhirter of *The Gaspé Spec* and Lily Ryan of the *West*

“As access to information gets easier, the line between what's real and what's not online is particularly hard to find...”

~ GORDON LAMBIE, ASSOCIATE EDITOR, SHERBROOKE RECORD

*Quebec Post*, *Aylmer Bulletin*, *Gatineau Bulletin* and *Pontiac Journal* have also invested considerable time in outreach to local schools and school boards.

At the *Sherbrooke Record*, publisher Sharon McCully, editor Matthew McCully and associate editor Gordon Lambie are giving students at local English schools the tools to fight misinformation, while improving their writing skills and creating connections with their community newspaper.

In 2019, the *Record* received funding from the Official Languages branch of the Department of Canadian Heritage under the Community Media Strategic Support Fund to scale up its existing program of journalism workshops in schools. Lambie, a former teacher, planned to visit local schools, walk students through

the work of a reporter and guide them as they produced their own reporting. He intended to offer workshops in classrooms for grades 3 to 11. During the pandemic, the activity went virtual. Lambie said most of the classes that have taken part have been in grades 4-6.

“After a bit of trial and error, the format that we settled on was to introduce students to the work of the newspaper first – things like how to find sources and verify information,” Lambie explained. “Then we transitioned into a writing exercise, where we touched different themes. We wrote some editorials and some reported articles and discussed the difference between opinion and fact-based reporting.”

Lambie believes in the importance of giving elementary school students the tools to navigate the infodemic. “As access to information gets easier, the line between what's real and what's not online is particularly hard to find and people aren't necessarily getting their information from sources with rigorous fact-checking. Encouraging curiosity and skepticism in students from an early age is really important for society.”

Lambie has also led workshops in university classrooms and at the Wales Home, a retirement home for English-speaking seniors in Cleveland, Que. Sharon McCully says workshop materials have been shared with the *Townships Sun*, a

local English-language magazine, and the *Spec*, both QCNA member publications. In the future, she hopes to create a regular section in the *Record* with student-generated news and features.

In Lambie's experience, students are eager to learn and explore. “For the most part, students are really engaged and curious,” he said. “They want to know where the news comes from, how we figure out what to say and what not to say and where those decisions get made.” Lambie and his colleagues also created a video tour of the *Record* office, and many students were fascinated by the paper's in-house printing press.

For Lambie and Sharon and Matthew McCully, the project serves multiple purposes – reinforcing students' media literacy, improving their writing skills and reinforcing the connection between the paper and schools in the English-speaking community. “The *Record* is, first and foremost, a community paper, and engaging with the community is a key part of everything that we do. When students ask where our stories come from, I say our most interesting pieces come from people calling us or walking in the door saying, ‘Did you hear about this?’ Connections with students and teachers help keep those connections alive,” Lambie said.

This  Quebec Community Newspaper Association special feature is made possible through the generous support of our sponsors:

CEDEC



Commission scolaire English-Montréal  
English Montreal School Board

Funded by the Government of Canada

Canada

Death

Death

Death

Death



**Marjorie (nee Lamothe)  
NEWELL**

May 7, 1934 – October 11, 2022



Passed away peacefully at Knowlton House, Knowlton, Quebec at the age of 88. With heavy hearts we say goodbye to an amazing woman; loved wife of Robert Newell (predeceased 2017), loving mother to Peggy (Ron) Ethier, Roberta (Neil) Blackie and Tom (Line) Newell. #1 grandmother to Peter (Jen) Ethier, Sarah (Mike) Whymark, Emily (Michael) Cox. Her great-grandchildren Andrew, Audrey, Sophie, Harrison & Christopher will always have fond memories of International Nanny Day (2021). Loving sister to Ruth Harvison (predeceased), Flora (Bob) Norway, Christine Wing (predeceased), Leon Lamothe Jr. (Diane) and Barbara (Dave) Oliver. Sister-in-law, aunt, godmother and friend to many who are also left to mourn her passing.

