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Townshippers' Keeping in Touch

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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Richmond-Arthabasaka candidate profiles

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WEDNESDAY, SEPTEMBER 15, 2021

Rapid testing in schools not so rapid

Record Staff

Quebec Health Minister Christian Dubé said yesterday that Daniel Paré, in charge of the province's COVID-19 vaccination campaign, will lead the program to implement rapid testing in schools and asked for patience while the government works out the kinks in the plan. The health minister's plea followed criticism regarding the rollout of the tests and a lack of clarity about how they would be administered, and by whom.

Quebec reported 633 new cases of COVID-19 yesterday. There are currently 6,241 active cases in the province.

Seven new deaths were reported, for a total of 11,312 deaths since the beginning of the pandemic. Hospitalizations increased by three for a total of 230, and 78 patients are in intensive care, up three compared to the day before.

In the Estrie, 107 new cases of COVID-19 were reported since Friday, and there has been one new death in the region. There are 215 active cases locally, and cases have been reported in three ETSB schools, Knowlton Academy, St. Francis Elementary and Alexander Galt Regional High School.

Conservation groups form coalition to protect Monteregian Hills



MICHAEL BORIERO

By Michael Boriero
 Local Journalism Initiative

Nine conservation groups gathered in Rougemont Tuesday to announce the creation of a coalition, which aims to protect biodiversity in Quebec's Monteregian Hills, a landscape that stretches through Montreal, the Monteregie and the Eastern Townships.

According to Chrystiane Collette, president of the Association du Mont

Rougemont, this has been in the works for several years. Although each organization is unique, they share similar challenges and concerns, Collette explained, which led them to bond together.

"We want to be part of the decision-makers, we want to be at the table where the decisions are made, not just trying to have influence and everything. If there is a decision that has to be made, or there is a project, we want to be there and talk with them at

the same level," she said.

Collette told The Record that rather than tackling these issues as small individual organizations, with complaints often falling through the cracks of bureaucracy, the coalition will now carry more weight when it files a report or speaks out about environmental problems.

There is only one coordinator in her association, Collette said, and they need to dig through government

CONT'D ON PAGE 3

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Weather



**TODAY:
RISK OF
T-STORM**

HIGH 21
LOW 12



**THURSDAY:
SUNNY**

HIGH 23
LOW 11



**FRIDAY:
SUNNY**

HIGH 24
LOW 15



**SATURDAY:
MIX OF SUN
AND CLOUD**

HIGH 25
LOW 11



**SUNDAY:
MIX OF SUN
AND CLOUD**

HIGH 23
LOW 10

HAND IN HAND

Workshop Series on Borderline Personality Disorder



Mental Health Estrie (MHE) is pleased to announce an upcoming series of free virtual workshops on Borderline Personality Disorder. BPD is characterized by emotional dysregulation, increased sensitivity and heightened reactivity. This often leads to strained interpersonal relationships which can have a negative impact both for the person living with these challenges and their loved ones. Accessing reliable and accurate information on deescalating reactions in addition to increasing understanding can be difficult – particularly for BPD.

At MHE we have found Valerie Porr, M.A. to be one of the most compassionate and reliable sources of information. Her award-winning book "Overcoming Borderline Personality Disorder: A Family Guide for Healing and Change" is often on loan from our library, and her internationally renowned work advocating and educating within the BPD community has been extensive. When Valerie discovered the lack of information and effective treatment options, she set out to champion this cause. In 1994, she founded a not-for-profit organization called Treatment and Research Advancements for Borderline Personality Disorder (TARA4BPD). Based in New York City, this organization advocates for further research, provides support, guidance, and insight for those living with BPD and their support systems, assists with the development of effective coping skills, and operates

a help line (1-888-4-TARABPD) providing information and referrals.

We are pleased to announce that Valerie Porr has generously agreed to work with MHE to present a virtual workshop series titled "Understanding Borderline Personality Disorder". For three Thursday evenings in a row (Sept 16, 23, 30), we will have the pleasure of hosting her as a guest speaker while she shares information, provides techniques to increase compassion and communication, and responds to your questions live. The first of these sessions, titled "Reframing Borderline Personality Disorder by Understanding the Basic Neurology of BPD", will focus on the biological differences that have been observed in those who have received this diagnosis. This will provide a basis for understanding what BPD is and how it manifests. Once this ground work has been established we will move onto the second session titled, "What Can You do to Help Someone with BPD?". This session will focus on reducing triggers, developing compassion, and repairing relationships that have been damaged by miscommunication. The third session, "What is Mentalization and How Can it Help You and Your Loved One Impacted by BPD?" explores and provides family-based training on this effective technique for coping with BPD.

The series will be free of charge, English, open to all, and available virtually. Although it is not necessary to attend all three sessions, it is recommended in order to garner the best overall understanding of BPD. These sessions will be relevant to anyone struggling with emotional dysregulation and those who care for them, regardless of diagnosis. We hope to see you there!

Understanding Borderline Personality Disorder with Valerie Porr, M.A. (6:30-8:45pm on Zoom)

September 16: #1 - Reframing Borderline Personality Disorder by Understanding the Basic Neurology of BPD

September 23: #2 - What Can You do to Help Someone with BPD?

September 30: #3 - What is Mentalization and How Can it Help You and Your Loved One Impacted by BPD?

To register for these workshops and/or to keep informed of our upcoming programming we invite you to stay tuned for future articles and advertising in The Record, follow our Facebook page (facebook.com/MentalHealthEstrie) and Instagram account ([mentalhealthestrie](https://mentalhealthestrie.com)), check out our website (www.mentalhealthestrie.com), or join our mailing list (outreach@mentalhealthestrie.com), you can also call (819) 565-2388 for any questions regarding workshops/registration.

For more information on BPD follow these links:

- <https://www.tara4bpd.org/>
- <https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/borderline-personality-disorder>
- <https://sashbear.org/en/>
- <https://amiquebec.org/borderline/>
- <https://www.mentalhealthestrie.com/mental-disorders-resources/personality-disorders/>

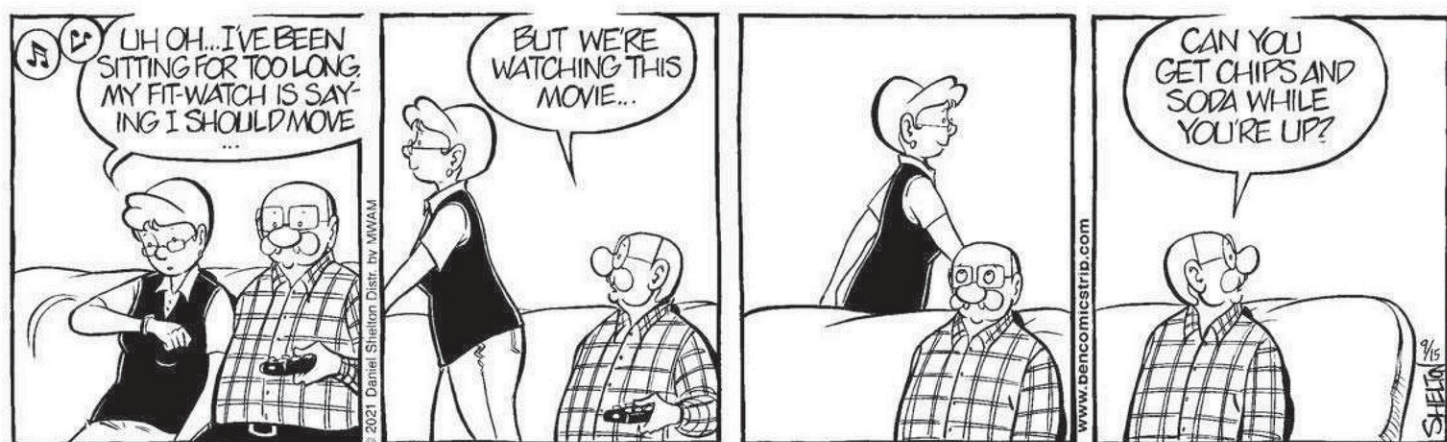
Mental Health Estrie (MHE) is a non-profit community organization committed to providing information, support, education, and advocacy to English-speaking families and individuals in Estrie impacted by mental illness. Services are currently available remotely by phone (819-565-3777) and email (mhe.info@bellnet.ca).



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Ben by Daniel Shelton



Local News

“These mountains, they have been more and more secluded because of the different municipalities around that are overdeveloping [...] we need a corridor, a path, that they will continue to have this biodiversity,” said Collette.

Luc Fortin enters Sherbrooke’s mayoral race

Record Staff



ARCHIVES/GORDON LAMBIE

Former MNA Luc Fortin announced Tuesday that he will enter the mayoral race in Sherbrooke.

