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PM#0040007682

MONDAY, OCTOBER 26, 2020

Quebec surpasses 100,000 cases of COVID-19

Record Staff

Deputy Premier Genevieve Guilbault had a sobering message for Quebecers on Friday, especially those living in the Chaudière-Appalaches and Capitale-Nationale regions where a laissez-faire attitude about health and safety measures has been no-ticed.

"I want to be extremely frank and crystal clear with you, if we keep on the same track as we are currently, we are going straight into a wall," Guilbault said.

"The health-care system won't be able to take care of you anymore in some cases," she added.

"As long as the COVID cases stay high, we are on the brink of a service breakdown," Guilbault explained, using the example of someone waiting for a hip replacement or a delayed cancer diagnosis because the health care system is too overwhelmed with Covid.

"This is what's at stake," the deputy premier said.

Guilbault pointed out that according to statistics from Oct. 17, the Chaudière-Appalaches region recorded four times as many COVID-19 cases and five times more deaths than during the first wave. She also said the Capitale Nationale region currently has the highest number of cases per 100,000 people in the province.

People hear about the pandemic so often, Guilbault said, it's not sinking in anymore.

"The numbers are worrying."

The province reported 879 new cases

CONT'D ON PAGE 2

Local group stands in solidarity with Mi'kmaq lobster fishermen



GORDON LAMBIE

By Gordon Lambie

Sherbrooke was host to a public demonstration in solidarity with Mi'kmaq lobster fishermen in Nova Scotia on Sunday afternoon. Between 2 and 3 p.m. a group of close to 50 met in front of Sherbrooke's city hall to raise a banner reading "We are watching. Uphold Treaty #1752" and express a message of concern about the specific case of an attack against a Mi'kmaq lobster fishery by a mob of commercial fishermen in mid October, as well as other indigenous rights issues across the country.

The conflict in Nova Scotia revolves around the right to hunt and fish granted to the indigenous peoples in

that province by what is known as the Peace and Friendship Treaty, which was signed in 1752. Local commercial fishermen, who are bound by the federally regulated lobster season, have been engaging in increasingly aggressive behaviour towards the indigenous fishermen in recent months, culminating in the trashing and subsequent burning down of the Mi'kmaq lobster fishery.

The Sherbrooke demonstration was planned as a peaceful, socially distanced, solidarity action meant to raise awareness while also calling on the federal government and appropriate local authorities in Nova Scotia to take action on the situation and uphold treaty rights. The group

also called for an end to racially based violence, the prosecution of the commercial fishermen involved, and the restoration of peace and safety within the community. All those who where were present were asked to wear masks and maintain a safe distance from one another as much as possible.

People present on Sunday afternoon also spoke out on the matter of water quality in First Nations communities across the country following the evacuation of 200 people from the Neskantaga First Nation last week. As of Feb. 15 2020, the last time the Government of Canada's official public count was updated, there were 61 long-term drinking water advisories in effect on reserves across the country.

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## Weather



TODAY:  
RAIN OR  
SNOW

HIGH OF 7  
LOW OF 0



TUESDAY:  
CLOUDY

HIGH OF 3  
LOW OF -4



WEDNESDAY:  
CLOUDY

HIGH OF 6  
LOW OF 3



THURSDAY:  
CLOUDY

HIGH OF 6  
LOW OF -7



FRIDAY:  
MIX OF SUN  
AND CLOUD

HIGH OF 3  
LOW OF -6

# Community organizations sounding the burnout alarm

By Gordon Lambie

The Regroupement des organismes communautaires de l'Estrie (ROC) a round-table group that unifies and advocates for nearly 200 different community organizations across the region, is sounding the alarm about individual and institutional burnout during the pandemic.

In a press release issued in the wake of a special meeting of the ROC earlier this month, the organization shared that roughly 75 per cent of its member groups report being worn out at a time when they are now being asked to work harder than ever.

Speaking with The Record directly, ROC Director Claudelle Cyr said that while burnout is not a new issue in community organizations, the stresses of the last several months have done nothing to help.

"It is worse now," she said, "(the problem) is enormous."

Cyr stated that she is well aware that everyone is struggling at the moment, but pointed out that as the organizations on the front lines of the struggle, the ROC members feel that universal social anxiety even more strongly.

"We're talking about youth centres, women's shelter, volunteer centres, meals on wheels programs," she said. "This is in every sector serving the population right now."

"We're not saying it's easier for anyone else, but we're being asked to serve a population in distress with limited resources," Cyr added. "The government wants us to be present, and we say we are here, but then we are left on our own to fill in the gaps."

Those gaps, the director said, come from the confusing position of being officially considered priority essential services, but then not being given the

support and directives needed to keep those services going with teams of sometimes only three or four people.

"We want to continue working, but if we can't take care of ourselves, then we cannot help anyone else, either," Cyr said, pointing out that when small teams need to commit large amounts of already squeezed schedules to acquiring appropriate personal protective equipment as well as learning and re-learning changing safety protocols, it significantly impacts their ability to serve a core mission. "You have no idea the number of hours have been committed to just having access to enough masks," she added.

Aside from the health and safety restrictions, Cyr said that the ways in which the government has proposed to help are actually only adding to the pressure.

"They make announcements in press conferences; seven million for mental health, seventy million for groups, but the actual funds are very difficult to follow and the accountability measures are unbelievable," the director said, explaining that the government has reorganized the way it holds community organizations to account in such a way that it is taking more time than it has ever taken before.

"I already have groups that have refused these funds, not because they don't need the money but because they can't handle all the requirements," Cyr said. "It is too complicated."

The ROC director called the measures "authoritarian," noting that although it is very important to keep track of the spending of public money, it is also not socially responsible to ask tiny organizations to commit massive amounts of their resources to accounting over a matter of a few thousand dollars.

"It doesn't make sense," she said, "No organization is asking for \$100,000."

At the same time, the director said that it has never been so hard for community organizations to make their voices heard at the government level, leaving many feeling left without anywhere to turn with their concerns for the future. As a result, Cyr said several are already considering or have engaged in temporary shutdowns that put their usual clientele at risk.

Even for those groups that have decided to accept government funding, there are limits to what throwing money at the problem can do.

"We cannot hire more workers for only three months," Cyr said, pointing out that case workers, for example, often require specialized training. Additional funding, therefore, is essentially being channeled into paying for what is usually unpaid overtime but that doesn't make the workers in question any less burnt out at the end of the day.

"It doesn't change anything for a worker who has to stay home because her kid can't go to school or daycare," Cyr said.

Given that the coming of COVID-19 has changed the way that nearly everything is being done, the ROC director acknowledged that there is no simple solution to the problem, but she argued that the government should at least not be working to make matters more complicated.

