

Provigo snuffs out fire rumours

By Matthew McCully

The car fire in the Lennoxville Provigo parking lot on Friday, May 31 had the town buzzing.

A number of concerns were raised on social media following the incident.

The Record contacted Provigo owner Robert Lafond to address some of the issues raised.

"I was gone on my lunch break," Lafond said. He, like many locals, saw a video on Facebook and realized what was happening in his parking lot.

According to Lafond, when employees became aware of the fire, they called 911 and made a judgment call to try and keep customers inside the store while waiting for the fire department.

"You never know what could happen with a car," Lafond said, believing his staff made the right decision.

"You don't know, someone could have a gas can in their trunk," he pointed out. From the video, Lafond said he could see the tires of one car blow out as flames overtook the vehicle.

This being the new Lennoxville Fire service's first high profile call, many locals were curious to know how long it took the department to arrive on the scene.

Lafond said his employee calculated the fire department's response time at seven minutes.

The Record was contacted by a witness who claimed the store did not have any fire extinguishers.

"There are six fire extinguishers in the store," Lafond said.

According to another witness account, the employees did not know they existed or where they could be found.

CONT'D ON PAGE 2

Sherbrooke parenting resource centre reopens in style



GORDON LAMBIE

By Gordon Lambie

Bébé trucs, the drop-in centre for new parents run by the CIUSSS de l'Estrie-CHUS has undergone a transformation.

Speaking at an inauguration of the newly-redesigned space on Wednesday, Diane Patenaude, Department Head for perinatal and early childhood services in the eastern sector, said that the focus of the renovation was to improve overall service.

"It was a very loud, big room," Patenaude said, explaining that although the Bébé trucs service has been known and well used for 25 years now, the space it occupied in the building at 500 Murray Street in Sherbrooke was not al-

ways very inviting to people coming for the first time. "It is the same space now, but improved," the department head continued, explaining that in addition to hiring on new staff to help welcome parents into the space and explain the services offered, the room itself has been subdivided into new spaces devoted to checkups, meet-ups, and nursing assistance in addition to a new cloakroom with car seat and stroller "parking."

Each area has also been repainted and re-furnished in order to create a warmer, more inviting environment.

Veronique Dubé, who sat as a parent representative on the working group that helped redesign the space and who works in quality control with the

CIUSSS said that she was really struck by how quickly and effectively the work got done.

"I'm really impressed," she said, pointing out that the newly redesigned zones help maintain and improve the supports already offered while increasing opportunities for privacy and comfort.

Bébé trucs is offered from 1 p.m. to 4:30 p.m. on Wednesdays in room 0111 of the building at 500 Murray Street and welcomes roughly 100 people every week. At this point in time it is the only drop-in parenting resource centre offered in the area.

"We renovated it because we want the service to be able to continue for a long time," Patenaude said.

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HIGH OF 19
LOW OF 3



FRIDAY:
SUNNY

HIGH OF 20
LOW OF 4



SATURDAY:
SUNNY

HIGH OF 23
LOW OF 11



SUNDAY:
SUNNY

HIGH OF 24
LOW OF 12



MONDAY:
SUNNY

HIGH OF 28
LOW OF 15

Newspaper lessons from Murphy's farm



ROSS MURRAY

It will be 16 years next month that I sold The Stanstead Journal. That's a long time. If my time since The Journal were a child, it would be getting a driver's license and no longer speaking to me.

It was a bit odd, then, to be the person reporters wanted to talk to after the 174-year-old Journal announced last Wednesday that it would be ending weekly publication. I think it had partly to do with the current owner being not immediately reachable and me being generally reachable all the time. If there's one thing I know from being a journalist, it's that the easy source is the first source.

But what kind of insight could I really offer? I could speak generally about the role of community newspapers, sure, but The Journal now is not The Journal I was a part of for 11 years – first as editor, then co-owner and finally sole owner. I'm certainly not comfortable speaking about those differences; that's like selling a house, then barging in to tell the new owners how mistaken they are to tear up that beautiful shag carpet.

Instead, I can only talk about my time at the paper. Coincidentally, the issue of June 2, 1999 – twenty years ago – offers up one of my favourite Journal stories.

It started with a knock on my door. It was Gary Roy from town, not someone who would normally turn up at my house. He began telling me about Bill Murphy up in Stanstead East, who he did occasional work for. "You have to do something," Gary said, and he told me about the pickle Murphy was in.

The Murphy dairy farm sits right on the edge of the US border, and the only way in from the Canadian side is a dead-end road across a bridge. Now, the Ministry of Environment had ordered Murphy to put in a new concrete manure pit. However, the bridge was in such bad shape that it was unsafe for heavy equipment to cross. Not to mention heavy milk trucks on a daily basis. The Ministry of Transport, meanwhile, said it had no plans to replace the bridge.

The story I'm looking at has comments from Murphy, both the secretary and road inspector for Stanstead East and former MNA Robert Benoit, the most reachable politician I ever had the pleasure of reaching. (In the story, Benoit had spoken to the Ministry of Agriculture about asking the Ministry of Environment about granting an extension to build his pit. As for the milk trucks, surely they could start their pickups at the Murphy farm when their trucks would still be light? Reachable and sensible, our Robert.)

All this was crammed into a story that filled half of page 3. (Page 1 news, incidentally, was more talk about a water-bottling plant in Barnston West and the sudden resignation of Stanstead's secretary-treasurer. She declined to comment.)

I honestly don't remember how the Murphy story resolved itself, but that's

not the point. The point is I love this story for all the reasons I loved The Stanstead Journal and community newspapers in general.

This was a story that affected one single family at the end of a dead-end country road. But it made The Journal because it was a story about someone in our community up against it. It was unusual, it was frustrating, it was bureaucratic, it was human, it was what was happening around us.

That's what community newspapers doing their job are supposed to do – reflect local concerns that most outside media would never care about but, for us, are no less important. They are stories about our neighbours.

Community newspapers, well written and well read, are the best ways for communities to stay informed about local concerns and to see their reality reflected back to them.

There were other stories like Murphy's. What makes this one especially memorable is Gary knocking on my door. People were always stopping me to pitch stories or complain about something or other. But Gary came to my house with real concern for, again, a neighbour. "You have to do something," he said. So we did.

That's the other part of a good community newspaper. People have to believe in you, trust that you have their best interest, buy into it, buy advertising. And when everyone does their part, it's not just a few hard-working people putting out a paper but everyone invested in keeping that local voice alive.