Marjorie was a woman of many talents and, until her later years, always involved in her community. She lived most of her life in the Mansonville area (daughter of Leon & Minerva Lamothe – predeceased) but thoroughly enjoyed her years in Montreal. While a member of the Eastern Star, Owl's Head Chapter, she held many positions; her proudest being, Worthy Grand Matron for the Province of Quebec. As a member of Pottton Valley Quilters, she crafted many beautiful quilts that will now keep us warm with her passing. Marjorie was a founding member of Riley House, active in The United Church of Canada, loved baking, crafts, flower arranging, making costumes and fancy hats for parties with a theme, and in the last few years showed us her painting skills. Always happy to open her doors and serve up a feast in a heartbeat. There is no doubt she will be remembered fondly and missed by many.

Visitation will take place at the BROME-MISSISQUOI Funeral Complex, 402 rue de la Rivière, Cowansville, QC, J2K 1N3, 450-266-6061, [complexebm.com](http://complexebm.com), on Friday, October 21, 2022 from 7 to 9 p.m., an Eastern Star service will take place that evening at 6:30 p.m., and Saturday morning the funeral home will open at 9 a.m. for visitation. A celebration of her life will take place at the funeral home Saturday, October 22, 2022 at 11 a.m. Burial will take place at a later date at the Ruiter Settlement Cemetery in Dunkin, QC.

In her memory, donations to the Ruiter Settlement Cemetery (5785 Route 147, Waterville, QC J0B 3H0), or the BMP Foundation ([www.bmpfoundation.ca](http://www.bmpfoundation.ca)) would be appreciated by the family.

The family would like to thank all the staff at the Knowlton House for their compassion, kindness and amazing care given to Marge.

BROME-MISSISQUOI Funeral Complex  
402, rue de la Rivière,  
Cowansville, QC, J2K 1N3

PHONE: 450-266-6061  
[complexefuneraire.ca](http://complexefuneraire.ca)



**Steve TREW**  
1942 - 2022

It is with great sadness that we announce the sudden death of Steve on October 7, 2022. Steve was the devoted husband to Janie Duncanson, proud and loving father of Sara, Jordan and the late Christy. Steve was fond of his son-in-law Marc Theriault, and a very adoring grandfather to Maya, Reilly and Tristan. Steve was the brother-in-law to Judith Duncanson.

Born and raised in Magog, QC by Jean and Jim Trew, Steve was a proud Townshipper. He attended Bishop's University where he met Janie. They were married in 1968 and have enjoyed life in Knowlton for 54 years.

Steve was a teacher for a term in England, at Waterloo, Heroes' Memorial and Massey-Vanier High School before becoming principal at Knowlton Academy. Steve's interest in education lasted through his retirement as a supervisor of student teachers at Bishop's University and he was very much looking forward to working with Bishop's again this semester. Steve's love of talking to people served him well with his retirement jobs at the Polo store, Jones New York and bartending at the Knowlton Pub.

A thespian at heart, Steve had a love of theater and music. He acted in and directed numerous productions through local theatre, mainly Knowlton Players. He was in the midst of directing a Knowlton Players' production for early November at Theatre Lac Brome.

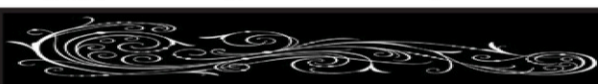
The ocean drew the family to Maine where many summer holidays were spent. Steve and Janie loved travelling and always looked forward to road trips to Ottawa and Saint John to visit their children, antique hunt and enjoy good food.

They loved spending time with the many wonderful friends they have made over the years and they were out and about most nights of the week.

Janie, Sara and Jordan extend their sincere thanks and appreciation for the kindness and support they have received.

Donations in Steve's memory would be welcomed by the Knowlton Academy Breakfast Program (cheques payable to Knowlton Academy, 81 Victoria, Knowlton, QC, J0E 1V0) or Fondation du CHUS ([fondationchus.org](http://fondationchus.org)).

A Celebration of Steve's life will be held at Theater Lac Brome (9 chemin Mont-Echo, Knowlton, QC) on Sunday, October 30 at 2 p.m.



Death

Death



**André LEBLOND**  
1950 - 2022

Passed away peacefully in Granby, October 12, 2022, at the age of 71, life partner of the late Mrs. Rolande Brazeau.