"We want to continue to help the community, but we are being given constraints by the government that just do not make any sense," she said, arguing that if community organizations were able to work through the pre-established channels, that would already be better. "As it is, things are not working and everything feels like a fight."

## Quebec surpasses 100,000 cases

CONT'D FROM PAGE 1

of COVID-19, bringing the total number of cases in Quebec to 100,114 since the beginning of the pandemic.

According to public health authorities, 84,828 are considered recovered.

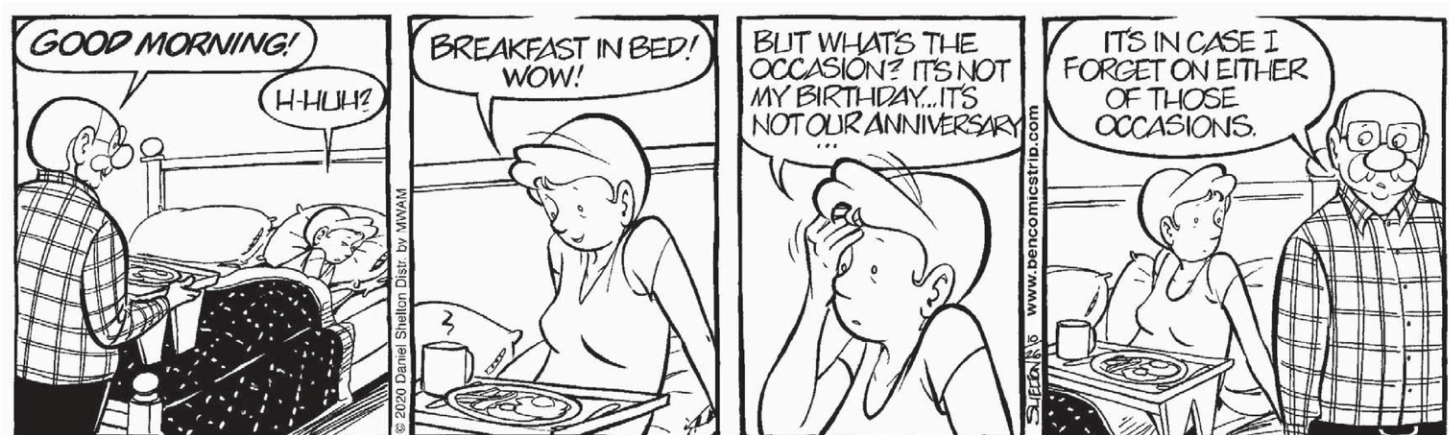
Eleven new deaths were reported yesterday. Five occurred in the last 24 hours, and six occurred throughout last week, bringing the total number of deaths in the province to 6,143.

There are 551 patients in hospital

due to the novel coronavirus, 97 of whom are in intensive care.

In the Estrie region nine new cases were reported on Friday, 26 on Saturday and 38 cases were reported on Sunday, bringing the local total to 2,511.

## Ben by Daniel Shelton



# Local News

"The noise, the disturbance, the garbage that stays for a week, people parking their cars accidentally blocking access to certain roads; it creates a lot of problems in residential zones," Roy said.

## Agricultural producers celebrate buying local

Record Staff

**M**artin Caron, First Vice President of the UPA-Estrie, the local union of agriculture producers, stated in an update earlier this week that Quebecers taking interest in purchasing locally produced food and products has proven that citizens are local producers' greatest allies.

"For us, food self-sufficiency is a very unifying and highly relevant project," Caron said in a press release. "The citizens of Quebec are our greatest allies in bringing that to fruition."

The release, which described highlights from the UPA's annual general assembly, detailed the effects of the COVID-19 pandemic on the agriculture industry. It stated that market disruptions, breaks in work, mainly in slaughterhouses, delay and absences of expected temporary workers, and a loss of crops, and a significant drought in May and June have had heavy impacts on the industry.

All sectors of agriculture were affected and not all damage has yet to be accounted for, but consumer interest in buying local has increased

in the last year. The release also noted that the Canadian government's interest in increasing the country's food autonomy is an opportunity that must be taken full advantage of, as it will allow the Canadian and Quebec agriculture industries to grow and flourish.

Vice President Michel Brien spoke on the media representation of the agriculture and forestry industries, saying that the positive representation of both sectors has been influential in the public decision to invest in local markets.

There was also discussion of the climate emergency and how the industry can do better and modify farming practices in accordance with the ever-changing climate. President of UPA-Estrie, Francois Bourassa, said that we all must make adjustments to the way we produce and consume, but that the increasing interest in local goods is a step in the right direction.

Nearly 100 agricultural producers attended the video conference AGM under the theme 'Feeding our World More Than Ever'.

## Fall brings new team for Centraide Estrie

By Reann Fournier  
Special to The Record

**A**t the annual general meeting for Centraide Estrie, several executive seats were filled by experienced leaders in the community.

Marie-Claude Landry, an experienced philanthropist and previous Executive Director for Heritage Montreal, officially joined the team as the Director of Philanthropy, and after several years working in different areas of the organization, Ismael Sondarjée took up the role as president.

"I come from a very privileged background and was raised that giving back is important," said Landry. "When I arrived in the area, having an impact in my new community was a priority for me, and joining the Centraide Estrie team was the perfect opportunity."

Over the years, Landry has led several fundraising campaigns and programs in the Montreal area. As the new Director of Philanthropy, she has outlined three priorities for her term; broadening the network of corporate partners, increasing engagement of current partners, and diversifying the source of philanthropic revenues.

"In order for local organizations and programs to pursue their mission, mostly sustained by Centraide Estrie's support, we need to always be increasing philanthropic revenues," said Landry. In order to do so, she has proposed personalized cultivation and adaptation to the fundraising tools and strategies to meet specific organizations' and programs' needs.

According to Landry, building relationships with community leaders and entrepreneurs is essential to accomplish her goals as Director of Philanthropy. "I'm always amazed to meet people who do amazing things, but work in the shadows," she said. "We can learn a lot from them."

As president, Ismael Sondarjée plans to incorporate similar business practices. "We've been shy in the past, we didn't want to release exact targets for campaigns or create any waves," he said. "Last year, we had the highest grossing campaign in the last 40 years with an increase of 30 per cent."

Sondarjée commented that, by incorporating individuals from different backgrounds onto the board, he will be able to examine the many aspects of different campaigns and the

best ways to assist the organizations and individuals who make use of the resources offered. "Cherry picking experienced people in different fields and bringing them in will allow for us to really get the whole picture," he said.