My community has lost its voice. I can only hope it finds it again.

Fire rumours

CONT'D FROM PAGE 1

"Nobody talked to me about that," Lafond said, upon his return to the store.

There may have been a newer employee on the floor that day that didn't know, but Lafond said the extinguishers are easily accessible to his staff.

In any case, Lafond said, based on the video he saw, the blaze was out of con-

trol quickly. He does not believe it would have been safe for a bystander to attempt to fight the fire.

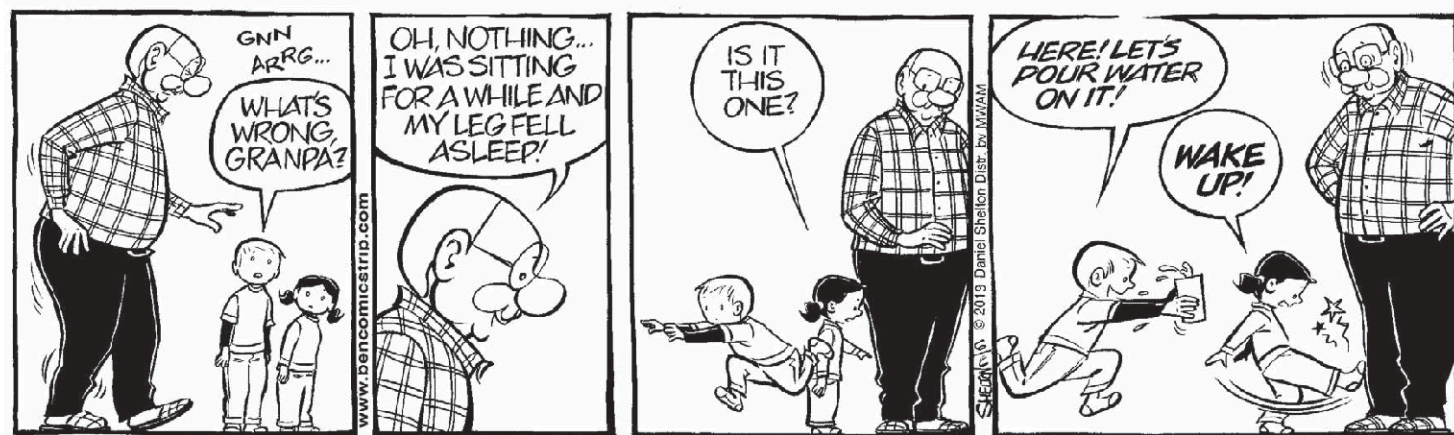
Ultimately, there were no injuries and the damage was limited to two vehicles.

There was criticism that had an announcement been made in the store, the owner of the car adjacent to the one that caught fire could have had an opportunity to move it.

According to Lafond, calling 911 and making an effort to keep customers out of harms way was the right thing to do and he stands by the decisions made by his employees.

The Record reached out for comment from witness who were critical of the store's handling of the incident, but did not receive a reply.

Ben by Daniel Shelton



LOCAL NEWS

“Woodsmen definitely falls into the category of unconventional sports,” said Stéphanie Bélanger-Naud, a former member of the McGill team who helped coach last year but also competes at the professional level.

Strange sports in the Townships: Woodsmen competitions

By Gordon Lambie

For many across the Eastern Townships, chopping wood is just a regular part of life; a way to prepare for colder winter nights. For the members of McGill University’s intercollegiate Woodsmen teams, however, the swing of an axe is more than just a way to make fuel for the stove.

McGill, though its MacDonald Campus, is one of six schools involved in the CILA, or Canadian Intercollegiate Lumberjacking Association, and one of four that regularly host competitions. Although the traditional image of a lumberjack is of a burly man with an axe, leaping from tree to tree as they float down the mighty rivers of British Columbia, the “Woodsmen competitions” are open to teams of men and women who compete in a series of mainly timed skills trials focused on cutting, chopping, climbing and otherwise moving wood of various shapes and sizes.

“Woodsmen definitely falls into the category of unconventional sports,” said Stéphanie Bélanger-Naud, a former member of the McGill team who helped coach last year but also competes at the professional level, “I didn’t really know it existed, but now I’m addicted.”

According to the coach, the college level of the sport involves a mix of individual, pair, and team events across disciplines including axe-throwing, log rolling, vertical and horizontal chop competitions, solo and pair sawing, chainsaw, pole climbing, and a water

boil competition, among others.

“Everyone who gets into it loves it,” she said.

The team at MacDonald College also has some strong ties to the Eastern Townships, with a long history of Townshippers among its members.

“It’s a status thing at the school to get on the team,” said Angus Mackinnon of Ayer’s Cliff, who was on the team in the 1980s. “The college is very proud of their woodsmen team.”

Although far removed from his competitive years, Mackinnon looked back fondly on the experiences he had with the team. He pointed out that the varied skills and events required to make a winning team creates a strong family feeling.

“Everyone has a purpose on the team and when one is competing the others always come around and encourage them,” he said, adding that, “because it’s so different, it attracts a lot of people.”

Mackinnon also spoke with clear pride about the fact that his daughter Leslie is now on the team as well.

“I had played sports all my life, but the rugby and the hockey schedule for McGill didn’t fit my school schedule,” the younger Mackinnon told The Record. “I saw that the Woodmen team is the only sport that is played at the Mac campus, whereas all the other sports are downtown, so I decided to go in.”

Reflecting on her two years on the team so far, Mackinnon said that although the Woodsmen competitions are quite different from the sports she prac-



PHOTOS COURTESY OF THE MACDONALD COLLEGE WOODSMEN TEAM

ticed in high school, they offer an interesting mix of team energy and individual focus.

“Often you’re just using your strength,” she said, explaining that the team coaches put everyone who wants to be on the team through a rotation of every type of event during the two-and-a-half week tryout period in order to determine where people’s strengths lie. Given the varied nature of the events in the competition, someone who is strong in one area might not be good in another, so a good team has a mix of different skill sets. “Even if you’re a new person coming in and you’ve never done woodsmen before, they’re still going to put you on all these events to see which one you have the most potential at.”

In her time with the team so far, Leslie said that her areas of focus have included axe-throw, chainsaw, and the underhand chop, where the competitor stands on a piece of wood and tries to split it with an axe between her legs.

“The chopping is always a high-energy, fast-paced sport; you have very sharp axes, so there’s a certain element of danger involved,” her father said, pointing out that “It’s all based on time.”