Luc Fortin, former MNA for Sherbrooke, who served as Minister of Sports and Recreation, Culture and Communications and Family (2014-2018) announced Tuesday afternoon that he will run for mayor of Sherbrooke.

Fortin said he made the decision to enter the race so that Sherbrooke can regain its momentum, its strong voice and its influence in municipal affairs in Quebec, and to put power back in the hands of those who are accountable to the population.

He will run his campaign under the theme “Let’s bring Sherbrooke together”

“In the last few days, I have felt a huge wave of confidence and love from people from all walks of life asking me to take the plunge into the race,” Fortin commented. “With the experience I have, the knowledge of Sherbrooke’s files and especially the passion for our City, I am sure I am ready for this new challenge,” he said.

Conservation groups

CONT’D FROM PAGE 1

grants in order to fund the position. The rest of the organization is made up of volunteers, which is why she wants more funding from all levels of government.

“These mountains, they have been more and more secluded because of the different municipalities around that are overdeveloping [...] we need a corridor, a path, that they will continue to have this biodiversity,” said Collette.

She tried to implement supervised trails in Rougemont, but the area is mostly privately owned, and these

owners were unwilling to allow people onto their land out of fear of theft, and property damage. It also costs a lot of money to maintain a fully supervised trail.

“We were talking about \$150,000 or more just to implement it and then there is the yearly fees, the costs of having somebody because you cannot rely on somebody to do it without any pay, you cannot rely on that on a regular basis,” said Collette.

When it comes to dealing with environmental protection, it is usually

passed down from the federal level, to the provincial, and then ponied off to municipal governments, who are always handcuffed due to high costs, and nearly non-existent resources, she added.

Collette said that the Nature Conservancy of Canada has also been collecting land for many years to protect the country’s wildlife. However, while she is optimistic about environmental protection, she believes it needs to start with educating the youth population.

“It’s a very long process. It’s the education that will change it. I believe that if we work together like today getting the expertise and trying to make sure that we have concrete actions done that will stay for generations to come, I believe that we can do it,” Collette said.

Kim Marineau, a biologist and vice-president of Éco-corridors laurentiens, noted that privately-owned property, promoters, and residential development all factor into the destruction of natural sites and landmarks in Quebec. And it will impact the fight against climate change.

“If governments don’t say ‘we want to have more conservation in Quebec, in the South of Quebec’, we will lose biodiversity and all of the environmental services that we need as humans; water, air, and everything

that is important for agriculture,” said Marineau.

She believes in the coalition’s power to change the dynamics between conservation groups and governments in the province. They needed to stop taking action separately, she explained, and there was an urgent need for collaboration, especially in Southern Quebec.

There is also prolonged difficulty getting through to the general public. It’s hard for people to comprehend that there could be irreversible damage to the environment in just 10 or 20 years, she continued, and politicians are not moving fast enough to address the issue.

“It will be very difficult because we will lose, we will lose a lot of comfort for everybody. We will need more houses that are smaller, less resources, less possibility with transportation because fuel will be so expensive, so I’m very scared,” said Marineau.

The coalition includes Les Amis de la Montagne, Fondation du Mont-Saint-Bruno, Centre de la Nature du Mont Saint-Hilaire, the Centre d’interprétation du milieu écologique du Haut-Richelieu (CIME), Association du Mont Rougemont, Nature Cantons-de-L’Est, Société de conservation du Mont Brome, Conservation de la nature Canada, and Nature-Action Québec.

A fond farewell



COURTESY

Mable Hastings (CABMN Executive Director), Susie Galipeault and Debra Harding (CABMN Assistant to the Director) saying good-bye with gifts and well wishes.

By Mable Hastings

The Missisquoi North Volunteer Centre (CABMN) in Mansonville is proudly located upstairs in the CLSC/CIUSSE-CHUS Medical Clinic building. While the CLSC and CAB are two different organizations/services, the two have long complemented each other in serving the health and well-being needs of the public. The CABMN staff has a close kinship with the staff working at the CLSC medical clinic and the relationship is one of support and friendship. On Friday, Sept. 10 the

CLSC in Mansonville said good-bye to receptionist, Susie Galipeault who has taken a job closer to her hometown and will now be working at the GMF (Groupe de Médecine de Famille/Family Medicine) in Sherbrooke where she will assume the position of Administrative Assistant. The CABMN joins the community in wishing Susie the best of luck in the future and in her new job. The Community welcomes the new Administrative Assistant at the Potton CLSC, Laurance Goyette-Giguere who hails from the Montreal area.



MICHAEL BORIERO

Christiane Collette, president of the Association du Mont Rougemont

KEEPING IN TOUCH

Townshippers' Festival: Join the (virtual) celebration!



By: Clara Schultz
and Maggie Severs

This fall, Townshippers' Association is thrilled to host its annual Townshippers' Festival, which celebrates the region's English culture and heritage. This year's festival will take place online and we invite you to participate with us virtually from Sept 5 to Oct 2.

Week one

Townshippers Making History

During the first week of this year's festival, from Sept 5 to 11, we highlighted some of the historical influences that helped to shape the Eastern Townships region. Rachel Lambie from the Lac-Brome Museum spoke to us about Brome County inventor Reginald Fessenden (1886-1932) and the crucial role that he played in the evolution of communication: he was the first person to send the human voice over the radio. As we listened to Rachel Lambie over the wireless video (a by-product of Fessenden's inventions), we knew we had Fessenden to thank for making Lambie's lecture

possible! More information about this remarkable man is available at the Lac-Brome Museum.

A link to a recording of this lecture is also available through Townshippers' Association. To receive the link and access the lecture throughout the month of September, email: msevers@townshippers.org.

Week two

A Taste for the Townships

Winemaking is becoming more and more common in the Eastern Townships and there are many beautiful vineyards scattered throughout the area offering delicious local products. For this reason, we will be offering a wine-tasting workshop on Wednesday, Sept 15. This workshop will be led by Heather Ancliffe, Project Manager for Townshippers' Association's Inclusive Mentorship Program and an experienced WSET 2 (Wine & Spirit Education Trust, one of the world's leading providers of wine education) certified wine professional. Heather's wine-tasting 101 workshop will help you to develop or refine your wine-tasting techniques and abilities so you can better enjoy the delicious wines our region has to offer.

In week two, Townshippers will also be invited to put their knowledge to the test in a lively trivia night hosted by Townshippers' Association's own Ed Humphrey. The trivia night will take place on Thursday, Sept 16 on Zoom.

Week three

The Townships Life

The third week of the festival will celebrate the beauty of our region

and help to reignite your passion for nature! A presentation by Jessica Adams and Rebecca Soulis (a local dynamic duo and the founders of Nature Nerding) will discuss the importance of spending time out in nature and getting to know your own backyard. Jessica and Rebecca will also highlight free or low-cost activities that are full of possibilities for wonder and enjoyment, and they will offer details for a fun and easy nature discovery activity that families can do together.

Week four

Townshippers Got Talent!

In the final week of the festival, we'll highlight and support the undeniable artistic talent of our region. YES Artist Business Coach Caroline Gauthier will offer a workshop for artists who wish to sell their art online. On Thursday, Sept 30 at 1 p.m., Gauthier will guide artists in branding and marketing themselves online and talk about where and how to do this in a way that complements their creative method.

To conclude the festivities, and back by popular demand, Townshippers Got Talent will be accepting submissions to curate a fun and inclusive virtual talent show. Be it visual, lyrical, or physical art, or any other artistic skill, we want to see your talent! Make sure to send in your submissions by Sept 27 to Maggie Severs (msevers@townshippers.org). To receive details on how to submit hard copies of your work, send Maggie an email.

Keep an eye out on social media for ongoing details of the festivities and



TOWNSHIPERS' ASSOCIATION

Remember the joy of connection that the Townshippers' Festival brings to us each fall when we get together to celebrate our community's English culture and heritage? Relive it this year by joining in our virtual festival activities!

for interactive elements of the festival in your local newspaper and in the Townshippers magazine.

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

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3-584 Knowlton Rd., Lac-Brome

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Townships' gentrification makes farming difficult here

Land values outweigh promise of new small-farm techniques



FARM NEWS REVIEW

SCOTT STEVENSON

Small farming in the Townships and elsewhere enjoyed new hope that may now be drying up like our surface and artesian wells this summer.

That new hope was driven by the strong voices of recent small-farm pioneers like Jean-Martin Fortier and Maude-Hélène Desroches in Saint-Armand and Joel Salatin in Virginia.

Fortier made the broadfork—and especially market gardening—

widespread in the Townships through his 2012 book and its 2014 translation *The Market Gardener*. And Salatin made the chicken tractor—and especially a small-scale, direct-to-consumer mixed farming revival—fixtures across rural North America.