He added that making hard but necessary decisions to better the organization and improve community outreach is one of his top priorities. "We want to rebuild the image that we have, and for people to understand that what we do is not just financial support," he said. "People need to have a better understanding that our assistance isn't only for a small percentage of the community, and that a lot of people will reach out quietly. A lot of the time it's for other types of support."

Centraide Estrie works with 67 different community organizations and programs in all different areas. Sondarjée commented that, while the work is widespread, many issues need to have more time in the spotlight. "Mental health, support and awareness for the LGBTQ community," he said. "All of those in the dark issues are what need to be at the forefront of everything that we do moving forward."



Marie-Claude Landry



Ismael Sondarjée

PHOTOS COURTESY

## UMQ president wants to avoid creating vacation hubs in residential zones

By Michael Boriero - Local Journalism Initiative Reporter

**U**nion des municipalités du Québec (UMQ) President Suzanne Roy reacted to Quebec's Bill 67, which addresses flood risk management in flood-prone areas and regulations on what qualifies as an Airbnb property.

According to the UMQ, Airbnb's are growing rapidly, especially in the province's more rural areas where people are swapping busy city life with quiet solitude for a period of time. But Roy believes this is detrimental to keeping the peace in neighbourhoods unaccustomed to tourism.

"The noise, the disturbance, the

garbage that stays for a week, people parking their cars accidentally blocking access to certain roads; it creates a lot of problems in residential zones," Roy said.

Roy added that the bill removes a municipality's capacity to prohibit tourist accommodations, which runs the risk of creating small vacation hubs in areas primarily made up of residential neighbourhoods.

She wants the Quebec government to take out certain sections of the bill in order to give municipalities the power to define what constitutes a tourist accommodation, like an Airbnb, in a residential area.

Places like Magog and Sainte-Catherine-de-Hatley are suddenly filled

with tourists, Roy told The Record. People are buying up property to rent out, but boisterous tourists are disturbing residents' every day life.

Roy also touched on Quebec's Bill 66, which promotes the acceleration of infrastructure projects. The UMQ completely supports the bill as it is the quickest path to restarting the economic in terms of the pandemic, Roy said.

"For the relaunch of the economy it's essential for us to go even faster to start these infrastructure projects," she said. "These are projects in health, education, and transportation, so it's important to go a bit faster in order to restart the economy."

While Roy noted the importance of

accelerating some of Quebec's larger projects, she hopes the government will consider speeding up the process for smaller infrastructure projects across the province.

When asked about the negative effects of rushing these types of projects, such as overlooking environmental impact, disrupting day-to-day lives, and budgeting concerns, Roy said she has faith in the provincial government's ability to properly manage its construction initiatives.

"I think in Quebec we are able to be efficient and rigorous," said Roy. "The culture of going slower doesn't give us better projects, it just gives us projects that take a long time to complete."

# EDITORIAL

In the lead-up to June 2018, the little consulate outpost in Quebec City found itself at the epicentre of an unimaginable whirlwind of organization, logistics and protocol.

## Where will you be when election night history is made?



PETER BLACK

Clinton was going to take down Trump, whose credentials as a predatory sexist pig had been exposed on the Access Hollywood tape only a few weeks before. On the other hand, James Comey, the soon-to-be-former FBI director, had launched a torpedo at Clinton's campaign, a torpedo he tried vainly to unlaunch a few days before the vote.

As the decisive Florida votes came in, I happened to be standing next to someone from a southern red state who was likely one of the rare Trump supporters in the room. All I can remember him saying is he never expected Trump would actually win and probably neither did Trump.

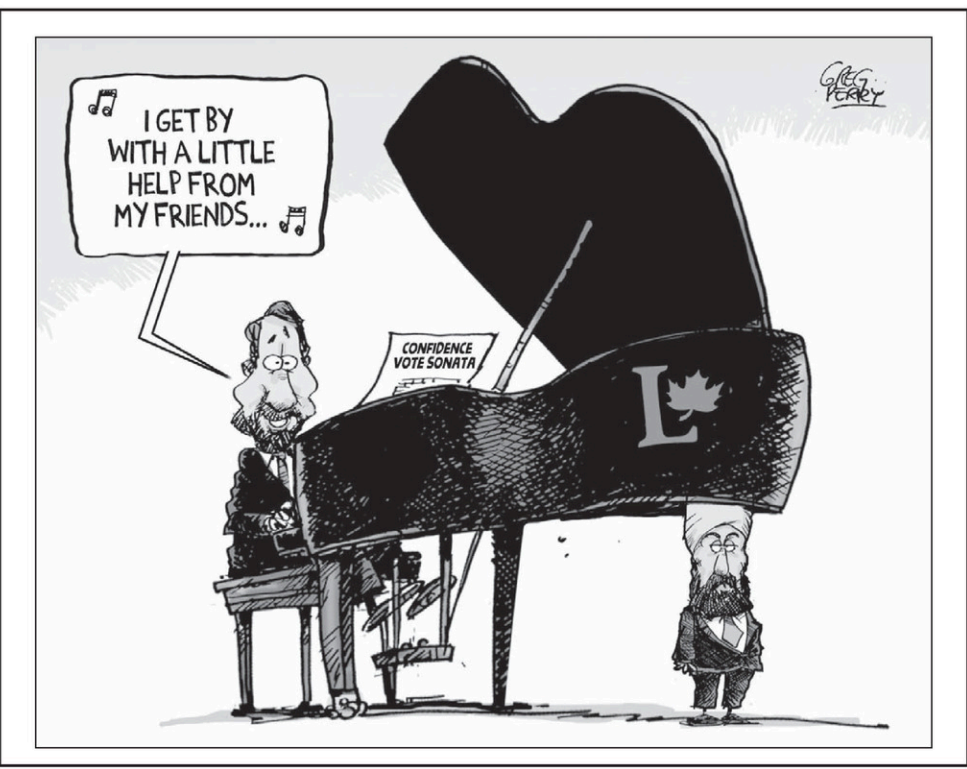
How could this happen? That was the feeling in the room, stunned into silence with people discreetly slipping out to avoid the awkwardness. We felt for our U.S. diplomat hosts who would now have to deal with a Trump presidency ... diplomatically.

And boy, did they. It just so happened Canada's turn in the rotation to host a G7 summit was coming up, and Prime Minister Justin Trudeau had chosen - and fortified - the Charlevoix region. Had he known at the time Trump would be representing the U.S., he may have picked a more secluded location, like Baffin Island.

In the lead-up to June 2018, the little consulate outpost in Quebec City found itself at the epicentre of an unimaginable whirlwind of organization, logistics and protocol, preparing the ground for the visit of a president who had already demonstrated his volatility and unpredictability on the world stage.