Leslie, however, pointed out that there are strict safety procedures involved in the events.

“We always have to wear steel-toed boots. It’s a requirement even to practice. If you’re not wearing steel toed boots you’re not allowed to compete.”

Beyond the boots, the team member said that competitors also have to wear chainmail below the knee on axe competitions, a chainmail glove for the water boil event, and chainsaw pants, a helmet and safety glasses for chainsaw events.

Brogan Keenan, from the Richmond area, was another Townshipper on the team this past year.

“Last year was my first year in woodsmen,” Keenan said, sharing that he was also drawn to the sport by a combination of wanting to continue to do sports and

family history. “My dad always talks about it,” he added, explaining that his father was a roommate of Angus Mackinnon, and that he tried out for the team but ultimately didn’t come back because he didn’t like the 6 a.m. practice schedule.

Like the younger Mackinnon, Keenan was involved with the underhand chop event, but also specialized in the water boil event. For that competition, which is often saved for the end of the day, competitors are given a tin can of soapy water, a log, an axe, and three matches, and are challenged to be the first to get their water to boil over.

“My record was 3:49, and I got fourth with that,” he said. “The winners are like 2 minutes, so I was a little off.”

Asked how people get their times down so low when water needs time to boil, Keenan said the secret lies in getting the water on the fire as soon as possible.

“What they tell us is get your fire started as fast as you can and put the can on so that while you’re doing everything else to get the fire bigger, it’s already starting to boil.”

Like his teammate, Keenan said that the adjustment from other sports was not a great challenge once he applied his existing familiarity with an axe and saw to a competitive spirit.

“In a competition it’s a little different,” he said “It’s not about getting the wood chopped, it’s about who can do it the fastest.”

Looking beyond the college level, this past year’s coach said that contrary to what one might expect, professional-level woodsmen competitions have even more of the family feel to them.

“Once you get to the professional level, it’s almost all individual events” Bélanger-Naud said, explaining that the result is that although any individual event might pit one competitor against another, outside of the moment the axes are flying, everyone is very friendly with one another. “It’s like a little family.”



2019 Volkswagen Golf GTI - Ode to the car



An appreciation of the GTI-badged Golf, with us since 1985

PHOTO: D. BOSHOEWERS



By Daniel Rufiange

This, I'm warning you off the bat, is not a standard-issue car review. Yes, I spent a week with the 2019 Volkswagen Golf GTI, and yes, I drove it around a lot, in different situations.

But a traditional review would consist of a summary description of the Golf range, the qualities and faults of the GTI, and so on.

Here I want to take it further. Why? Because the GTI version of the Volkswagen Golf is well-known by now, after more than 30 years on our roads. And also because I have a little anecdote to share.

1970s and 80s
Having been born in 1968, my sentiment knowledge of cars dates back to the 1970s, and really took hold in the 80s. And like many kids of my generation (and those that followed, for that matter), my interest was whetted by those cars owned by my father. Who, born in 1919 (yes, 1919!), had a marked and exclusive interest in American cars, particularly those made by General Motors. The cars I learned to drive in were a 1975 Chevrolet Impala and a 1979 C10 pickup.

The first car registered to my name? A 1984 Chevrolet Cavalier Type 10. It was followed by a 1986 Pontiac Grand Am. When in 1996 I went over to the enemy and bought a Dodge Ram, I was very nearly disowned.

I might have been if I'd bought a foreign-made car. By then vehicles made outside of North America, especially Japanese ones, had earned a solid reputation for quality, but still my father didn't believe in them. He was not one to abandon his beliefs easily, let's put it that way!
A Volkswagen? Why?

In the 1980s, I saw my fair share of Volkswagens on the road, but paid not much attention. I knew of the Golf, and even its GTI version, but they were foreign to me. Some of my current colleagues, meanwhile, had lived the opposite experience, grow-

ing up on a diet of foreign cars. **2000**

It was only then that I tried by very first Volkswagen Golf. I was out with a work colleague who wisely decided, at the end of a night out, asked me to take the wheel of hers to take her home. It was love at first sight. No, not for my colleague, though she was exceptional! I'm talking about the experience of driving that brand-new Golf.

It was an eye-opener, to say the least. Not that the car was perfect. I remember in fact that even brand-new, that Golf had problems with the power window defoggers. No matter, I had discovered something totally new.

Seven years later, I took the wheel of a GTI as part of my journalistic duties. Then is when I truly understood why this model has survived for so long and remains so popular among VW devotees (as witnessed every year at the Worthersee event in Austria, a massive gathering devoted to all things Volkswagen).

The GTI delivers a unique and highly engaging driving experience, one perfectly suited to those who want to enjoy the driving experience. Remarkably, the recipe employed by VW has remained largely unchanged for close to three decades. When it ain't broke...

Which brings us to the 2019 edition. The exception

The current GTI is actually part of the model's seventh generation, which debuted for the 2015 model-year. The next, eighth generation Golf will be among us very soon... and it will include a GTI.

I have but one wish, and that is that new technologies don't mess up that winning recipe.

In 2019, the Volkswagen Golf GTI has become an exception in the industry, a rarity. Why? Because it still offers that engaging driving experience, one that doesn't involve feeling like there's a computer running everything.

Yes, there's a multimedia screen on the central console, but that part of the interior still features a host of buttons and knobs, easy to reach and manage. This is gradually disappearing from modern vehicles, unfortunately.

The instrument cluster even includes physical gauges. Maybe I'm being overly sentimental and nostalgic, but

I love a pretty gauge!

At the wheel, you guessed, the pleasure is constant. It starts with a surfeit of raw power, courtesy the 2.0L 4-cylinder engine that makes 230 hp and 258 lb-ft of torque. The tight steering responds instantly and is always confidence-inspiring. Overall, there's a near-perfect symbiosis between driver and machine, delivered on a silver platter.

This also is becoming an ever-rarer thing in the modern automotive universe and its vehicles that seem like computers on wheels.

As a bonus, the hatchback configuration makes for a sporty, engaging car that's also as practical as any small utility model.

Faults? I won't pretend there aren't any. The suspension, for example, is one the firm side of totally comfortable, especially in Sport mode. For that I hold the state of Canadian roads partially responsible, however. A more adjustable driver's seat would be welcome as well, as would improved sound insulation for the cabin.

My wish list would also include all-wheel drive. Volkswagen does include it in the R and Sportwagen versions of the Golf, but as we close in on 2020, adding AWD to this Golf would certainly help it hold its own vis-à-vis the glut of smaller SUVs exploding onto the market. Rumours have it that four-wheel drive may be coming on some variants in the future. Fingers crossed.