But both of those voices now carry a less promising undertone to those who are truly out there in the field.

Fortier's advice was so popular that the Townships saw a proliferation of market gardeners. "Some businesses paid the price," wrote agronomist and former director of the Financière Agricole du Québec, Alain Perras, in July for my farm's business plan. "After their launch, it became difficult to enter a market that had started to become saturated; they had to abandon their project."

While those farmers were sweating it out in their gardens and at farmers' markets, Fortier changed his career considerably, becoming the star in a farm reality TV show, "Les Fermiers," ostensibly to show the rest of us how to do it. The difference now was that his new public farm project was clearly

backed by the millions of dollars the rest of us needed to succeed.

Salatin's credibility, meanwhile, was soundly dressed down by Tom Philpott in a November 2020 *Mother Jones* article "Joel Salatin's Unsustainable Myth."

"While Joel Salatin deserves credit for his ingenious management of this land, his recipe for success is not as easy to follow as he insists," Philpott writes. "Few aspiring farmers have the advantage of inheriting a swath of flat terrain well-tended by the previous generation—or have the resources to make crucial investments."

Philpott also targets the racial bias and privilege of white North American farmers making a living on land taken from Indigenous peoples and kept away from Blacks—a problem not at all foreign to us in the Townships.

Now, we're also driving land values out of reach.

Farm economists in the Townships, including my chartered accountant, have recently remarked that land values have risen to the point that you can't pay for them by farming. The price of food relative to the price of land does

not allow farmers to make a living in the Townships through food production alone. Those who do so today are already established; they're likely very large or have an off-farm income to support them; or they already had a lot of money.

As our rural economy stands, farming doesn't have a promising future in any region where too many dreamy-eyed land-aspirants clamour for field and forest just to dabble in and gaze upon from home-office windows.

Those who want to make a quick or easy buck speculating on rural land are even more problematic.

Everyone deserves peaceful and respectful access to the countryside and nature. But farmers need to make a living too. And we all need healthy food at affordable prices.

It will take more than well-spoken, charismatic farmers, who've got their manure together, like Fortier and Salatin, to solve our problems in affordable farming and healthy food.

Scott Stevenson farms and writes at his home in Newport, Quebec.

Richmond-Arthabaska candidate profiles



Alain Rayes, Conservative



Alexandre Desmarais, Liberal



Diego Scalzo, Bloc Quebecois



Natael Bureau, New Democratic Party



Louis Richard, Free Party Canada



Nadine Fougeron, People's Party of Canada

By Gordon Lambie

There are a total of seven candidates running for election in the Richmond-Arthabaska riding, including representatives from the Bloc Quebecois, Liberal Party, Conservative Party, New Democratic Party, Peoples Party, Free Party, and the Rhinoceros Party.

The riding is made up of the municipalities of Saint-Denis-de-Brompton, Saint-François-Xavier-de-Brompton, Melbourne, Kingsbury, Richmond, Cleveland, Ulverton, Windsor, Vol-joli, Saint-Claude, Danville, Asbestos, Saint-Georges-de-Windsor, Saint-Camille, Wotton, Kingsey Falls, Sainte-Séraphine, Saint-Samuel, Saint-Albert, Sainte-Élizabeth-de-Warwick, Warwick, Tingwick, Saint-Rémi-de-Tingwick, Saint-Adrien, Saint-Joseph-de-Ham-Sud, Saints-Martyr-Canadiens, Ham-Nord, Notre-Dame-de-Ham, Chesterville, Sainte-Hélène-de-Chester, Saint-Christophe-d'Arthabaska, Saint-Norbert-d'Arthabaska, Victoriaville, Saint-Valère, Saint-Rosaire, Sainte-Anne-du-Sault, Daveluyville, Maddington, and Saint-Louis-de-Blandford. It has had only three Members of Parliament since its creation 24 years ago; Progressive-Conservative turned independent André Bachand, who is now a part of the provincial government in the area, from 1997 to 2004. André Bellavance, now the Mayor of Victoriaville, represented the Bloc Quebecois riding from 2004 to 2014, then sat as an independent for the last year. Alain Rayes, former Mayor of Victoriaville, was elected under the Conservative banner in 2015 and was re-elected in 2019.

Comparing this campaign to his past efforts, Rayes shared that the 2021 election has been a strange one, where traditional modes of campaigning are either more challenging or off the table entirely due to health restrictions. With less than a week left before the election, the incumbent said that he has barely seen any of his competition and has encountered many citizens confused or frustrated by the fact that there is an election going on at all.

Asked about what he sees as the priorities for the region, Rayes listed three main items that he and his colleague Luc Berthold have gotten built into the Conservative party's

commitments for Quebec. The first of these is the expansion of highway 955 between highway 20 and the community of Saint-Albert to four lanes. The second is a \$100 million regional development fund to help support former mining towns in finding new vocations. The third is an \$11 million investment in the local recreation and tourism industry meant for existing enterprises like the programs focused on Abenaki culture at Mount Ham and the Richmond-Melbourne cross-country ski club, among others.

When The Record spoke with Rayes in the lead up to the 2019 election, the candidate was his party's Quebec Lieutenant, and some of those running against him argued that his being shuffled out of that position in 2020 was a sign that the MP and the region had fallen out of favour with his party. The candidate challenged the idea that the shift was a demotion, however, pointing out that he was given charge of the shadow cabinet positions on Canadian Heritage, Official Languages & Quebec Economic Development instead.

He referred back to these positions when asked how he responds to the concerns in the English community at the moment surrounding new federal and provincial language bills C-32 and Bill 96, saying that his role put him in closer contact with representatives of the English-speaking community. Despite that claim of closeness, however, Rayes said that his party does not intend to interfere with any provincial bill. Although he acknowledged the importance of ensuring services for minority groups, the Conservative candidate also said that he feels the situation of French-speaking people outside of Quebec is more fragile than that of English-speaking people within the province.

Liberal candidate Alexandre Desmarais declined an interview with The Record, and NDP candidate Nataël Bureau never responded to any of several attempts to make contact.

Diego Scalzo, the former Mayor of Warwick, is running for the Bloc Quebecois in the riding because of his background as a Quebec sovereigntist and because he sees the party's role in parliament as being "noble" due to its focus on raising issues without ever seeking to be in charge. Scalzo told The Record that he believes Quebec and Canada would be great friends if the two were separate countries

but argued that the former being a province currently wastes a lot of political energy on infighting.

Asked about what he sees as the main issues for his riding, Scalzo said that the environment is his number one focus. He called it "nonsense" to not recognize climate change as a serious problem and argued that the environmental initiatives already in place in the riding could serve as an example for other parts of the country. He also noted the significance of the labour shortage in the region and said that he considers immigration to have an important role to play in resolving that issue.

The Bloc Quebecois candidate said that he is conscious of the challenges faced by English communities in rural Quebec and argued that more needs to be done to bring English and French-speaking communities together. He said that from his experiences working side-by-side with English speaking people in the region, he understands that the impression some people have of a wealthy English elite in the province is out of date and fully grasps the difficulties faced by a "minority within a minority."

Both the candidate for the People's Party of Canada, Nadine Fougeron, and the candidate for the recently formed Free Party Canada, Louis Richard, framed their campaigns around opposition to the health measures that have been put in place as a result of the COVID-19 Pandemic.

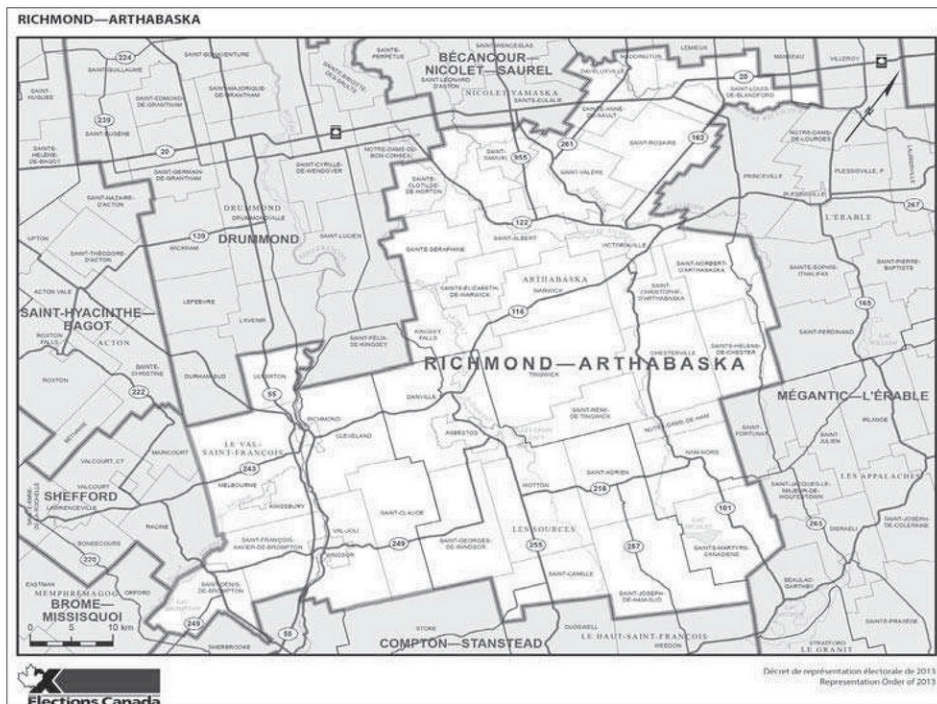
Fougeron called stopping the

implementation of the vaccine passport program her number one priority and a key step to re-launching the national economy. Asked what she intends to do, as a representative of the federal government, to put an end to the provincially mandated passport system, Fougeron claimed that the system is also in place at the federal level and argued that that a federal change would trickle down to the provincial level.