As it turned out, he did not disappoint in his unpredictability, turning up late for meetings, and leaving the summit early, tweeting insults at Trudeau as he winged away on Air Force One to see his new BFF Kim Jong-un in North Korea.

Charlevoix was as close to Quebec City as Trump ever got, and, as it turns out, the G7 was Trump's one and only official visit to Canada during his tumultuous term. For the record, the only presidents



to visit the Quebec capital while in office are George W. Bush (2001, for the Summit of the Americas) and Ronald Reagan (1985, the "Shamrock Summit" with Brian Mulroney).

Prior to that, only Franklin Delano Roosevelt visited la vieille capitale as president, once in 1936, and twice for the wartime summits.

I already know where we'll be watching the 2020 election results. It will be in a pandemic red zone, in a

family bubble at home, maybe snacking on take-out from a shuttered restaurant.

Will there be another stunning outcome? Will the United States finally send a woman to the White House, this time a heartbeat from the presidency, with a credible shot for 2024? Trump probably doesn't expect to win again. But will he?

Attachez vos tuques and pass the hand sanitizer.

## Letters

### Fossmobile historical documents moving to Library and Archives Canada

After more than a year of considerable thought, conversations with many historians and discussing all of the possibilities with my two sisters and my two children, we are very proud to make the following family announcement.

We have donated all of the original archives related to our grand-father George Foote Foss, and his invention of the Fossmobile, to Library and Archives Canada, in Ottawa. They are best suited in order to insure their long-term preservation and future accessibility for all Canadians. This includes the original photos, the two honorary membership certificates and a whole host of journals, articles and publications.

It was emotionally difficult to part with some of these items, as they have been in our possession for years now. Many of them professionally framed and proudly hung in our homes. All of these items have been carefully removed from the frames and have been professionally copied.

It is a Library and Archives Canada objective to have more and more items digitised, in order for Canadians to have easier access to them. Once our items have been processed a request to have the most interesting ones digitized will be initiated, so they will be displayed directly on their website.

I want to thank the Canadian Automotive Museum, as they would have liked for the archives to have been donated to them, along with the tribute Fossmobile. They have very graciously supported our choice and are comfortable with receiving the professional copies, which will ultimately form part of their display.

RON FOSS  
EXECUTIVE DIRECTOR  
FOSSMOBILE ENT<sup>TM</sup>

I was shocked to read Ross Murray's "a man explains..." in Thursday's edition. I kept reading expecting to read that it was a bad joke, but no. At a time when we are being encouraged to follow the guidelines set out by medical experts the last thing we need is him spewing nonsense.

DORIS MCGOVERN

## THE RECORD

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### Member

ABC, CARD, CNA, QCNA

# Stanstead mother approves of a proposed off-road vehicle safety bill

By Michael Boriero - Local Journalism Initiative Reporter with files from Matthew McCully

Quebec Transport Minister François Bonnardel tabled a bill last week demanding better off-road vehicle (ORV) safety practices, which calls for a mandatory training program and a valid driver's license or permit, much to the pleasure of Ngaire DeNora.

"It's about time that they're going to take that into consideration because those machines are so dangerous and people don't know what they're getting into when they go to ride them," she said.

The Stanstead resident has been fighting for stiffer safety measures imposed on ORV's ever since her son, Myles, lost his life in an all-terrain vehicle (ATV) accident three years ago. Monday marks the anniversary of his death.

"I had no idea they were as dangerous as they are until I started researching them and then I was completely shocked out of my mind that there wasn't mandatory training for them like we have for a car," DeNora said.

She runs a Facebook group called MAQ-People For Mandatory Safety Training for Quads and a Facebook page called The "Flip" Side of ATVs/Quads. She posts regularly about ATV-related news, which, unfortunately, often deals with accidents and deaths.

Recently, she made her views known about a Vermont law that passed allowing ORVs to ride through the streets of Newport, which borders Stanstead. According to DeNora, she received a lot of flack online for her comments demanding mandatory training.

"For some reason they think it's ridiculous. Well, they have it for motorcycles, they didn't used to have it for motorcycles, but now they do. It's like a cult, it's like a belief system, it's like Trump supporters," she said, adding that she had hoped to avoid using that name.

At 24 years old, her son perished while riding his quad, a four-wheel ATV, in Saskatchewan. Myles lost control of his vehicle before hitting a fence post. He was rushed to the hospital where he later died of brain injuries sustained in the crash.

DeNora has been on a mission to educate the public about the dangers of riding an ATV without proper training. Her son was wearing a helmet at the time of the accident. He had not been drinking and there were no signs of excessive speeding.

"What happened to my son happens every day, they just don't want to admit it," DeNora said. "There's this disconnect between the machine and the training that you need to ride them safely."

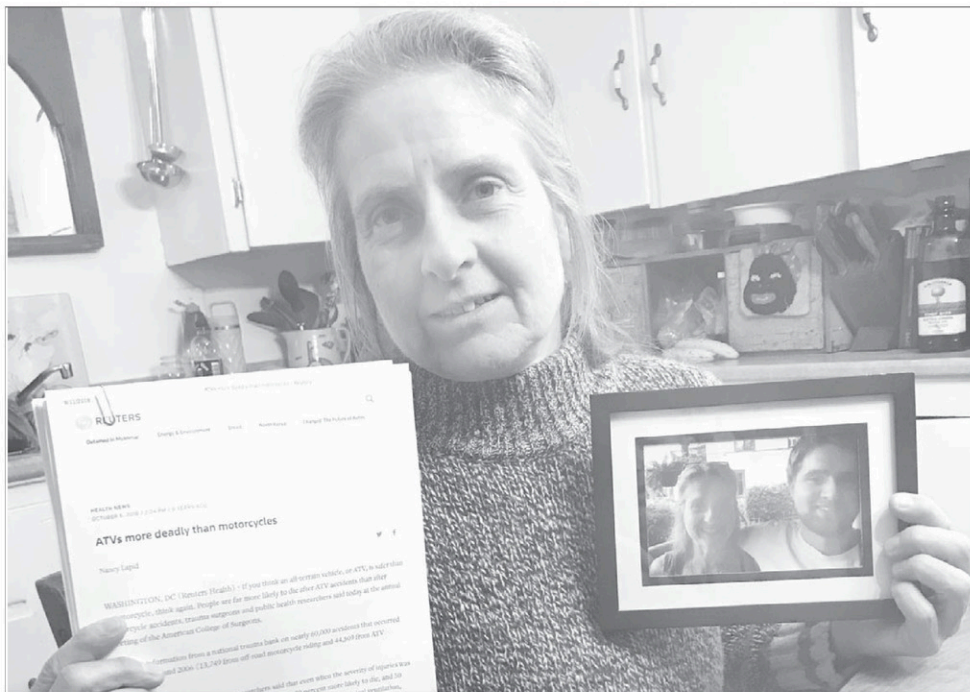
The Quebec government committed to implementing mandatory training for ORVs in Jan. 2020, after a tragic accident claimed the lives of five snowmobilers and their guide in Lac Saint-Jean.