For the rest, the first images floating around of the 8th-gen Golf show that VW is taking the evolution route and not upending the apple cart in terms of the model's design. Phew.

The next-gen Golf will also ride on the current MQB platform. Also phew.

We won't know until next year the exact details for the next Golf, expected to debut sometime in 2020 as a 2021 model.

But it is possible that with the advent of electric vehicles, that might be the last GTI we'll get, at least as we know it. But for that edition, at least, we can count on getting a car with excellent driving dynamics and a manual gearbox on the menu.

Let's enjoy the ride while it lasts, at the wheel of the Volkswagen Golf GTI, one of the last of its kind still breathing.

Estrie region to seek new director of public health

Record Staff

According to a brief communiqué issued on Tuesday by Stéphane Tremblay, the new Director of the CIUSSS de l'Estrie – CHUS, Doctor Mélissa Génereux will be leaving her role as director of the public health department as of August 31.

"We thank Dr. Genereux for her passion and devotion which have contributed in a significant way to the development and outreach of public health in the Estrie," Tremblay said in the note. "We wish her the best of luck in her future professional endeavors."

Dr. Genereux will be staying on as a consulting physician for the public health department while pursuing new challenges at the Institut national de santé publique du Québec.

The position of Director of Public Health will be posted for applications shortly.



Introducing Magog youth to summer activities

Record Staff

Today starting at from 4 p.m. there will be a 'Party mousse, pas d'mousse' at the Espace jeunesse (parking Cabana) in Magog.

The event, for youth aged 12-17 years, is an opportunity to visit and get familiar with the youth space leading up to the summer season, and provide a friendly introduction to police officers.

During the evening, teens can enjoy a free lunch, in addition to several activities, such as skateboarding demonstrations by the Illusion Boardshop team, an "Air guitar" contest and a graffiti wall. The flagship activity where people are trying to knock policemen into a dunk tank, will also be back. In addition, there will be animation and several door prizes, including tickets for access to Cirque des Étoiles Carnival rides that will be in operation at the event.

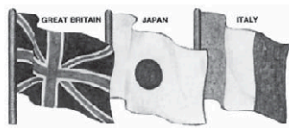
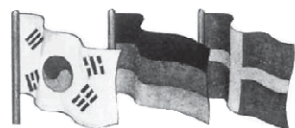
This year, there will be a show by comedian Samuel Tétraut, as well as the presence of "Shuki", professional DJ (both from Magog).

This activity is part of a partnership between the Memphrémagog Police Board, the city of Magog, La Ruche High School, the CIUSSS de l'Estrie-CHUS, the Relay Resources Team and the L'Exit Youth Center from Magog.



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The Border Report

With the school year coming to an end, Phelps' weekly sessions will also be wrapping up for the summer.

Colby-Curtis Museum presents a new exhibition honouring the St. Francis valley

By Emilie Hackett
Special to the Record

Stanstead's Colby-Curtis Museum has announced the launch of its new summer exhibition, *Waterways of the St. Francis*, starting June 15 up until October 19. The exhibition, a collaboration with the Sherbrooke Nature and Science Museum and the Quebec Anglophone Heritage Network (QAHN), will feature archival images, photographs of recent archeological finds in the St. Francis River basin as well as many artefacts from the Stanstead Historical Society (SHS) collection.

The St. Francis valley spans over 10,000 square kilometres, from northern New England to the St. Lawrence Seaway, covering the Appalachian highlands,

forests, farms, and townsites. Prominent waterways have shaped patterns of human migration and settlement across southern Quebec throughout the centuries. The exhibition aims to show the importance of the St. Francis basin's in the development of Eastern Townships communities and to encourage the conservation of these bodies of water.

"What is really special about this exhibition and the Colby-Curtis Museum is that all the objects presented were given to the SHS by members of the community," said Samuel Gaudreau-Lalande, director-curator at the Museum. "Waterways of the St. Francis offers a comprehensive overview of the St. Francis valley's history, with concepts of geography, archeology, and observes indigenous presence in the area. It show-

cases the different cycles of habitat, the 19th century industrialization, navigation on bodies of water, and leisure activities such as fishing and swimming."

"We added to the information panels provided by QAHN with objects and historical images from our fine art collection that are linked to the St. Francis valley rivers and lakes. We also have many paintings from William Stewart Hunter, an artist of the 19th century, that helps provide the perspective of artists at the time," he explained. "A lot of his works represent different parts of the St. Francis River in the 1800s."

"Our main piece is the authentic birch bark canoe, which we have evaluated to be dating from the 1880s," added Gaudreau-Lalande enthusiastically. "It is an exceptional piece because such ca-

noes of that age are rarely preserved so well in a way that really shows its construction technique. We are guessing that it was made by Algonquins peoples, and perhaps even by the Abenakis."

Gaudreau-Lalande hopes that the exhibition, suitable for all ages, will be a success. "A lot of these objects speak for themselves, which makes this an interesting exhibition for the whole family. They evoke what life was like long ago. We have log drivers' tools, indigenous projectile points, flies for fly fishing, and so much more," he concluded.

The exhibition will be ready as of June 15 at the Colby-Curtis Museum at 535, Dufferin Street in Stanstead. For more information, please visit colbycurtis.ca.

Celebrating a record year!



By Phelps Helps

It has been a record year at Phelps Helps with 172 participants since September in one or more of our programs! Over the school year, we have had 49 volunteer tutors, 60 high school students from Alexander Galt and LaRuche, 44 students from Sunnyside Elementary and 23 students from Jardin-Des-Frontières participate in our weekly programs.

With the school year coming to an end, Phelps' weekly sessions will also be wrapping up for the summer. Today is

the last day of weekly sessions but we are still offering one-on-one tutoring for high school students to help them prepare for their end of year exams. Students must contact our High School Tutoring Coordinator, Clea Corman, to set up an appointment with a tutor anytime between June 10th and 18th.

To celebrate another great year of dedication and hard work from our participant's at the high school and elementary levels, we will be hosting an end of year party today at 272 rue Dufferin. Elementary students from both Sunnyside and Jardin-Des-Frontières will come together at Phelps Helps after school for special games and team-building activities. High school students and their families are invited to celebrate from 5-6 PM. Subway sandwiches and snacks will be available for all. We hope to see you there!