Asked about her other priorities, Fougeron told The Record that she plans to take the time to get to know the issues of the people in her riding after she gets elected.

Richard said that his party is focused on stopping what he referred to as the "experimental" vaccine and on implementing a system of direct democracy in the country, although he was not able to say more about exactly what was meant by that. He put an emphasis on "giving a voice to the people," calling himself the 'work with the people guy.'

The Richmond-Arthabaska riding also has a candidate from the satirical protest-vote option, the Rhinoceros Party of Canada, which operates under the slogan "As we're voting for clowns, choose the funniest!" Marjolaine Delisle's campaign, championed by her puppet 'campaign manager' Austin Touqueroche, has included 'commitments' like building a third bridge between the two bridges across the river in Richmond as an 'environmental measure.'



EDITORIAL

The study found that almost every child on Earth is exposed to at least one major climate or environmental hazard, shock or stress, and that most are exposed to two or three overlapping risks.

Climate-altering negligence is endangering our children

By David Suzuki

Most people try to keep their children and grandchildren safe and wouldn't knowingly put them at risk. Maybe that's why some ignore or deny the climate crisis. It's easier than admitting that, by our actions, we're condemning those we love to an increasingly uncertain future.

A new UNICEF report and "Children's Climate Risk Index" show that almost half the world's children — one billion — live in countries where they face "extremely high risk" from "climate and environmental hazards, shocks and stresses."

This, the report says, "is creating a water crisis, a health crisis, an education crisis, a protection crisis and a participation crisis. It is threatening children's very survival. In all these ways, it is infringing on children's rights — as outlined in the United Nations Convention on the Rights of the Child."

It's another reason why young people are again taking to the streets and social media to demand climate action instead of enjoying more carefree activities. We've failed them and continue to fail them.

Much of the blame falls on the fossil fuel and automobile companies and their supporters in government and media — who have long had the knowledge and power to make changes but instead intentionally worked against even the smallest efforts to address human-caused climate disruption.

UNICEF launched the report, *The Climate Crisis Is a Child Rights Crisis: Introducing the Children's Climate Risk Index*, in collaboration with Fridays for Future on the third anniversary of the youth-led international climate strike movement. (The next global strike is September 24.)

The index categorizes risk factors under two pillars: "Exposure to climate and environmental shocks and

stresses" and "Child vulnerability." The former includes water scarcity; riverine and coastal flooding; tropical cyclones; vector-borne diseases; heat waves; and air, water and soil pollution. The latter includes child health and nutrition; education; water, sanitation and hygiene; and poverty, communication assets and social protection.

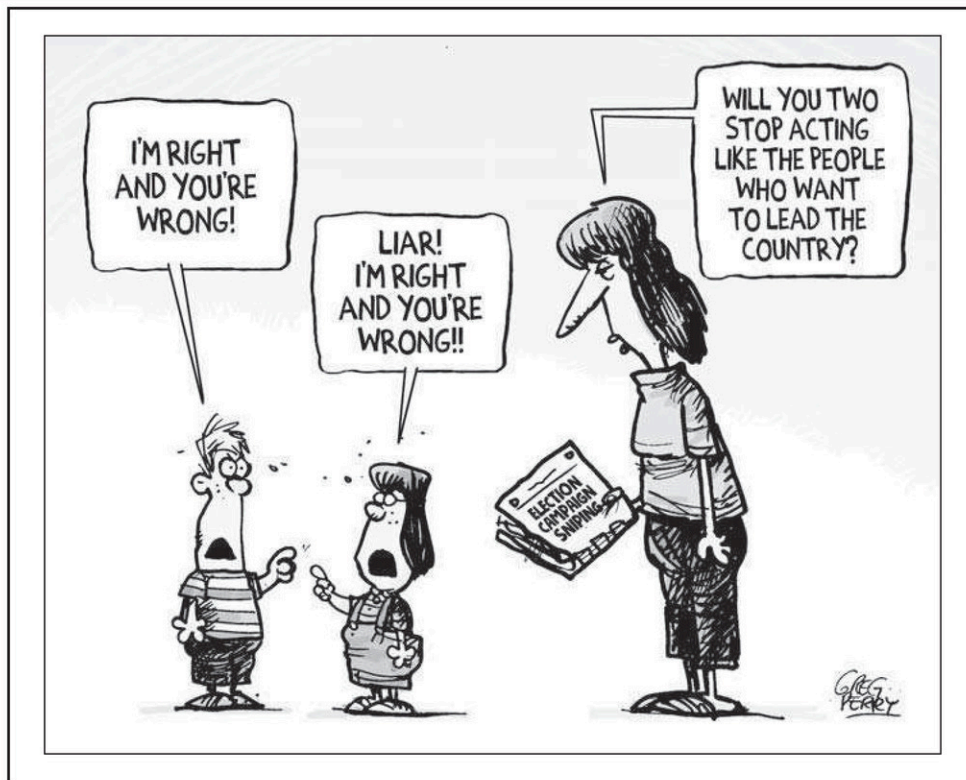
The study found that almost every child on Earth is exposed to at least one major climate or environmental hazard, shock or stress, and that most are exposed to two or three overlapping risks. The one billion children who "face a deadly combination of exposure to multiple climate and environmental shocks with a high vulnerability due to inadequate essential services" live in 33 countries, mostly in Africa.

Those countries account for less than nine per cent of global greenhouse gas emissions, while the 10 highest-emitting nations are responsible for 70 per cent.

"Climate change is deeply inequitable," UNICEF executive director Henrietta Fore said. "While no child is responsible for rising global temperatures, they will pay the highest costs. The children from countries least responsible will suffer most of all. But there is still time to act. Improving children's access to essential services, such as water and sanitation, health, and education, can significantly increase their ability to survive these climate hazards."

The long-term solution is to radically reduce emissions starting immediately and get to net zero before 2050 to keep Earth from heating more than 1.5 C over pre-industrial levels. But we've stalled so long that much of the heating is already locked in and won't reverse for decades, which, as the report states, will be too late for many children.

"Unless we invest heavily in adaptation and resilience of social services for the 4.2 billion children born over the next 30 years, they will face increasingly high risks to their



survival and well-being," it states. "Any adaptations must be based on a careful assessment of both the type and nature of the climate and environmental hazard, shock or stress, as well as the degree to which children are vulnerable."

The report outlines many solutions, including improving access to water, sanitation and hygiene services, and investing in education, health, nutrition, protection and poverty reduction.

It also makes clear that we must listen to our children, "not by paying lip service, or through tokenistic engagements, but with the scale and

force that is commensurate with the magnitude of the issue at hand."

We can't stand by and let children suffer for our behaviours. From supporting climate strikes to voting as if their future depends on it — because it does — we must do all we can today to ensure they have a safe and livable tomorrow.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Senior Writer and Editor Ian Hanington.

Learn more at david Suzuki.org.

Letters

Right of Reply at Question Periods

One of the characteristics of Question Periods at most meetings of public institutions is the right of reply. Basically, it is the opportunity to respond to an answer given by the person presiding over the meeting. At school boards, it is the chairperson.

It's been my experience for over 20 years that's the way it generally works — even if it's a Zoom meeting.

When the present president of the QCGN, Marlene Jennings, was a trustee at the English Montreal School Board last year and chaired Zoom meetings, I was always allowed to add a supplementary comment or question.

On Sept. 11, 2021, I was the only 'public' at the English Montreal School Board special meeting, which primarily dealt with the controversial subject of Bill 96 and Quebec nationhood. The boards' intention was to rescind a 6-page unanimously adopted resolution.