The bill tabled last week includes a demand for more police officers monitoring off-road trails to deter reckless drivers. And it asks for people living near trails to accept ORV or ATV traffic, but users also need to be respectful of neighbourhood safety.

However, DeNora is pushing for more regulations, including increasing minimum age requirements, a written SAAQ exam, and putting more onus on the vehicle manufacturers. She still sees people driving ATVs in her area without any regard for safety.

"I mean I've seen people here riding them on the roads and I'm always astounded by how they're allowed to do that and also they're speeding on pavement and pavement is the worst surface for an ATV."

DeNora, in an effort to promote ATV safety, started a scholarship fund in memory of Myles. The funds are shared between a school in Kipling, Saskatchewan where Myles was living when he died, and the Lennoxville Vocational Training Centre, where he studied.



RECORD ARCHIVES/MATTHEW MCCULLY

# Wales Home fundraising auction online



COURTESY WALES HOME

The Wales Home is currently holding a fundraising online auction. Typically, every spring the Wales Home Ladies Auxiliary holds a fundraising silent auction but due to the Pandemic, this year we were unable to hold it. Fortunately, however, the wonderful community we live in has been generous with donations once again which has enabled us to hold this annual fundraiser in an alternative way - with an online fundraising auction.

Items for the auction can be seen through the Wales Home Facebook Page.

For further information, contact the Wales Home.

Thank you to the generous community we live in for these items and all the help involved in making this event happen. We hope this event raises funds to help improve the lives of the residents residing at the Wales Home.

Submitted by Carol-Ann McElrea



## Public Works Department Truck Driver Household Waste Collection

### JOB OFFER - PERMANENT POSITION

The Town of Stanstead is currently seeking to fill the position of truck driver for household waste collection as part of the public works team.

Under the direction of the foreman, the ideal candidate will have as main task to execute the collection of waste materials throughout the Town of Stanstead and the municipality of Ogden. He/she will also be responsible for the cleaning and maintenance of the collection vehicle.

#### Requirements:

- Class 3 driver's licence;
- Experience driving heavy equipment or trucks;
- Knowledge of the Stanstead area;
- Patience, attention to detail and good judgment;
- Bilingual, an asset.

#### Work Conditions:

- Permanent position offering forty (40) hours per week;
- Competitive salary and benefits package according to the current pay grid;
- Start date: late 2020 or early 2021.

Interested candidates are invited to send their curriculum vitae before **November 13, 2020, 12 p.m.**, to the following:

**Jean-Charles Bellemare**  
General Manager  
425 Dufferin Street  
Stanstead, Quebec J0B 3E2

Email: [directeurgeneral@stanstead.ca](mailto:directeurgeneral@stanstead.ca) Fax: 819-876-5560

*Though all candidates will be thoroughly and carefully reviewed, only those selected for an interview will be contacted. Thank you for your interest in this position.*

# Understanding Red Zone Restrictions



In red zones, where the situation is critical, stricter measures must be enacted because the number of cases is rapidly increasing. People in these zones must limit social contact as much as possible to prevent virus transmission. By applying all measures, we can fight COVID-19 more effectively. No single measure is sufficient on its own.

The more we limit contact with other people, the sooner we can resume our activities.



## Why are restaurants and bars considered high-risk places for spreading COVID-19?

We usually gather in places like bars and restaurants to socialize with friends, family, and colleagues. In these places, we are often close to other people. Both talking and eating greatly increase the risk of virus transmission. Restrictive measures in red zones are meant to minimize close contact between people who do not live at the same address.



## Why ban activities and audiences in public places?

Large gatherings are an opportunity for people to socialize, often in close proximity to one another. This can increase the risk of virus transmission. The ban on activities and audiences in public places in red zones is meant to minimize social contact between people who do not live at the same address.



### Why close gyms and stop team sports?

Gyms provide an opportunity for people to socialize with others, and so do many sports and leisure activities. Group sports generally involve social contact with teammates. Some sports are difficult to play while maintaining physical distance. Stricter measures in red zones are meant to reduce close contact between individuals and thus slow the spread of COVID-19.



### Why must face coverings be worn in high school classrooms in red zones?

Young people are currently overrepresented in COVID-19 case counts and a number of outbreaks have occurred in the school system, mainly in red zones. According to field observations and what we know about how the virus spreads, high schools pose more risk than primary schools.

High school students are older and capable of wearing masks or face coverings for longer periods of time. Therefore, in red zones, face coverings must be worn by all high school students at all times in common areas, including in stable class groups, on school grounds, and during electives with different class groups.

### We need to act now

To find out the alert level in your region, consult the map of COVID-19 alert levels by region at [Québec.ca/alertlevels](https://quebec.ca/alertlevels)

[Québec.ca/zonerouge](https://quebec.ca/zonerouge)

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Québec 

**Death**

**Esther Trussler  
1938-2020**

At the Argyll Residence, on October 21st, 2020, died at the age of 82 years of age, Mrs. Esther Trussler, wife of the late Mr. Albert Head. She was the daughter of the late Wilfrid Trussler and the late Hazel-Irene Hetherington.

She leaves to mourn her children: Debbie Head, Linda Fulford, Jo-Ann Head; her grandchildren: Nadia Carrier, Jonathan Carrier, Mélanie Head, Carl Head Jutras, Jesse Head; her great-grandchildren and other family members. She will be missed by a lot of friends.

Family will have visitations on October 27th, 2020, from 1:30 to 2:30 p.m. at Cass Funeral Home, 3006 College, Sherbrooke, J1M 1T9. Burial will follow at St-Peter's cemetery.

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**In Memoriam**

**In Memory of**



**Myles DENORA-LABRECQUE  
August 4, 1993 - October 26, 2017**

Very sadly missed by his mother  
**NGAIRE**  
and numerous Friends and Family

*Everyone who knew you  
was fortunate to have known you.*

*Fly high Myles  
and I'll see you on the flip side.*

*Love, Mom*



**In Memoriam**

**STURTEVANT, Merlyn (nee Dougall)**  
- In loving memory of our mother, grandmother and sister who passed away 14 years ago on October 24<sup>th</sup>, 2006.