Phelps was founded in 2012 and has



grown organically from a single high school tutoring program to nine unique programs, providing the Stanstead area with free educational and career support. For more information or to volun-

teer, please email us at info@phelpshelps.ca, visit our website www.phelpshelps.ca or call our offices at 819-704-0799.

FRONTIER ANIMAL SOCIETY

Featured pet: Charlie

Sorry Charlie, but it seems you're an outcast.

When Charlie first arrived at our shelter, he was, to be blunt, a disheveled mess. Living as a stray, his long beautiful fur had become matted and dull and he suffered from one of the worst cases of ear mites our vet had ever seen. Obviously uncomfortable, in an attempt to soothe the itching, Charlie's ears were rubbed raw. We don't know how long he was forced to fend for himself but being declawed, he was not suited to life outdoors. It was clear he was in desperate need of medical attention and lots of TLC.

Fast forward six weeks and we're pleased to share that Charlie is healthy and strong and more than ready for a home of his own. With such matted fur, we had to give him a rather unfortunate

haircut but his fur is growing back nicely and, if we do say so ourselves, he is looking much more dapper.

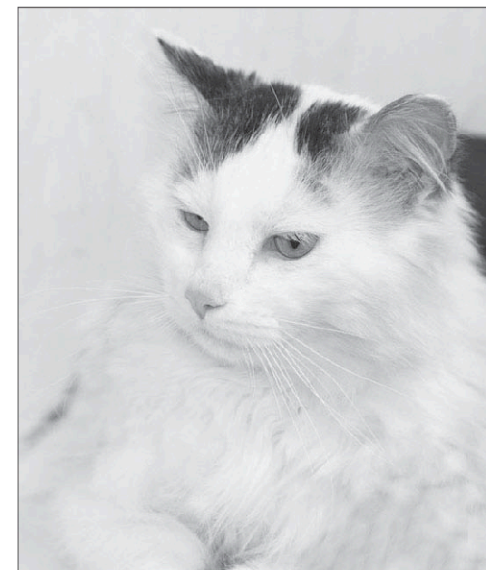
With a clean bill of health, we were excited when that day finally came to introduce Charlie to the main colony and free him from his exile in the isolation room. Poor Charlie was so lonely and desperate for attention. Unfortunately, the introductions didn't go well. For some reason, many of our colony cats were unaccepting of Charlie. We know that integrating a new cat can cause discord, but Charlie was relentlessly picked on and was even attacked by a couple of our more dominant cats. Being declawed, Charlie could not safely remain in the colony so, much to our disappointment, we have returned him to his small isolation room.

Charlie is a sweet, beautiful, elegant and friendly cat who is still young (2-3

years) and ready for a new life as an indoor only cat. He is playful and affectionate if not a little needy, but his neediness is surely a result of being alone so much. We do what we can to keep his spirits up, he has toys and a comfy bed, but he needs companionship and home of his own. Despite being so poorly treated by the other cats, he seems to enjoy their company so in a home with another friendly and easy-going cat, we see no reason Charlie won't be accepted.

If you can give Charlie a loving home and free him from his life in isolation, we'd love to hear from you. To adopt, please contact our cat adoption coordinator Linda at frontieranimalsociety@gmail.com or better yet give her a call at 819-868-2684. You can also just stop by during our adoption open house which takes place

every Saturday from 10 a.m to noon at 2405 Griffin in Ogden.



EDITORIAL

Be on the very edge of your seat as the President talks nuclear disarmament with the tiny "Rocket Man," leader of North Korea.

The best reality TV ever



TIM BELFORD

NEWSPHOTO: Coming this fall to the Fox Network: the top reality television show ever! Combining the best of Big Brother is Watching You and The Great Race, the producers at Fox are proud to announce the debut of "The Great Disgrace." For the first time on network television, viewers can follow the foibles, fantasies and failures of a sitting president. Completely uncut and unedited, The Great Disgrace will take audiences inside the government of the United States to places they have never been and probably didn't want to go to in the first place.

Follow the President, and most of his family and close friends, as he flies around the globe leaving nothing but a jet stream and chaos in his wake. Be there when he praises Queen Elizabeth II as a 'terrific, terrific person . . . really terrific' and then asks how much her crown cost. Chuckle as he tells outgoing British Prime Minister Theresa May that she did a terrific job and as soon as Britain gets out of the European Union he'll sign the "best trade deal ever" with her successor, which, he suggests, should be his good friend May's former Secretary of State, Boris "Et Tu" Johnson.

Be on the very edge of your seat as the President talks nuclear disarmament with the tiny "Rocket Man," leader of North Korea. Gasp as the President concludes Kim Jong-un is really a pretty good guy and all that stuff about starving peasants, assassinations and a police state is just so much fake news. Then follow him to Russia and stare in bewilderment as his good friend Vladimir Putin assures him Russia never, ever tried to interfere in the last U.S. election, scouts honour.

Don't miss episode eight when the

Fox camera crew takes you inside an actual cabinet meeting. Laugh hysterically as the President reminds his aides that his briefing notes are still too long and must be kept to no more than one page, double spaced and ideally with lots of pictures. Roar with laughter as the President demands that the latest investigation into the 2016 election, his tax returns, and the last golf score he handed in, giving him a three under par, be shut down. Hug your sides and weep when the Attorney General refuses and the President slams the table and yells "You're fired!"

Critics are already raving about The Great Disgrace. CBS says "It's positively frightening." NBC calls it "Weird" while ABC hails it "As probably the best thing Fox has produced since the 2005 debut of Life on a Stick," which many of you will remember dominated prime time for five full episodes.

The Great Disgrace will cover every minute as the President hits the campaign trail leading up to the 2020 election. Subscribe now and you can be there live as he promises to bring back the coal industry to out-of-work miners. Thrill to his description of the United States' National Parks System as 84 million acres of underused real-estate and watch as he tries to make America great again one wall at a time.

As an added feature, The Great Disgrace will attempt to go above and beyond a look at the President himself and include in-depth conversations with the hundreds of people who have passed through the White House's swinging doors during the last two and a half years including several Secretaries of State, a couple of Attorneys General, two or three legal advisors and a handful of campaign fundraisers.

Spoiler alert! The final episode of The Great Disgrace will feature an exclusive and candid conversation with White House Press Secretary, Sarah Huckabee Saunders during which she will try to explain how she has managed to twist the President's endless stream of insults, jibes, inaccuracies, obfuscations and outright lies into nothing more than errors on the part of the press corps.