He is survived by his children Marie-Andrée and Nicolas (Mariah Côté), his grandchildren Chloé and Michael, his stepchildren Sonya and Christian Thomas, his brothers and sisters late Gisèle (Normand), Nicole (Richard), Marcel (Jacqueline), the mother of his children Francine Doyle, his good friend Mario Châteauneuf, nephews and nieces, and other relatives and friends.

A great man who people look up to, enjoyed good things in life, devoted and involved in his community, he was loved by everyone.

Visitation will take place at the Complexe funéraire BROME-MISSISQUOI, 402 rue de la Rivière, Cowansville, QC, 450 266-6061, [complexebm.com](http://complexebm.com), October 23, 2022, 1 to 4 p.m. and 7 to 9 p.m., Monday the funeral home will open at 9:30 a.m. A celebration of life will take place Monday, October 24, 2022 at 11 a.m. His remains will lay to rest at the interior columbarium.

In lieu of flowers, the family would greatly appreciate donations to the Au Diapason house in his memory [audiapason.org](http://audiapason.org)

BROME-MISSISQUOI Funeral Complex  
402, rue de la Rivière,  
Cowansville, QC

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Continued on page 14

Call Sherbrooke: (819) 569-9525 between 8:30 a.m. and 4:30 p.m.  
 E-mail: classad@sherbrookerecord.com  
 or Knowlton: (450) 242-1188 between 9:00 a.m. and Noon

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### NOTICE OF CLOSURE OF INVENTORY (C.c.Q., Art. 795)

Notice is hereby given that, following the death of **Patrizia Rao**, on February 18, 2022, in her lifetime domiciled at 125 rue Lasnier, Dunham, Province of Quebec, JOE 1M0, an inventory of the assets and liabilities of the deceased was prepared by the liquidator of the Estate, Jason Blair, on October 12, 2022 before Mtre. Karl St. Jacques, notary, in accordance with the law.

This inventory may be examined by any interested party at the office of Mtre. Karl St. Jacques, notary, located at 35 Victoria, Town of Brome-Lake, Quebec, JOE 1V0.

Given on October 12, 2022  
 At Town of Brome-Lake, Quebec  
 Karl St. Jacques, notary

### NOTICE OF CLOSURE OF INVENTORY (C.c.Q., Art. 795)

Notice is hereby given that, following the death of **Frederick Lynn Blair**, on February 18, 2022, in his lifetime domiciled at 125 rue Lasnier, Dunham, Province of Quebec, JOE 1M0, an inventory of the assets and liabilities of the deceased was prepared by the liquidator of the Estate, Eric Blair, on October 12, 2022 before Mtre. Karl St. Jacques, notary, in accordance with the law.

This inventory may be examined by any interested party at the office of Mtre. Karl St. Jacques, notary, located at 35 Victoria, Town of Brome-Lake, Quebec, JOE 1V0.

Given on October 12, 2022  
 At Town of Brome-Lake, Quebec  
 Karl St. Jacques, notary

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#### Death



### Linda Anne BOCKUS

1947 - 2022

Passed away suddenly in Bedford, on

October 12, 2022, at the age of 75, originally from Stanbridge East, daughter of late Charles Bockus and late Mary Mac Leod, sister to the late Christine.

She is survived by her daughter Bonnie (Glen), her grandchildren Jiovanna, Julia, her brother Charles (Johanne), her nieces and nephews, and other relatives and friends.

A life fulfilled... A well-earned rest.

Arrangements entrusted to Complexe funéraire BROME-MISSISQUOI, 215 rue de la Rivière, Bedford, QC, 450 248-2911, [complexebm.com](http://complexebm.com)

A private graveside service will take place at the Union Cemetery in Mystic, QC.

In her memory donations to the SPA des cantons would be appreciated. [lespattesjaunes.com/refuge/spa-des-cantons/](http://lespattesjaunes.com/refuge/spa-des-cantons/)