*The world may change from year to year  
And friends from day to day,  
But never will the mother,  
grandmother, and sister we loved  
From memory pass away.  
Sunshine passes, shadows fall,  
Love's remembrance outlasts all;  
And though the years be many or few,  
They are filled with remembrance of you.*

**Fondly remembered by  
MICHELINE AND WESLEY  
JÉRÉMIE AND ELLIOTT  
JUNE**



**Datebook**

**MONDAY, OCTOBER 26, 2020**

Today is the 300th day of 2020 and the 35th day of autumn.

**TODAY'S HISTORY:** In 1774, the first Continental Congress adjourned in Philadelphia.

In 1881, the legendary shootout between lawmen and outlaw cowboys near the O.K. Corral in Tombstone, Arizona Territory, left three men dead.

In 2001, President George W. Bush signed the anti-terrorism USA Patriot Act into law.

In 2002, Russian special forces raided a theater in Moscow where Chechen separatists had held hundreds of patrons hostage for nearly three days. More than 130 hostages and all 40 militants were killed.

**TODAY'S BIRTHDAYS:** Mahalia Jackson (1911-1972), singer; Bob Hoskins (1942-2014), actor; Pat Conroy (1945-2016), novelist; Pat Sajak (1946- ), TV personality; Hillary Clinton (1947- ), politician; Dylan McDermott (1961- ), actor; Cary Elwes (1962- ), actor; Natalie Merchant (1963- ), singer; Keith Urban (1967- ), singer-songwriter; Seth MacFarlane (1973- ), actor/writer/TV producer; Jon Heder (1977- ), actor; Sasha Cohen (1984- ), figure skater.

**TODAY'S FACT:** Florida is the flattest state in the United States. Its highest elevation is only 345 feet above sea level.

**TODAY'S SPORTS:** In 1997, the Florida Marlins became the youngest Major League Baseball franchise ever to win a World Series, earning the championship in its fifth year of existence. The 4-year-old Arizona Diamondbacks surpassed the Marlins' mark with a World Series win in 2001.

**TODAY'S QUOTE:** "Music could ache and hurt, that beautiful music was a place a suffering man could hide." – Pat Conroy, "Beach Music"

**TODAY'S NUMBER:** \$50 – advertised monthly pay for Pony Express riders and station keepers. The horseback delivery service, which relayed mail from St. Joseph, Missouri, to Sacramento, California, officially ceased operations on this day in 1861.

**TODAY'S MOON:** Between first quarter moon (Oct. 23) and full moon (Oct. 31).

**Bee venom shows promise, but needs more study**

**ASK THE DOCTORS**

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

**Dear Doctors:** We heard a story on the news that bee venom can cure breast cancer. Is that really true? How does stuff like that even get researched?

**Dear Reader:** It's true that recent research has shown that an active component found in the venom from honeybees is toxic to certain types of cancer cells. Before we get any deeper into this topic, though, it's important to note these results were obtained in laboratory tests. So, while bee venom has indeed shown promise in killing a range of cancer cells, a treatment based on these findings that can be used in humans will take years more study and testing.

It may seem that using bee venom to fight cancer comes out of left field, but the idea actually reaches back to the dawn of medicine. The pharmaceutical use of honeybee products, known as apitherapy, dates back at least 5,000 years to ancient Egypt, China and Greece. Medical practitioners of the time used honeybee venom to treat joint inflammation and pain, and the antibacterial properties of honey were harnessed in approaches as various as

treating wounds, easing indigestion and embalming the dead. In modern medicine, bee venom has become a subject of interest in the treatment of rheumatoid arthritis.

The venom that honeybees inject when they sting is a complex mixture of proteins, enzymes, sugars, lipids and other bioactive agents. The bulk of it is made up of short chains of amino acids, known as peptides, which are the building blocks of proteins such as collagen, elastin and keratin. The most abundant of these is a peptide called melittin, which is responsible for most of the medicinal effects of bee venom. (Don't worry, bee lovers: Melittin can be synthetically produced.) Scientists have been interested in the anti-tumor properties of melittin for many years, including in the fight against melanoma, the most virulent and deadly of the skin cancers.

The study you're asking about was conducted by scientists at the Harry Perkins Institute of Medical Research in Western Australia and was recently published in the journal Precision Oncology. The researchers evaluated the venom from 312 honeybees and bumblebees and found it to be surprisingly effective at destroying certain types of cancer cells, including

those in some subtypes of breast cancer. These include triple-negative breast cancer and HER2-enriched, each of which has limited treatment options.

At a certain concentration, the serum formulated from the bee venom killed the cancer cells within an hour, and at the same time did limited damage to the surrounding healthy cells. The peptide melittin, which is already known for its ability to break down lipid membranes, was also able to disrupt the growth of the cancer cells. The researchers found that the peptide achieved this by disrupting the signaling pathways that cancer cells use to replicate, thus significantly slowing tumor growth.

These findings hold promise, but challenges remain. Compounds that kill cancer in a petri dish don't always translate into successful medications. More research is needed to create a safe and effective drug.

*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. Owing to the volume of mail, personal replies cannot be provided.)*

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# NEA Crossword Puzzle

# Your Birthday

MONDAY, OCTOBER 26, 2020

Answer to Previous Puzzle

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

- ACROSS**
- 1 Reduction
  - 5 Show distress
  - 8 Grassy expanse
  - 11 Submit to
  - 12 Take stealthily
  - 14 Yes, in Kyoto
  - 15 Stripe
  - 16 Zone
  - 17 Jacket feature
  - 18 Works like a horse
  - 20 Sleeve parts
  - 22 — de guerre
  - 23 Persian monarch
  - 24 Pablo's girl
  - 27 Canyon effect
  - 29 Unhappy
  - 30 Nursery items
  - 34 Sincerely
  - 37 A Stooge
  - 38 Pro votes
  - 39 Goody-goody
  - 41 Now, to Caesar
- 43 Proper, as respect**
- 44 Skylight
  - 46 In need of a meal
  - 49 Barn color
  - 50 Electrical units
  - 52 McClurg or Brickell
  - 54 Expert
  - 55 Moscow turndown
  - 56 Gives it the gas
  - 57 — annum
  - 58 Devious
  - 59 Cinch
- DOWN**
- 1 Note before la
  - 2 Just slightly (2 wds.)
  - 3 Jay of TV
  - 4 Watching
  - 5 Twitch
  - 6 Thole filler
  - 7 Squandered
  - 8 Tibet's capital
  - 9 Mercury plus two
  - 10 Prepares to fire

- 13 Swampy
- 19 Mauna —
- 21 Flapjack chain
- 24 Timber tree
- 25 "Diamond Lil"
- 26 Mountain overlooking Troy
- 27 Building extensions
- 28 Coral formation
- 30 Homey dessert
- 31 Ostrich kin
- 32 Head movement
- 33 Take a gander
- 35 Pretoria cash
- 36 Wealthy industrialist
- 39 Play on words
- 40 Directs elsewhere
- 41 Sibling's daughter
- 42 Reporting to
- 43 Grimy
- 44 Coat or sweater
- 45 Motives
- 47 First orchard?
- 48 Met celeb
- 51 Cartoon voice — Blanc
- 53 Mind reader's gift

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		

Consider what makes you happy, and adjust your living space to fit your needs. Change doesn't have to be drastic; it just has to ease your mind. Comfort and convenience will be essential if you want to be productive. Good fortune is within reach; all you have to do is make the necessary moves to encourage personal growth.