Letters

DEAR EDITOR:
Not only did I/we have the pleasure of dining at the Nanking but i was fortunate enough to be at their auction upon the closing of that fine restaurant. We purchased all of their serving plates in various sizes and put them into use at the Lion for nearly 10 years afterwards. I clearly remember the floral print around each and every plate.

The other item we purchased was their Totem Pole. This we used as a magical and lucky prop at the Mondial de Biere in Montreal at our beer kiosk.... and it was lucky ! We won the Choix du Public for our Ambree d'Amour. One just had to rub the heart of that totem pole to release the magical powers of the beers secret ingredians....and it still works today .

CHEERS , STAN GROVES

DEAR EDITOR:
Following the announcement of the CIBC branch closure there are members of the community who came together to address the problem of no branch and no ATM. We have been left with no town access to the service. Internet is not for all people and not that reliable in this area, especially for the farming community. The vulnerable people are especially hit by this decision.

This group, Community in Action, is planning on gathering as many people who are available to visit the CIBC, Stanstead Branch on Thursday June 6 between 3:30 and 4:30 p.m. We are asking people to do a small transaction. It is our hope that this demonstrates our need to address the situation many towns are facing. We hope to slow this process in other towns that most likely will face the same situation that we find ourselves subjected to. This should not happen. We are not in a city where we just go around the corner and there is another branch. We do not have public transportation. The last taxi service in town recently closed. We are becoming an island that people do not seek out. Restaurants closed, CIBC branch closing, taxi service closed, local newspaper that has been in existence for close to 175 years is now becoming a monthly electronic publication. What happens to property values, young people moving in and many other aspects that make a community vibrant? If we look around there are many small towns that are doing very well while we watch more and more abandoned buildings, jobs disappearing....

We are requesting the town council to show up and support the community they represent. We need to send a clear message that small towns will not be forgotten. You may ask what can be done now as far as the CIBC branch closure goes. Maybe nothing or a rethinking of an ATM. And if there is nothing for us maybe we will be able to set up a protocol for closures of branches and at the very least help other communities from suffering from this hardship. Technology has not reached us yet to enable us to always do on line what we need. Maybe one day but that day is not today.

Stanstead has a proud history, a leader in community and business. Why not stand up and let everyone know we will not sit idle and just accept it. Please join us.

BARBARA HEATH

STANSTEAD (MEMBER OF THE GROUP COMMUNITY IN ACTION)

THE RECORD

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From the Archives - Friendship Day 1990

Friendship Day: Lennoxville's festival to highlight community pride

SHERBROOKE (AB) — Every town seems to boast a festival of some kind, perhaps a tulip festival, clam festival or beerfest. These neighborly events serve to pump community pride.

"Friendship is the thing we have most of in Lennoxville," said councillor Muriel Brand. "We're a bilingual and bicultural town, and we all live together peacefully."

Given that, it seemed only natu-

ral that Lennoxville's festival should be one to celebrate friendship. The event coincides with Quebec's Municipalities Week, and will highlight municipal services.

Brand coordinated last fall's Township's Day. It went so well, she was asked to coordinate this Saturday's springtime celebration.

Friday's *Record* will feature a full page spread outlining all the activities in store for Friendship

Day. In the meantime, here's a rough schedule:

- 8:30-10:30 a.m. Brunch at the United Church at 6 Church St.
- 11:00 a.m. Parade organized by local businessman Charles Kobelt Sr. who earned a reputation as *maitre des parades* after his superb orchestration of the Townshippers' Day parade.

Saturday's procession will feature the ET Pipe Band; highland

dancers; Army, Navy, Air Force Veterans Association; floats from The Pigeery, the Children's Wish Foundation, among others; Mas-sawippi rail line hike riders; dozens of horses from Gladys Beattie's stable; and 1929 Chrysler as part of a ET Vintage Auto Association convoy. The parade will form up behind the Charlotte Street school board.

• Afterwards, on Hunting Street

behind the Uplands Museum, there will be a tent with live entertainment featuring well-known local soloist Debbie Drummond. It'll be open house at the museum, town hall and fire station. At the Lennoxville library, Dr. Arthur Lovelace will launch his new book *Memories of an Outport Son*.

• There will be food, crafts displays, a dunk tank, hayrides, and much more.

The Town also plans to unveil its

new logo, which was submitted as one of 25 entries in a design competition a couple of weeks ago. Look out for the winning logo on town stationary and vehicles. The winner receives a sweet \$500 for the trouble.

"Good weather is about the only thing I really need right now," said parade master Kobelt. "But we'll run it whether or not there's sunshine."

Published in the Sherbrooke Record May 31, 1999

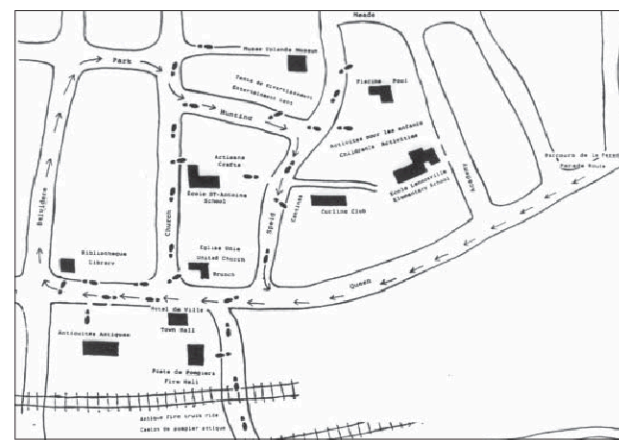


RECORD ARCHIVES

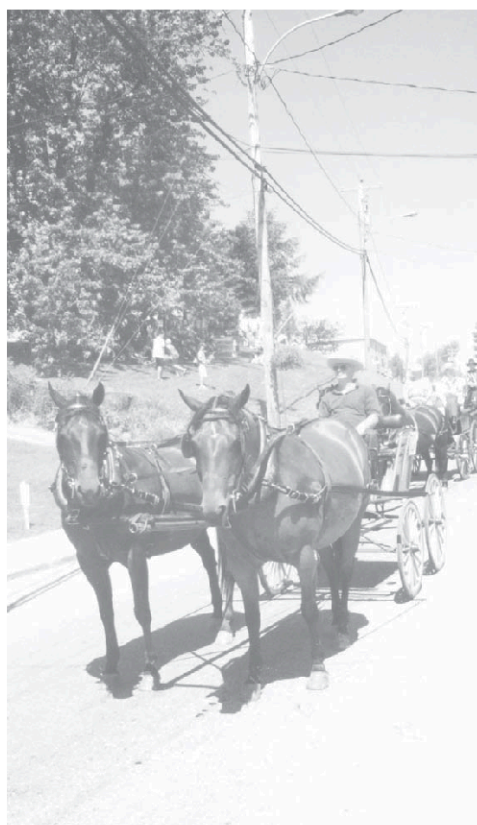
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Auxiliary