I submitted my questions in advance as requested, received answers from the chair but was not given the opportunity to respond. I really wanted to follow up to do justice to the subject and, by extension, inform the public.

The right of reply component at meetings must always be available. It is very important because clarifications can be made and misunderstandings cleared up.

It is democracy at its finest.

CHRIS EUSTACE
MONTREAL

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

THE RECORD

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The Record is published daily Monday to Friday. Back copies of The Record are available.

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

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Member
ABC, CARD, CNA, QCNA

Blue Jackets drop assistant coach who won't get vaccinated

The Associated Press

The Columbus Blue Jackets said Monday that the team has replaced an assistant coach who declined to get a COVID-19 vaccination.

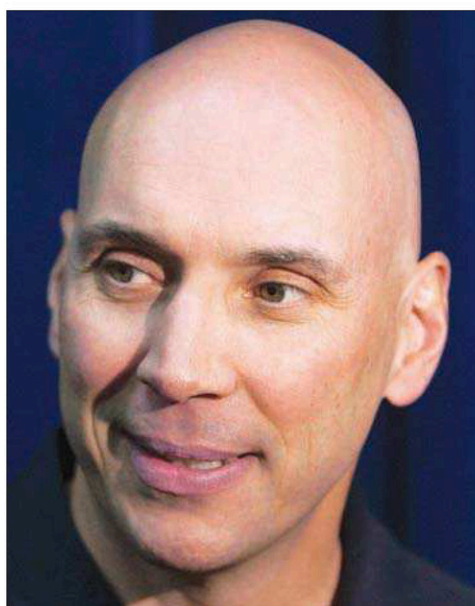
Sylvain Lefebvre was replaced on coach Brad Larsen's staff by Steve McCarthy because "Lefebvre has decided not to receive a COVID-19 vaccine and thus will not be able to perform the duties required of him given current NHL protocols," according to a team statement.

NHL coaches and other team staff who closely interact with players are required to be fully vaccinated.

"While we are disappointed, we respect that this decision is a personal one for Sylvain and wish him well," Blue Jackets general manager Jarmo Kekalainen said.

Lefebvre, a former NHL defenseman and longtime coach in the American Hockey League, was added to the staff in July by Larsen, the former Blue Jackets assistant who replaced the fired John Tortorella.

McCarthy is a former NHL defenseman who was promoted from the Cleveland Monsters, the team's



THE CANADIAN PRESS/RYAN REMIORZ

Sylvain Lefebvre speaking to reporters at a news conference in 2012.

American Hockey League affiliate, for which he was an assistant coach.

"Steve has done a great job working with our young defensemen in Cleveland the past five years and is ready for this opportunity," Larsen said.

ALAIN RAYES
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Death



**Philbrick Dunbar, Thelma
1924-2021**

The family of the late Thelma Dunbar Philbrick announces with profound sadness her passing at the Hotel Dieu Hospital in Sherbrooke, Quebec on August 28, 2021. She was the daughter of the late Percy Dunbar and the late Matilda Hutchings from Melbourne Ridge and Sherbrooke. Married to the late Gordon Philbrick. Thelma leaves in mourning her children, son Percy Craig and daughter Kerry (Sid), as well as her two treasured grandchildren Nathaniel and Kaitlyn Patton (Matthiew), who were the sunshine that warmed her heart. Thelma also left to mourn Beverly Reed a cherished niece, who always called our mother 'Ma Tante'. Thelma also left in mourning several nieces, nephews, cousins and friends.

A special mention goes to Linda Vogas who was more family than friend, also Ross Woodard (predeceased), and Dena (Chase) whom Mom cherished and cared for like her two other children. Without them her family would not have been complete.

Mom died as she lived, quietly and with dignity. A dedicated wife, mother, grandmother. A true and vital mentor to many in her personal life and in her community.

Membership and Service to the Plymouth Trinity United church for almost 75 years. As Dena Chase stated all who knew mom were blessed, as we have lost a fine example of humanity.

Many thanks for the exceptional care given to her by the 6th floor palliative Care Wing D. of the Hotel Dieu hospital. Also to Dena Chase without her help this obituary would not have been so well done.

Family and friends are welcome to gather at the Steve L. Elkas Complex, 4230 Bertrand-Fabi, Sherbrooke, on Saturday, September 18, 2021 from 1:00 p.m. to 2:00 p.m., followed by the funeral service in the chapel at 2:00 p.m., the Dr. Rev. S. Dansokho officiating. Interment will follow immediately after at the Elmwood Cemetery, Sherbrooke, QC. As a memorial tribute, donations to www.autismspeaks.ca or to the Pet Connection Lennoxville, 1730 Wellington Sud, Sherbrooke, QC, J1M 1K9, would be greatly appreciated.

Funeral arrangements entrusted to:

STEVE L. ELKAS FUNERAL HOME **PHONE: 819-565-1155**
 4230 Bertrand-Fabi, Sherbrooke QC **FAX: 819-820-8872**
 info@steveelkas.com **www.steveelkas.com**

Death



**Anita
Vaughan
1925-2021**

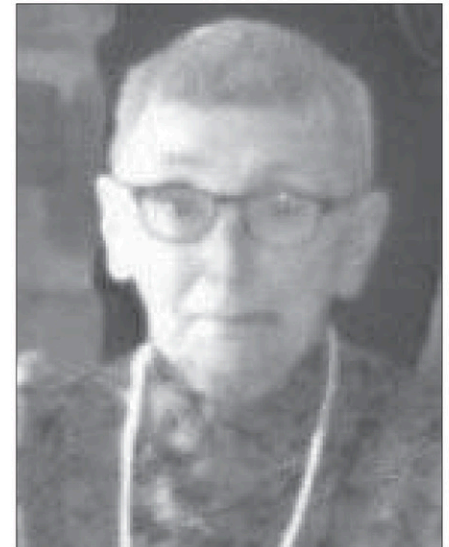
It is with great sadness that we announce the passing, peacefully, of Anita Milburn Vaughan on August 25th, 2021, in her 96th year. Daughter of the late Harry Kenneth Vaughan and Helen Ruth Vaughan (nee Jenne), she is predeceased by her husband, Alfred Milburn, her sisters Velma (Miner) and Joyce (Shanks), and her brother Tom. Anita will be missed and remembered fondly by those who knew her, including her nieces and nephews as well as her good friend, Barbara. A memorial service will be held at Granby Pentecostal Church (525 Rue Simonds S, Granby, QC) later this month. Donations in Anita's memory may be made to Granby Pentecostal Church or to the charity of the donor's choice.

Arrangements entrusted to:

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FAX: 450-263-9557
 info@desourdy.ca
 www.desourdy.ca

In Memoriam

**In Memory of
Ethel (Davis) Bliss
September 15th, 2016**



We miss and love you.
YOUR FAMILY



Datebook

WEDNESDAY, SEPTEMBER 15, 2021

actor/comedian; Merlin Olsen (1940-2010), football player/actor; Tommy Lee Jones (1946-), actor; Oliver Stone (1946-), filmmaker; Dan Marino (1961-), football player; Tom Hardy (1977-), actor; Prince Harry (1984-), British royal.

TODAY'S FACT: No president has sported facial hair since William Howard Taft left office in 1913.

TODAY'S SPORTS: In 2004, National Hockey League Commissioner Gary Bettman announced the decision to lock out players over contract disputes. The season was eventually canceled.

TODAY'S QUOTE: "I like living. I have sometimes been wildly, despairingly, acutely miserable, racked with sorrow; but through it all I still know quite certainly that just to be alive is a grand thing." - Agatha Christie

TODAY'S NUMBER: 2 - top speed (in miles per hour) of the Mark I, the first tank used in battle, deployed for the first time by the British during the Battle of the Somme on this day in 1916.

TODAY'S MOON: Between first quarter moon (Sept. 13) and full moon (Sept. 20).

Today is the 258th day of 2021 and the 88th day of summer.

TODAY'S HISTORY: In 1935, the Nuremberg Laws were enacted in Germany, depriving German Jews of their citizenship, banning marriages between Jews and other Germans and imposing the swastika as a national symbol.

In 1963, a bomb exploded at the 16th Street Baptist Church in Birmingham, Alabama, killing four young girls.

In 2001, President George W. Bush named Osama bin Laden as the prime suspect in the Sept. 11 attacks and pledged a sustained fight against terrorism. In 2008, the global financial services firm Lehman Brothers filed for bankruptcy.

TODAY'S BIRTHDAYS: James Fenimore Cooper (1789-1851), author/historian; William Howard Taft (1857-1930), 27th U.S. president/justice of the United States; Agatha Christie (1890-1976), author; Roy Acuff (1903-1992), musician; Fay Wray (1907-2004), actress; Nipsey Russell (1918-2005),

**Bulwer Branch
Quebec Farmers'
Association**

The Bulwer Branch Quebec Farmers' Association is offering a bursary to first-year students currently enrolled in post-secondary education in the field of Agriculture or Quebec Farmers' Association.