**SCORPIO (Oct. 24-Nov. 22)** – A unique idea, coupled with moderation and expertise, will lead to productivity and enthusiasm. Romance and self-improvement are favored.

**SAGITTARIUS (Nov. 23-Dec. 21)** – Step outside your comfort zone if someone puts you on the spot. Be willing to walk away from a situation that makes you uncomfortable. Concentrate on fitness, health and happiness.

**CAPRICORN (Dec. 22-Jan. 19)** – Don't get angry; get moving. Avoid risky situations. Look at the facts, practice social distancing and avoid disruptive influences.

**AQUARIUS (Jan. 20-Feb. 19)** – Let go of the past before it becomes a burden. Pour your energy into living life your way. Lower your overhead if it will put your mind at ease. Do the right thing at all costs.

**PISCES (Feb. 20-March 20)** – You'll have plenty of ideas, but trying to do everything will be futile. Concentrate on what you enjoy doing most and give it your all. Build success on a solid foundation.

**ARIES (March 21-April 19)** – Be tight-lipped when dealing with prying people.

ple. Don't let compliments go to your head or encourage you to trust someone you don't know well. Focus on getting things done.

**TAURUS (April 20-May 20)** – Set the stage for success. Pay attention to details and present what you have to offer with clarity and confidence. Don't feel pressured to act fast; time is on your side.

**GEMINI (May 21-June 20)** – Keep an open mind, but be sure to question anything that contradicts your beliefs. You don't have to agree with someone to get along with them. Be willing to meet halfway.

**CANCER (June 21-July 22)** – Don't get into a spat with someone who has his or her own agenda. You'll get the freedom to do your own thing if you let others do as they please. Personal growth is encouraged. Romance is favored.

**LEO (July 23-Aug. 22)** – Be a good listener, channel your energy into something constructive and refrain from letting others upset you. Be accountable for your actions, and protect what you have worked so hard to acquire.

**VIRGO (Aug. 23-Sept. 22)** – Your emotions won't lead you astray. Nurture meaningful relationships and improve your life. How you treat others will determine how much help you receive when you need it.

**LIBRA (Sept. 23-Oct. 23)** – Don't get thrust into something that doesn't suit you in order to accommodate someone or avoid unpleasanties. It's essential to stand up for what you want and to be responsible for what happens.

MONDAY, OCTOBER 26, 2020

## Long suits work opposite fit

By Phillip Alder

This was a wild deal at a Bridge Base Online duplicate. What do you think of the auction? What happened in five diamonds doubled after West led the heart seven?

The basic principle for North is that if he is willing to bid five diamonds, he should get there immediately. Bidding four then five gives the opponents a fielder's choice – double or bid higher – after they have already exchanged some information. Here, though, if North had jumped to five diamonds, would East have bid five hearts (ending the auction) or doubled (after which West might have advanced with six clubs)?

Note that five hearts has to fail unless South strangely leads a spade. But six clubs is unbeatable!

Against five diamonds, West would have done best to lead his singleton. Double dummy, the contract goes down two if East wins with the spade queen and immediately gives his partner a spade ruff, then West shifts to a heart. If East cashes the spade ace before delivering the ruff, that results in down one.

At the table, though, unsurprisingly, West led the heart seven. Declarer

		North	10-26-20
		♠	K 8 6 4 3
		♥	A 4
		♦	K 7 4 3
		♣	7 5
West		East	
♠	10	♠	A Q 7 5
♥	7 2	♥	K Q 10 8 5 3
♦	9 8	♦	—
♣	J 10 9 8 6 4 3 2	♣	A K Q
		South	
		♠	J 9 2
		♥	J 9 6
		♦	A Q J 10 6 5 2
		♣	—
Dealer: South			
Vulnerable: North-South			
South	West	North	East
3♦	Pass	4♦	4♥
Pass	Pass	5♦	Dbl.
Pass	Pass	Pass	
Opening lead: ♥ 7			

won with dummy's ace, ruffed a club, cashed the diamond ace, crossed to the diamond king and ruffed the last club. Then he exited with the heart jack. Now East should have led a high heart. Even if South were 4=2=7=0, giving a ruff-and-sluff couldn't cost. Instead, he cashed the spade ace (not fatal), but then he led his last club (which was). South sluffed his spade loser and ruffed on the board to make the contract.

### 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.

“BYH YTULG RLVLRABX SNI ZTIEHG AC  
JAWH ZLUZNN — SLI UNIH SJHFAZJH  
BYLG XNT'E HMHI ZHJAHMH LB SAICB  
OJLGRH.” — DNEA VARNTJB

Previous Solution: “The drummer’s always going to be there. They’re the floor of the whole deal and everyone can stand up on you.” — Ringo Starr