Published in the Record June 1, 1999 - The Lennoxville Volunteer Firemen lunch has been around since the beginning of Friendship Day



A map of Friendship Day activities from June 1, 1999



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30TH EDITION OF FRIENDSHIP DAY

PROGRAM OF ACTIVITIES BOOK SALE

Location: Lennoxville Library (10 Queen St.)
Time: 9:30 a.m. to 3 p.m.
Information: Lennoxville Library, 819-562-4949



ARTISANS & ORGANIZATIONS FAIR

Location: Playground and gymnasium at Saint-Antoine school (indoors and outdoors, 16 Church, access by Speid)
Time: 10 a.m. to 4 p.m.
Information: Kelly Reid, 819-569-3118
Learn about the services of local community groups and the treasures offered by craftspeople from the region.

OUTDOOR MUSIC AND DANCE

Location: Eddit-Custeau Kiosk at Centennial Park
Time: 11:30 a.m. to 5 p.m.
Information: Ann Crawford, 819-569-1376

PARADE

Route: Starts at the corner of Queen and Charlotte, and continues on to Speid, Meade, Warren, Bown, Warner, and Amesbury.
Time: 10:30 a.m. to noon
Information: Karl Hunting, 819-569-3118

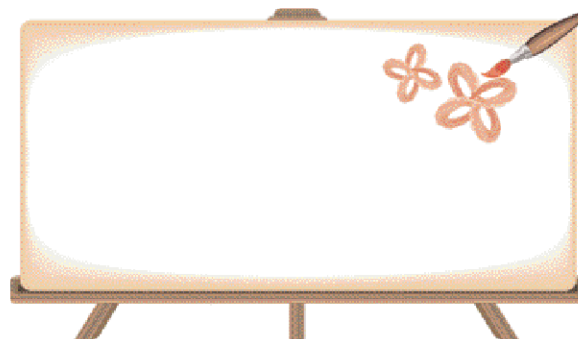


Note: Parking will be prohibited along the parade route from 10:00 a.m. to 1 p.m.:

- Queen – From the grocery store (Provigo, 169, rue Queen) to the pharmacy (Jean-Coutu, 147, rue Queen)
- Hunting – Entire street
- Speid – Corner of Queen to Meade Meade – Entire street
- Warren – Corner of Meade and corner of Lorne
- Bown – Entire street
- Warner – Corner of Bown and corner of Amesbury
- Charlotte – Entire street

LENNOXVILLE ART GROUP EXHIBITION AND — SALE (THEME: "At the Sea")

Location: Amedee-Beaudoin Community Centre (10, Samuel-Gratham)
Vernissage Friday, June 7, 7 to 9 p.m.
Sale and exposition Saturday, June 8, 9 a.m. to 4 p.m.
Followed by a drawing for an original painting - proceeds to Uplands Cultural Centre - Youth programs
Information: Jane Loiselle, jmloiselle@videotron.ca
Art exhibition and sale by the Lennoxville Art Group



FAMILY ACTIVITIES

Location: Lennoxville Elementary School (1 Academy)
Time: Noon to 4:30 p.m.
Information: Kohl Kelso, 819-821-4805
Activities:

- Petting zoo and pony rides
- Inflatable games, face painting, and more
- Mascots
- Giant obstacle course
- Train for the children
- Dunk tank
- Crafts for children
- Free photo booth pictures to take away

an amazing day with family and friends

YOUTH CENTRE – TOMBOLA

Location: St. Antoine School Yard
Time: Noon to 4 p.m.
Information: Lennoxville Youth Centre, & Members of the Youth Centre in Lennoxville manning the game booths. Join them at

ACTIVITIES AT THE UPLANDS AND HERITAGE CENTRE

Disguise Booth and photo
Location: Uplands Cultural and Heritage Centre (first floor, 9, Speid)
Time: 1 to 4:00 p.m.
Information: Nancy Robert, 819-564-0400
Uplands Cultural and Heritage Centre opens and presents an exhibition 'Art Bridge.'

LENNOXVILLE-ASCOT HISTORICAL MUSEUM SOCIETY CAKE AND

Location: Uplands Cultural and Heritage Centre front verandah
Time: Noon to 4:00 p.m.
Information: Janice Fraser, 819-564-0400

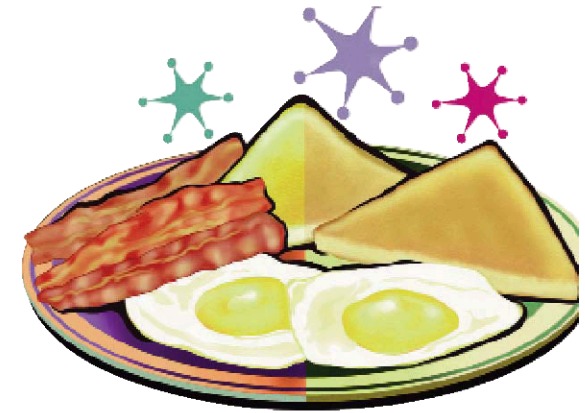
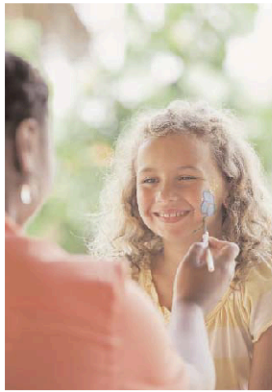
FIREWORKS

Location: Atto Beaver Park
Time: 9:45 p.m.
Information: Karl Hunting, 819-569-3118
Bring your own chairs!



SHIP DAY - JUNE 8, 2019

SATISFY YOUR APPETITE ON FRIENDSHIP DAY



Community breakfast:

Location: United Church, Gertrude-Scott Hall (corner of Queen and Church)

Time: 7:30 to 10:30 a.m.

Information: Deanna McNab, 819-569-6952

Cost:

- Family (two adults and two children, aged 6 to 12): \$25
- Adults: \$10
- Children aged 6 to 12: \$6
- Children 5 and under: Free

A fabulous breakfast including bacon, eggs, pancakes, sausages, baked beans, potatoes, muffins, toast, homemade jam, and more!