Applications must be received by November 1, 2021.

Contact person: Mrs. Theda Lowry, 30 High Forest, Sawyerville QC J0B 3A0

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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)

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

NEA Crossword Puzzle

Your Birthday

WEDNESDAY, SEPTEMBER 15, 2021

close tabs on your cash, documents and anything else of importance. Avoid situations that can lead to health risks or problems with an authority figure. Invest in something you'd like to pursue.

PISCES (Feb. 20-March 20) - A chance meeting or reminder will lead to an exciting opportunity that can change the way you live and do things. A partnership will lead to a spirited adventure. **Protect your health.**

ARIES (March 21-April 19) - Do your part, but don't make waves. An emotional incident is best kept under wraps until you have thought matters through. Acting on an assumption will make you look bad. Take a deep breath.

TAURUS (April 20-May 20) - Be passionate about your pursuits. Refuse to let anyone or anything stand between you and your goal. Let your experience shine through, and you will open doors. Let your strengths guide you.

GEMINI (May 21-June 20) - Size up situations and what others say, and be honest about what you think and want. Take advantage of an opportunity to get ahead, and don't look back. Thinking ahead will help you get ahead.

CANCER (June 21-July 22) - Emotional matters will escalate if you let someone get under your skin. Be blunt about what you want, and seek out the people and pastimes that bring you joy. Don't give in just to keep the peace.

LEO (July 23-Aug. 22) - Align yourself with like-minded people to avoid being railroaded by someone pushing you to participate in something that isn't in your best interest. It's up to you to pursue what makes you happy.

Start a new era by putting yourself at the forefront. Don't wait to see what others are going to do. Focus on what you want, what's important to you and how you plan to reach your goal. Step outside your comfort zone, feed your imagination and turn your dream into a reality.

VIRGO (Aug. 23-Sept. 22) - You are onto something. Don't give up or let someone sidetrack you. Exploring what interests you will build confidence and help you gain the momentum you require to broaden your horizons.

LIBRA (Sept. 23-Oct. 23) - Patience will help you avoid a blowout. Listen carefully, don't act in haste and consider the consequences of sharing personal information or engaging in gossip. Look for the positive in everything.

SCORPIO (Oct. 24-Nov. 22) - Help older relatives or colleagues. You'll gain access to valuable information that can help you bring about positive change. You'll be attracted to unique situations and opportunities.

SAGITTARIUS (Nov. 23-Dec. 21) - You'll gain perspective if you observe what's going on around you. Gather information, sign up for courses and keep up with technology. Don't trust hearsay.

CAPRICORN (Dec. 22-Jan. 19) - Emotions will surface if you can't find common ground with someone you live with or work alongside. Focus on getting things done. An open mind, kind gestures and a positive attitude will be key.

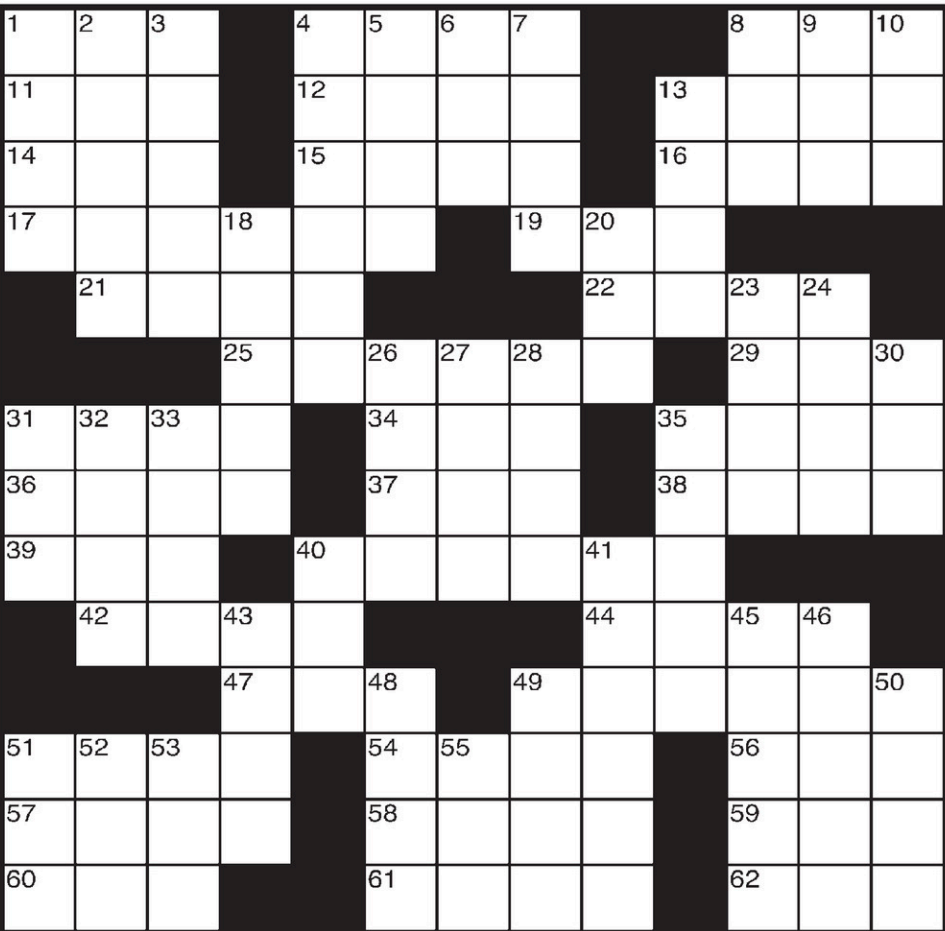
AQUARIUS (Jan. 20-Feb. 19) - Keep

Answer to Previous Puzzle



- ACROSS**
- 1 Lout
 - 4 Obi-Wan player
 - 8 Tar
 - 11 Sporty truck
 - 12 1492 ship
 - 13 Jekyll's alter ego
 - 14 Aunt or bro.
 - 15 Flits (about)
 - 16 Pious assent
 - 17 Foam
 - 19 Timber tree
 - 21 Sledgehammer
 - 22 Alleviate
 - 25 Popular fundraiser
 - 29 Kind of humor
 - 31 A word to kitty
 - 34 Seine vista
 - 35 Arrived
 - 36 Starr and Kyser
 - 37 "Absolutely!"
 - 38 No-hitter king
 - 39 Wrathful feeling
 - 40 Fab Four member
 - 42 "Hey, you!"
- DOWN**
- 1 Biceps exercise
 - 2 Work as
 - 3 Gamma follower
 - 4 Ms. Lansbury
 - 5 False witness
 - 6 Draw to a close
 - 7 Senor's dwelling
 - 8 Phys ed

- 9 Poetic tribute
- 10 Poet - Jonson
- 13 Merry sound (hyph.)
- 18 Causes distress
- 20 Get the drift
- 23 Move in the breeze
- 24 Ms. Bombeck
- 26 Bona -
- 27 Wingless insect
- 28 Bugged off
- 30 Kyoto cash
- 31 Travel on powder
- 32 Complain
- 33 Nay opposites
- 35 Thin pancake
- 40 Heat meas.
- 41 Prowled
- 43 " - Like the Wind"
- 45 Took a chance
- 46 Something else
- 48 Speed-of-sound name
- 49 Stopped sleeping
- 50 Sacred
- 51 Scotland Yard div.
- 52 Rawls or Gehrig
- 53 German conjunction
- 55 Curly's friend



WEDNESDAY, SEPTEMBER 15, 2021

Do you turn this way or that?

By Phillip Alder

At the Tokyo Olympics last month, you probably saw some gymnasts and divers twisting and turning. They always knew what they were doing. Bridge declarers usually can control the play but sometimes have to guess the lay of the land.

In today's deal, for example, South is in four hearts. West leads a low club. East wins with his ace and shifts to the spade jack. (Declarer is going to have to assume that West has the spade king.) South ducks the second trick to West's spade king and wins his club return.

Declarer can afford one diamond loser, not two, and there is a possibility of an endplay in that suit. South draws trumps and takes his black-suit winners, ending on the board. Dummy has the jack of hearts (say) and the J-8-7 of diamonds. Declarer holds the seven of hearts and A-10-2 of diamonds.