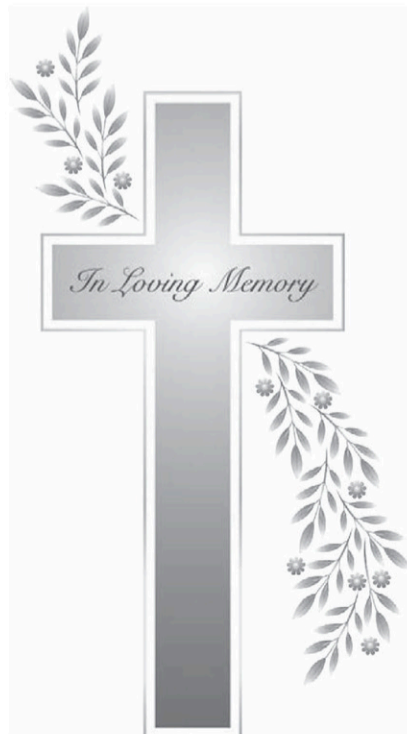
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 Funeral Complex  
 215, rue de la Rivière, Bedford QC  
 PHONE: 450-248-2911  
[complexfuneraire.ca](http://complexfuneraire.ca)

#### In Memoriam

**JONES, Lawrence** - In loving memory of a dear husband, father, grandfather and great-grandfather who passed away October 20, 2016.

*No length of time can take away  
 My thoughts of you today.*

**ESTHER (wife)  
 AND FAMILY**



#### Death



### Gladys (nee Askew) WILLEY 1928 - 2022

Peacefully on October 10, 2022, at the CHUS-Fleurimont Hospital in Sherbrooke, we had to say goodbye to Gladys Willey. She was 94 years old.

On March 28, 1928 Gladys was born to Cora (Burbank) and Tom Askew. In 1944 she married Edward (Albert) Willey.

Gladys was predeceased by both parents, her husband and one grandchild Trevor Cote.

She leaves to mourn her children Lorraine Cote (late Eugene "Gene" Cote) of Bolton Centre and Juanita Willey (late Douglas Wighton) of Mansonville. Gladys welcomed the birth of her grandchildren Kimberley (Cote) and Tara (Graves-Jersey), her great-grandchildren brought more joy - Brittany and Michael McCarthy, Savannah and Amelya Jersey, her four great-great-grandchildren followed - Camden and Aubree McCarthy, Owen Choinière, Lilian McCarthy and number five is expected next year. She also leaves to mourn her sister-in-law Rita, many nieces et nephews, cousins and friends.

Gladys lived a full and happy life and will be greatly missed. Gladys was a former and oldest resident of Bolton Est.

Our thanks to the Manoir Lac Brome and Barbara Burbank who was always there.

The family will receive condolences at Désourdy Funeral Home, 318 Knowlton Road, Knowlton, QC, JOE 1V0, 450-243-5568, [www.desourdy.ca](http://www.desourdy.ca), on Saturday October 22, 2022, from 10 a.m. to 1 p.m., following the service at the funeral home. Interment will be at the Union Cemetery in South Bolton.

In lieu of flowers, the family would welcome donations to the Manoir Lac Brome, Knowlton or the Union Cemetery, South Bolton (c/o Clifford Gaylor, 28 ch. Mountain, Bolton Est, JOE 1G0).

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 Knowlton, QC, JOE 1V0

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## PUBLIC NOTICE

### TO INTERESTED PERSONS HAVING THE RIGHT TO SIGN AN APPLICATION TO PARTICIPATE IN A REFERENDUM CONCERNING A SPECIFIC CONSTRUCTION, ALTERATION OR OCCUPANCY PROPOSALS FOR AN IMMOVABLE (SCAOPI) LOCATED ON LOT 6 438 6

**PUBLIC NOTICE** is hereby given:

At a sitting of Council held on October 3, 2022, the municipal council of Town of Brome Lake adopted the **Second Draft Project** of an application submitted in accordance with By-Law number 406 regarding a SCAOPI on **Julien Road, Lot 6 438 674, zone URA-6-L13, District of East Hill, Town of Brome Lake.**

The **Second Draft Project** concerns a residential development of 8 multifamily residential buildings with a total of 96 residential units located on **Lots 6 438 674 on Julien Road.** The lot in question is in Zone URA-6-L13. This zone permits only single-family and semi-detached residential buildings.