TODAY’S CLUE: 7 sjenbø f

### REALITY CHECK



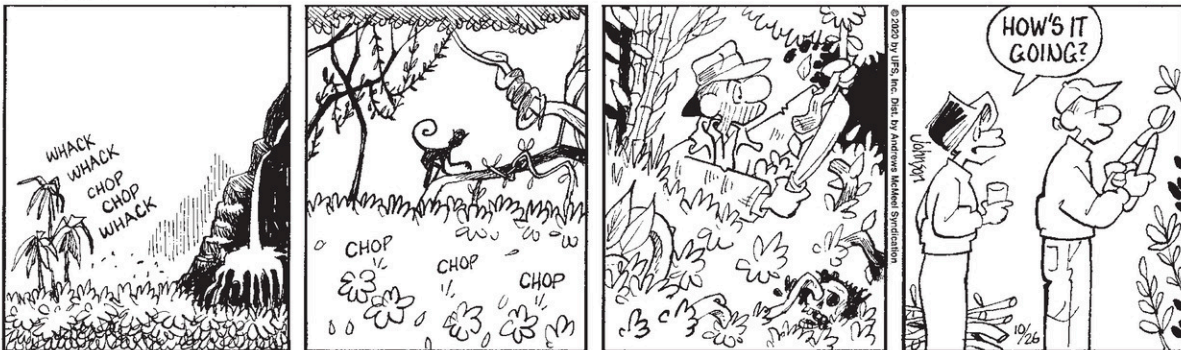
### HERMAN



### ALLEY OOP



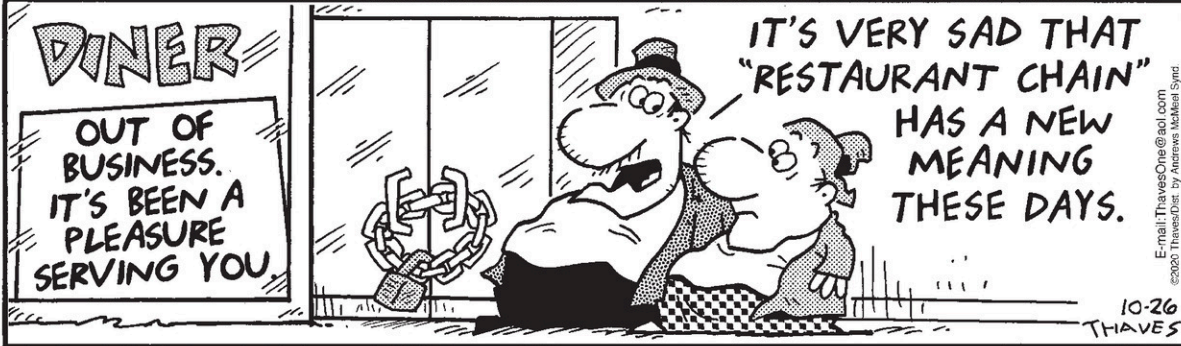
### ARLO & JANIS



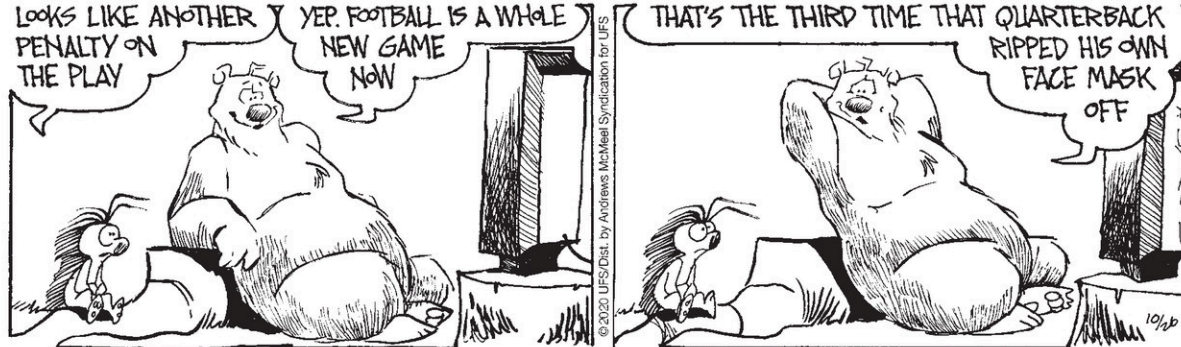
### THE BORN LOSER



### FRANK AND ERNEST




### GRIZZWELLS



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## Affairs of the heart

Dear Annie

MONDAY, OCTOBER 26, 2020

**Dear Annie:** My husband had an emotional affair with his boss. He texted her, called her and tried to go out with her. She did not reciprocate and, as far as I know, kept it strictly business. He told her his feelings, but she told him she was not interested. He quit his job after that but continued to text her, asking her to go out. She didn't reply.

When I found out, he told me he just wanted to have sex with her, and her not giving in made him pursue her more. Now, I feel in second place in my marriage. Would he still be here if had she had said yes? What were his true feelings?

They only worked together and were never physically intimate. I am lost and don't know what to do. - Lost and Alone

**Dear Lost:** What your husband did to you was disgraceful. You have every right to be upset and hurt. His intentions were enough for you to leave. You should seek the help of a professional marriage counselor to decide whether it is worth staying together. Best of luck.

**Dear Annie:** I'm a 24-year-old new mom to a gorgeous son. But I discovered that my husband was - and I'm 100% sure still is - cheating on me with someone who I thought I could trust. She has known us since I found out I was pregnant.

On the day that I brought my son home from the hospital, she was the first person to hold him outside of my husband and me. He keeps saying that she's distancing herself from him because he turned her down for sex, but I went through his phone and saw a message from her saying to come over, and he said he was on his way.

I don't know what to do. I love him so much, and he's the father of my son. Help please. - Shocked and Saddened

**Dear Shocked and Saddened:** Congratulations on the birth of your gorgeous son. I am so sorry that your husband is unable to be present for you and your newborn. Sadly, some men feel jealous of a newborn

and sometimes act out. This awareness in no way excuses his behavior. While you can't control his actions, you can control yours. Stop snooping on his phone and start having real and honest conversations with him about his infidelity. If this is to work, you have to seek the help of a counselor.

**Dear Annie:** I remember when my husband, my kid's dad, used to threaten me with leaving if I didn't kick out whichever kid had incurred his wrath. This would happen more times than not, with my pointing out that you don't kick your kids out of the house because they make you angry or are irritating you.

Finally, I got tired of it, as it left our kids and me mentally and emotionally drained for days.

The next time the threat was issued, I didn't say anything. Instead, I walked out to the garage and started bringing boxes in, along with a suitcase. He asked me what I was doing, and where did I think I was going? I told him that I wasn't going anywhere but that since he was leaving, he'd need to pack his stuff.

Tell Grandma that if "Grumpy Gramp" honestly loved her, he wouldn't ask her to choose between her grandkids and him. The relationship children have with their grandparents creates memories that last a lifetime.

Grumpy Gramp can be replaced. I'm sure he understands that the door swings both ways. - Been There

**Dear Been There:** Thank you for your letter. It highlights the importance of standing up to bullies, which is usually the best way to make them stop.

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book - featuring favorite columns on love, friendship, family and etiquette - is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information. Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).

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

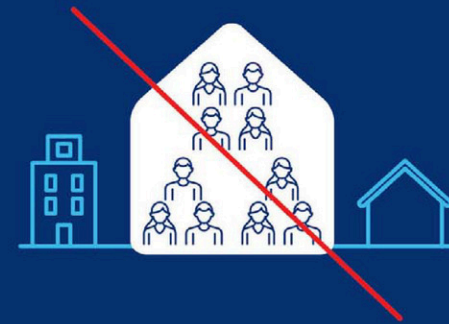
10/26

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## PREVIOUS SOLUTION

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

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



## Why should you avoid private gatherings?

Avoiding getting together with family and friends limits contact and curbs the spread of the virus.

We need to react now.



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# VIRTUAL OPEN HOUSE



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24-30  
2020



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