If declarer leads the diamond jack and East does not cover, West wins with the king but is endplayed. Whether he leads a diamond or concedes a ruff-and-sluff, South is home. But if East covers with the queen and South wins with his ace, what next? He cannot afford to cross to the board with a trump because the opponent with the other diamond

North		09-15-21	
♠ Q 5 2			
♥ Q J 9 6			
♦ J 8 7 4			
♣ 10 6			
West		East	
♠ K 8 6		♠ J 10 7 3	
♥ 10 8 5		♥ 4 2	
♦ K 5		♦ Q 9 6 3	
♣ J 8 7 5 3		♣ A 9 2	
South			
♠ A 9 4			
♥ A K 7 3			
♦ A 10 2			
♣ K Q 4			
Dealer: South			
Vulnerable: Both			
South	West	North	East
2NT	Pass	3♣	Pass
3♥	Pass	4♥	All Pass
Opening lead: ♣ 5			

royal might claim the last two tricks with that card and a spade or a club. Declarer has to guess: Is the diamond king or diamond nine now a singleton? Also, maybe he can no longer win, neither key card being alone.

Suppose instead that South runs the seven from the board. He makes or loses the contract depending on the location of the nine without any guesswork. It's easier on the nerves.

CELEBRITY CIPHER

by Luis Campos

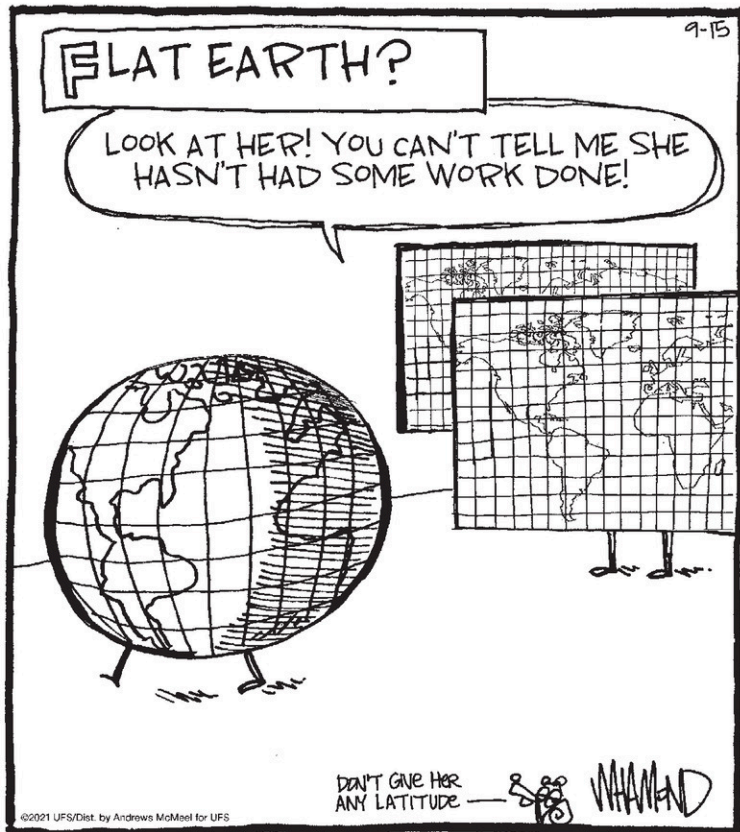
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ CPBSY KAY SYUK KANWV RFDMI SY
KF LFHVKYK SYNWV HNVAK FH RHFVW
PSFDK EYFEMY PWI TDUK VF PMFWV
LFH KAY HNIY.” — EANMNE HFKA

Previous Solution: “Mistreatment of other people because ‘I’m better than you are’ is such a sad part of the world.” — Melissa Leo

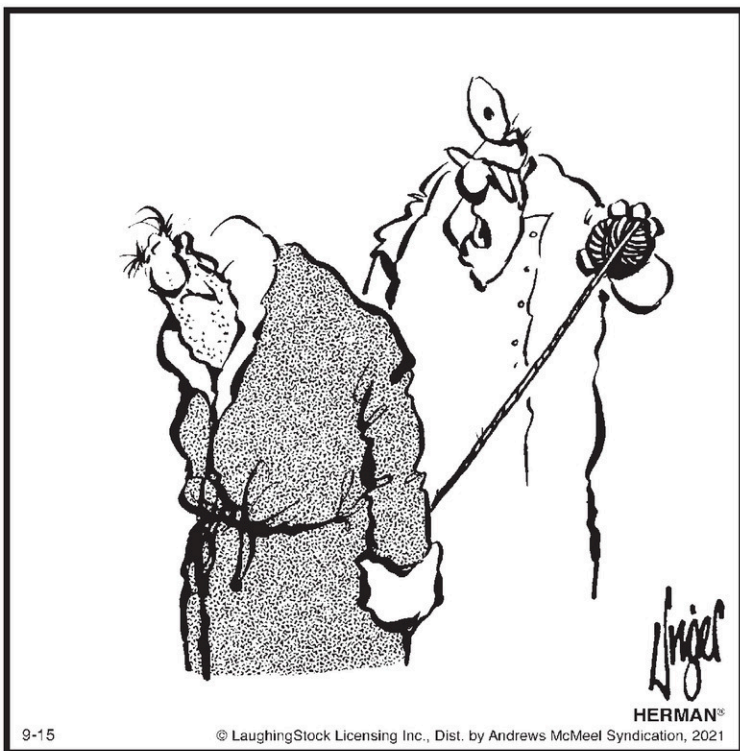
TODAY’S CLUE: *Λ sɪnβə ɒ*

REALITY CHECK



DON'T GIVE HER ANY LATITUDE — *WHAMAD*

HERMAN



“You wouldn’t believe me if I told you how many guys sit on their

ALLEY OOP



ARLO & JANIS



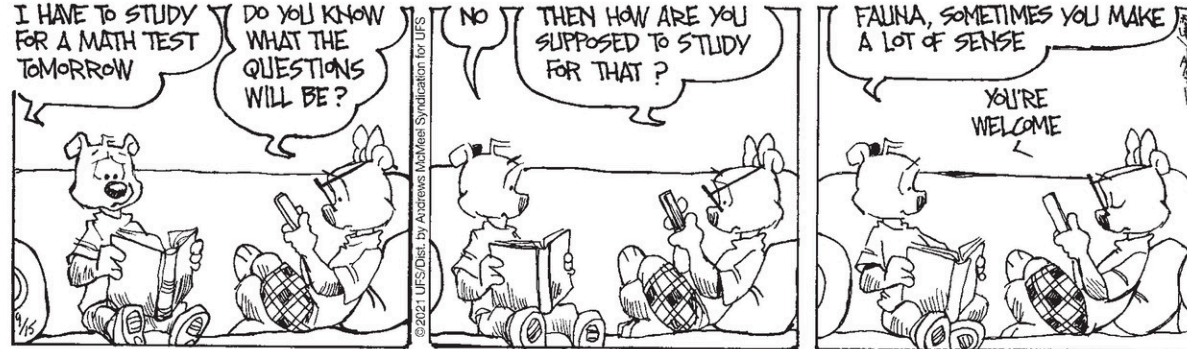
THE BORN LOSER



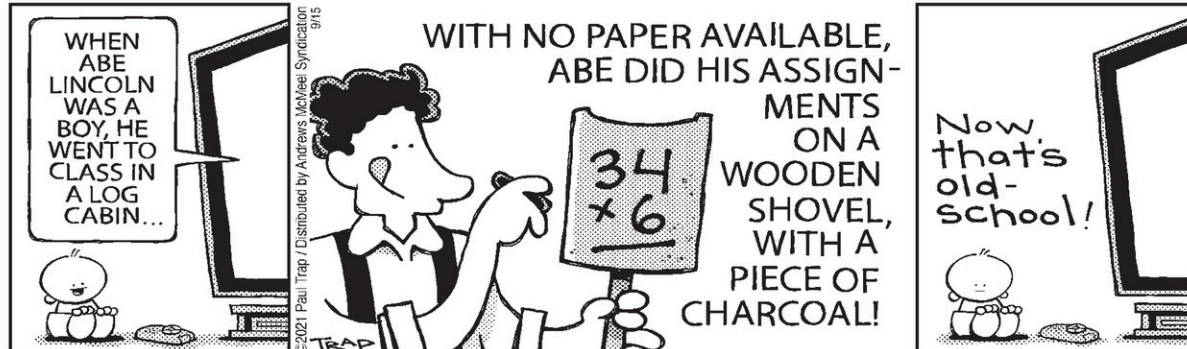
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PUBLIC NOTICE SUMMARY

The Ville de Sherbrooke would like to inform you that the following public notice has been uploaded onto its portal, at the following address: sherbrooke.ca/avispublics, on this day:

ZONING AND SUBDIVISION BY-LAW

Request for the maintenance of records

Second draft By-Law No. 1200-167 – Amending the Zoning and Subdivision By-law No. 1200 of the Ville de Sherbrooke, zone H1510, College Street – Boroughs of Lennoxville and des Nations

Subject : The purpose of the second draft by-law is to authorize a new use in a zone located at the intersection of College and Louis-Codère Streets in order to allow the Grace Village Foundation to help new residents moving into their seniors' residence to dispose of their personal belongings by selling them in the basement of the building at 3355 College Street, and by the same token to raise funds to support their foundation.