This **Second Draft Project** contains the following 3 provisions in respect of which "Interested Persons" in the zones described below may make an Application to Participate in a Referendum in compliance with the *Act Respecting Elections and Referendums in Municipalities*:

- i) Permit the construction of 8 buildings with 12 residential units in each. Zoning bylaw 596 permits a maximum of 1 residential unit per building per lot in this zone;
- ii) Permit the construction of 8 buildings with a height of 14.65 metres. Zoning bylaw 596 permits a maximum height of 12 metres in this zone;
- iii) Permit the construction of 8 building with 3 floors each. Zoning bylaw 596 permits a maximum of 2 floors in this zone;

#### DESCRIPTION OF TARGET AND CONTIGUOUS ZONES

Interested Persons of the following zones may make an Application to Participate in a Referendum asking that the provisions of the Second Draft Project be subject to the approval by Qualified Voters in a referendum. The target zone and contiguous zones are: target zone URA-6-L13 and contiguous zones **UC-4-L13, UI-2-L13, URA-8-L12, URA-7-L12, R-7-J12, R-6-K13**, as identified in the illustration and description at the bottom of this Notice. The target zone includes Julien Street, Des Bourgeois Road, Monte Carle Road, Jolibourg Road, Des Ruisseaux Road, and part of Knowlton Road (Route 104).

#### INTERESTED PERSONS

An Interested Person is anyone not subject to a voting disqualification and who meets the following conditions on **July 4, 2022**:

- Be of full age, of Canadian citizenship and not be under curatorship;  
AND
- Be domiciled in a target zone or contiguous zone from which a valid Application can be submitted, and be residing in Québec for a minimum of six (6) months;  
OR
- Be during the previous twelve (12) months the owner of an immovable or occupant of a business establishment according to *An Act Respecting Municipal Taxation*, in a target zone or contiguous zone from where may be submitted an application.

Additional conditions for undivided co-owners of a building or co-occupants of a business establishment:

- Be designated, by means of a power of attorney signed by the majority of the co-owners or co-occupants, as being the person having the right to sign the application in their name and be entered on the referendum list, when applicable.

Condition for the exercise of the right to sign an application by a moral person: every moral person must designate among its members, directors and employees, by resolution, a person who, on July 4, 2022, is of full age and is a Canadian citizen, is not under curatorship and is not subject to any inability to vote under the Law. This designated person may submit an Application on behalf of the moral person.

Except in the case of a person designated as the representative of a moral person, no person may be considered as an Interested Person in more than one capacity in accordance with section 531 of *An Act Respecting Elections and Referendums in Municipalities*.

#### CONSULTATION AND MAKING A VALID APPLICATION

The Second Draft Project may be consulted and the Application can be made using the *Application for the Holding of a Referendum* form available at Town Hall, 122 Lakeside Road, Brome Lake (weekdays from 8:00 a.m. until noon, and from 1 p.m. until 4 p.m.), or on the Town of Brome Lake website: [www.ville.lac-brome.qc.ca/municipal-life/public-notices](http://www.ville.lac-brome.qc.ca/municipal-life/public-notices). Interested Persons may contact the Town Clerk, Owen Falquero, for more information concerning this PPCMOI.

The Application must:

- Clearly indicate the provision(s) of the Second Draft Project to which the Application refers and the zone from which it originates;
- Be signed by at least 12 Interested Persons (in individual Applications or in a single group Application) in a given zone with more than 21 Interested Persons, or by the majority of Interested Persons in a zone with fewer than 21 Interested Persons.

The **Application must be received at latest Monday, October 31, 2022, at 4 pm**, either by e-mail to the Town Clerk ([greffe@lacbrome.ca](mailto:greffe@lacbrome.ca)), by fax (450-243-5300), in person at the Town Hall, 122 Lakeside Road (weekdays from 8:00 am until 12:00, and from 1 pm until 4 pm), or by mail (122 Lakeside Road, Lac-Brome, Québec, J0E-1V0). People using the mail are invited to send the Application as soon as possible and to take into account possible delays in mail delivery.

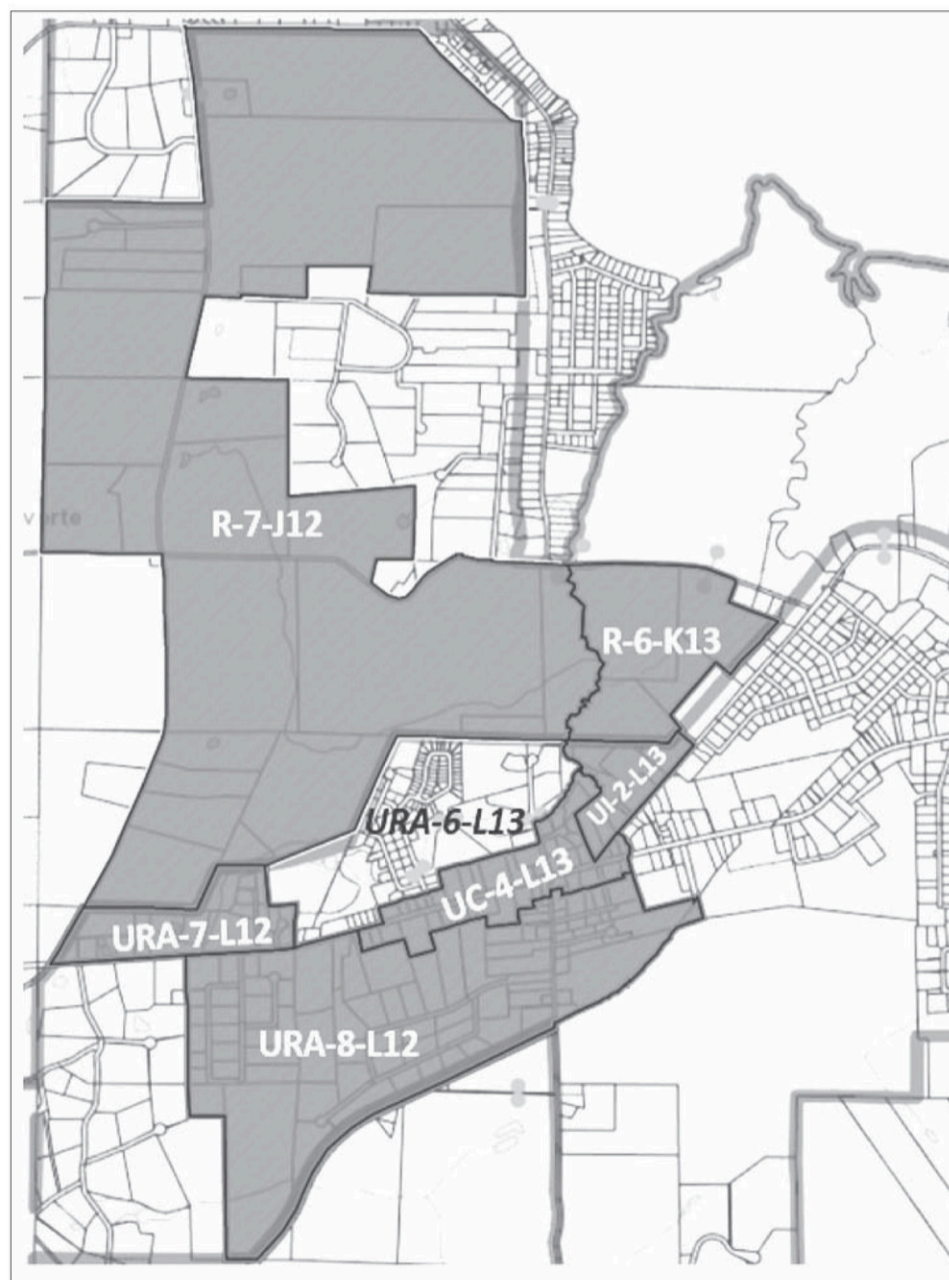
#### ABSENCE OF AN APPLICATION

Provisions of the Second Draft Project not having been the subject of a valid Application may be included in a resolution that will not have to be approved by the Interested Persons.