To be valid, all requests for the maintenance of records must be sent in writing to the clerk from September 15 to 23, 2021.

This public notice and the related documents may be consulted on the Ville's website at: sherbrooke.ca/avispublics. Additionally, you can get information on this public notice by calling 819-823-8000, ext. 5700, during regular business hours.

GIVEN IN SHERBROOKE, on the 15th day of September, 2021.

Éric Martel
 Assistant Clerk

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Be specific – buyers want useful information such as price.



Group related facts in the same sentence.



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



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

Email your classified ad to us!
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SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

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PREVIOUS SOLUTION

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

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

Bread 'N Butter Pickles



THELMA'S KITCHEN

THELMA DAY

These sweet and sour pickles are a great accompaniment to any meal. I am sharing my Aunt Muriel's recipe. I ate often at her house and remember these delicious pickles with the meals.

- Ingredients**
- 2 1/2 lbs pickling cucumbers
 - 2 onions chopped
 - 1/4 cup pickling salt
 - 2 cups white vinegar
 - 2 cups sugar
 - 1 tsp turmeric
 - 1 tbsp mustard seed
 - 2 tbsp celery seed

Instructions
 Wash cucumbers and slice 1/4 inch, discarding ends. In a large glass or stainless steel container,

layer cucumbers and onions, lightly sprinkling each layer with salt.

Empty 2 ice-cube trays of ice on top. Let stand for 3 hrs. Combine vinegar, sugar, turmeric, mustard seed and celery seed in a large stainless steel saucepan. Cover and bring to a boil; reduce heat and boil gently 15 minutes. Drain vegetables, rinse in cold water, drain again, add to pickling liquid, mix well.

Return mixture to boil. Place in sterilized jars. In a week or two, they come into better flavour. Enjoy!

Thelma's Kitchen can be found at: <http://thelmaday.blogspot.com/>

Her everyday blog, Thelma's Days, can be found at <http://thelma-day.blogspot.com/>



NEA Crossword Puzzle

ACROSS

- 1 Cutting instrument
- 6 Barbarian
- 12 Loss of power
- 14 Department
- 15 Person from Delhi
- 16 Evolve
- 17 Hwys.
- 18 Teacher's favorite
- 19 Crack pilot
- 21 — Enterprise
- 23 Kind of cube
- 26 Grassy field
- 27 Damp
- 28 Bull's noise
- 30 Orbit segment
- 31 Fruit drink
- 32 Where Greek met Greek
- 33 Ocean or river
- 35 Prophet Samuel's mentor
- 37 Flee
- 38 Daring feat
- 39 Aberdeen kid
- 40 Dog days in Dijon
- 41 That, in Acapulco
- 42 Superlative suffix
- 43 Hurler's stat
- 44 Travel guide
- 46 Primitive cabin
- 48 Late summer flowers
- 51 Resounded
- 55 Twin of Artemis
- 56 Big hammer
- 57 Central Park sight
- 58 Burning desire

DOWN

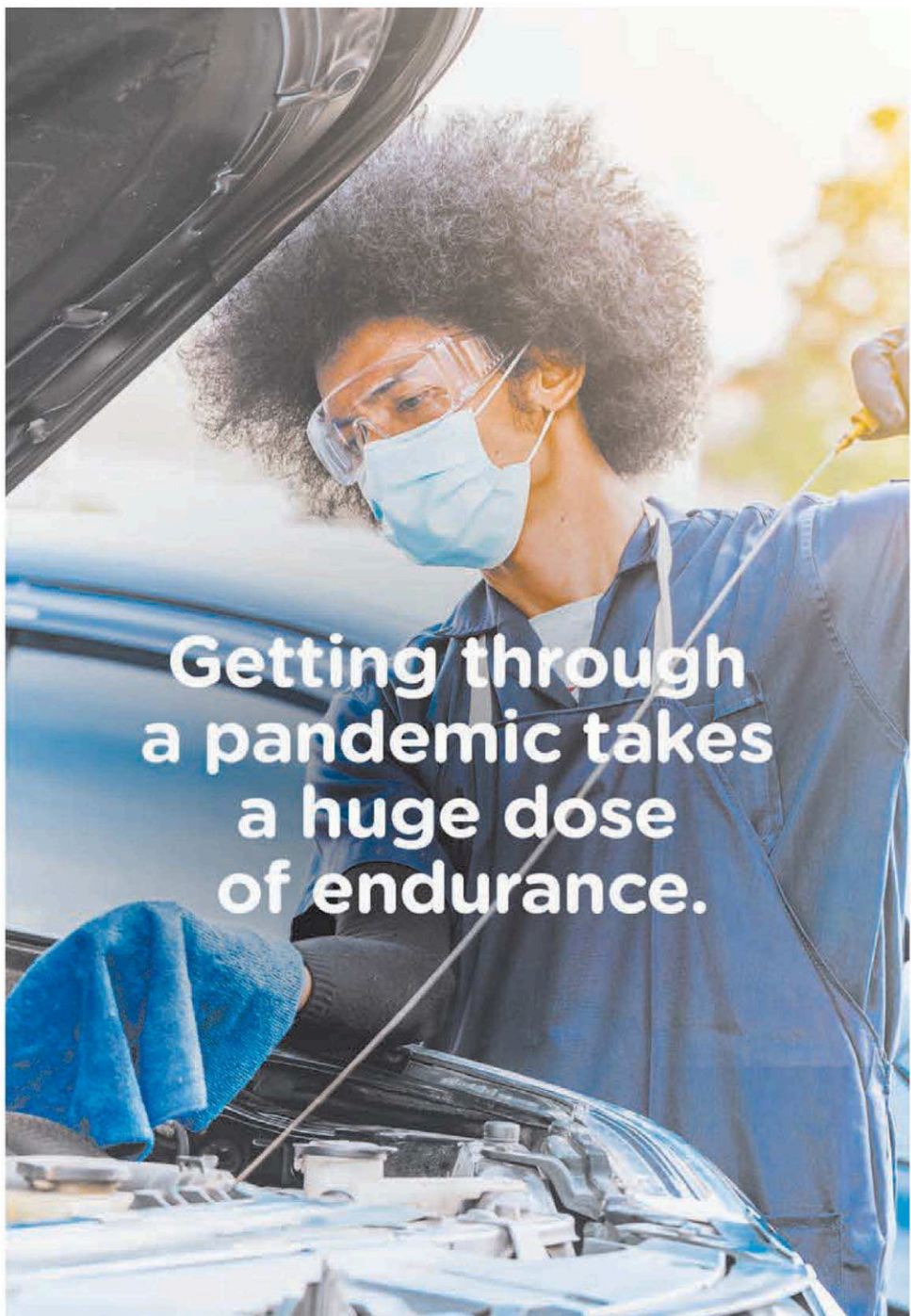
- 1 Garden pond fish
- 2 Cell habitant
- 3 "— take forever!"
- 4 Laissez- —
- 5 Victorian oath
- 6 Musical intros
- 7 The chills
- 8 Mesh

Answer to Previous Puzzle

CAD	ALEC	GOB
UTE	NINA	HYDE
REL	GADS	AMEN
LATHER	ASH	
MAUL	EASE	
	RAFFLE	WRY
SCAT	ILE	CAME
KAYS	DEF	RYAN
I RE	BEATLE	
PSST	UPDO	
	HUM	WREATH
CLUE	AMOK	RHO
IONS	COKE	EEL
DUD	HEED	DRY

- 9 Chromo- some material
- 10 Pretend
- 11 Strong alkali
- 13 Happened next
- 19 Make bubbly
- 20 Spiny plant
- 22 Structural metals
- 24 Cham- pagne bucket
- 25 Typeset- ting mistakes
- 26 Statutes
- 27 Bump on a frog
- 28 Blurted out
- 29 Not wild
- 34 Glossy paints
- 36 Grinding machines
- 42 — Downs (racetrack)
- 43 Upper regions of space
- 45 The younger Guthrie
- 47 West Coast sch.
- 48 Ooh companion
- 49 Health resort
- 50 Freight unit
- 52 Not common
- 53 Sense of self
- 54 German article

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57								58				



Getting through a pandemic takes a huge dose of endurance.



And above all, a 2nd dose of vaccine.

Quebec.ca/COVIDvaccine

Votre gouvernement

Québec