Given at Brome Lake this October 18, 2022

**Owen Falquero, B.A. LL.B. J.D.**  
Attorney, Town Clerk

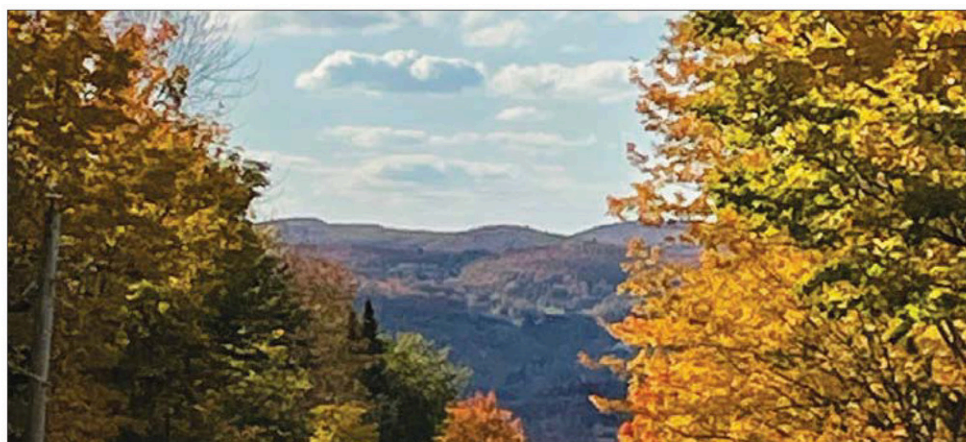
Target Zone: **URA-6-L13** Contiguous Zones: **UC-4-L13, UI-2-L13, URA-8-L12, URA-7-L12, R-7-J12, R-6-K13**



# Fall colours

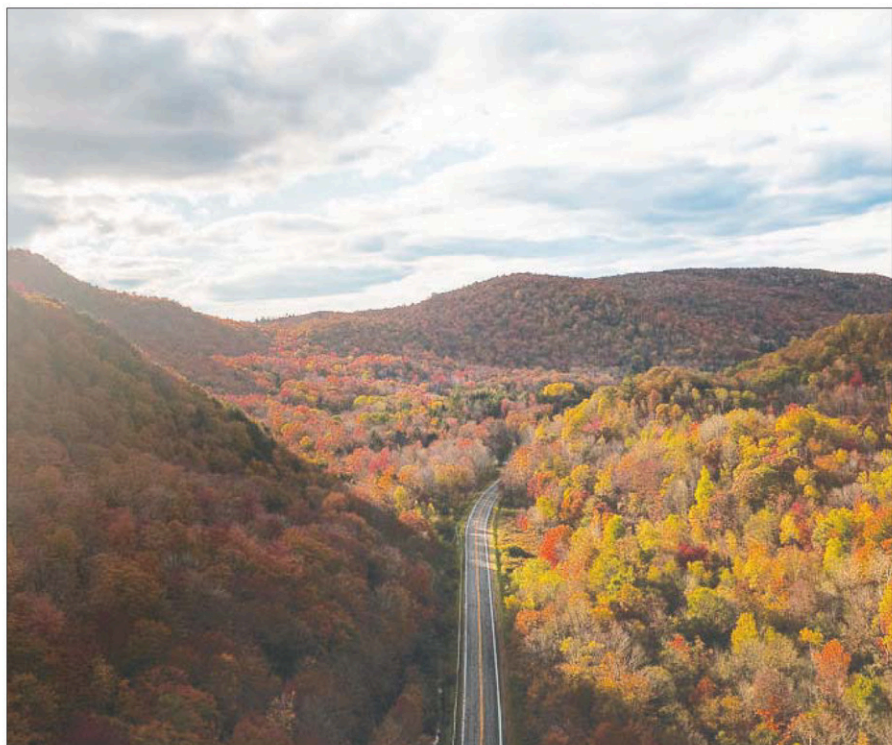


Very little can match the beauty of autumn colours in Sutton.



PHOTOS BY LOUISE SMITH

## Ben in Focus



BEN MCAULEY

Driving through fall\*



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DATES:**

**NOVEMBER 1<sup>st</sup>**  
▸ Sommelierie  
▸ Electromechanics (double DVS)\*

**NOVEMBER 2<sup>nd</sup>**  
▸ Machining

**NOVEMBER 7<sup>th</sup>**  
▸ Secretarial studies  
▸ Accounting  
▸ Welding & Fitting

**NOVEMBER 10<sup>th</sup>**  
▸ Starting a Business

**NOVEMBER 16<sup>th</sup>**  
▸ Food and Beverage Services

**NOVEMBER 19<sup>th</sup>**  
▸ Debiting (training for hunters)

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