Canteen Location: Saint-Antoine school parking lot (access by rue Speid) Lennoxville Volunteer Firefighters Association

Time: Opens at 10 a.m.

Meal offered by the Lennoxville Curling Club:

Location: Lennoxville Curling Club (6 Speid St.)

Time: 10 a.m. to 2 p.m.

Information: Jody Bailes, 819-919-1309

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Friends and food

By Matthew McCully

There's a natural link between friends and food.

In the same way that all good house parties end up in the kitchen, food plays a major role in Friendship Day activities in Lennoxville.

And it all starts with a healthy breakfast. Since the very first Friendship Day 29 years ago, the United Church has been serving a breakfast. Now a tradition for many of the volunteers that help out with the day's activities, it's no small feat getting that early bird special off the ground, according to Frankie Noble, who helps put the morning meal together.

"Deanna McNab is the one that gets everything started," Noble said. McNab solicits the food donations and contacts the volunteers to see if everyone is up to the same job they had the year before.

"She and her husband spent the better part of Friday," explained Noble, setting up the tables and getting the room ready.

The food warmers for the buffet style breakfast are borrowed from The Hut.

The volunteers feeding the volunteers are up at the crack of dawn, Noble said.

"We have to be at the BCS dining room at 6:30 a.m. to pick up the sausages," she explained.

The BCS school cafeteria kindly cooks the bacon and sausages for the United Church breakfast.

The rest of the helpers are



GORDON LAMBIE

at the church by 6:15-6:30 a.m. Noble said.

Breakfast is served at 7:30 a.m.

"David Price is always one of the first ones through the door," Noble pointed out.

Doug McNab does the fried potatoes.

Kristan Mc Kercher makes the homemade pancake batter.

"She's a former home-ec teacher for Galt, she has a good idea of how to double a recipe," Noble said.

Members of the Davidson family scramble some 50 dozen donated eggs in a humungous pot.

Nancy Suitor and Pam Wilson are also part of the well-oiled kitchen machine.

The meal includes eggs, hashbrowns, pancakes, bacon and sausage, toast, homemade muffins, juice, coffee and tea.

Elevating the meal are personal touches like the homemade jams provided by Christy Smith and Rosemary Butler, and of course Francis Smith's famous rhubarb jam, Noble mentioned.

Maple syrup is usually supplied by Carol Bennett's sugar shack.

And that's just the food.

Many hands keep the breakfast train moving, Noble said, including two sets of two dishwashers, who start scrubbing at around 8 a.m. If they are lucky, cleanup is done by 11:30.

Another five or six helpers work the dining room, Noble said, filling coffee and tea and clearing tables.

The meal, served in the lower hall of the United Church, usually feeds between 100-150 people, Noble said.

"Whatever's left over, the help can help themselves," Noble said.

As for the customers, they likely make their way from breakfast just in time to see the parade, and then mill through the kiosks in St. Antoine school.

Hunger strikes again.

It isn't long before locals have to decide between the Lennoxville Curling Club's smoked meat on rye with chips, coleslaw and a pickle, or something from the Lennoxville Volunteer Firefighters Association canteen.

The time in between meals is usually spent catching up with friends and neighbours, just long enough to work up an appetite for the next serving.

For anyone with a sweet tooth, ice cream and cake at Uplands is a must.

Over the years, the food at Friendship Day has developed into one of aspects of the event that make the town feel like one big family sitting around a collective dinner table, catching up on each other's news.

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OPTO RÉSEAU

Local Sports

Britney Aulis Labrie's dedication in the basketball, badminton, and flag-football teams, as well as in the classroom, made her the perfect contender for the 2019 Female Athlete of the Year and Ella F. Hoy Awards

Galt's 50th athletic awards recognize father and son Larry and Michael Brazel

By Emilie Hackett
Special to the Record

Alexander Galt Regional High School (AGRS) held its 50th annual athletic awards night on Tuesday, June 4. Pipers of all levels were recognized for their achievements in various athletic teams, as Most Improved or Most Valuable Players. AGRS also presented the Athlete of the Year awards to four dedicated students.

The evening was dedicated to Larry Brazel, who was posthumously bestowed with the Jennifer Daignault Award for volunteer appreciation for his many years of volunteering as a soccer, basketball, and golf coach. He also coached his son Michael, one of the night's most outstanding recipients, on many occasions.

Awards in soccer, cross country, basketball, hockey, swimming, curling, badminton, rugby, golf, flag-football, and lacrosse were given to over 60 students. The Matthew Cloutier Most Dedicated award was given to Amanda Andrews of the flag football team and the Clinton Munkittrick Trophy for most dedicated senior hockey player was given to Felix Antoine Dostie.

Alexander Galt also offers an interesting recognition to those who have played at least 15 sports over their career at Galt. The "G of Excellence Award" was presented to Michael Brazel, Isaiah Wing, Xavier Fisk, Kaleb Grapes, Ryan Naylor, Britney Aulis Labrie, and Nick Bradley.

Emma Schoolcraft was named cycle one Female Athlete of the Year for her involvement in soccer, junior and senior flag-football, badminton, and the junior boys' hockey team. She was named MVP in the junior girls' soccer team. As for

Lucas Dunn, his hard work in soccer, basketball, and lacrosse can explain his endowment as cycle one Male Athlete of the Year. Dunn also almost joined the badminton team this winter but was busy at the tryout camp for the provincial basketball team. He was named MVP for the bantam boys' soccer team.

This year cycle two winners for Athlete of the Year were incidentally awarded the Ella F. Hoy and Reg Newton Memorial Trophies, which recognized their success in academics, athletics, sportsmanship, and leadership.

Britney Aulis Labrie's dedication in the basketball, badminton, and flag-football teams, as well as in the classroom, made her the perfect contender for the 2019 Female Athlete of the Year and Ella F. Hoy Awards. She was also named MVP in the senior girls' basketball team and was the December Athlete of the month for her prowess in basketball.

Larry Brazel's son Michael shone very bright on Tuesday evening as he was awarded the Male Athlete of the Year and Reg Newton Memorial Awards. "There is no one more deserving of this award than Michael," mentioned his golf coach, David Beaulieu. "Michael has gone through something that no one his age should go through. I know your dad is still watching you do great things from up there," he said emotionally. Michael was a leader in soccer, basketball, badminton, and golf, also receiving the MVP title in the senior boys' basketball team and the golf team and was the April Athlete of the Month for his work in badminton.

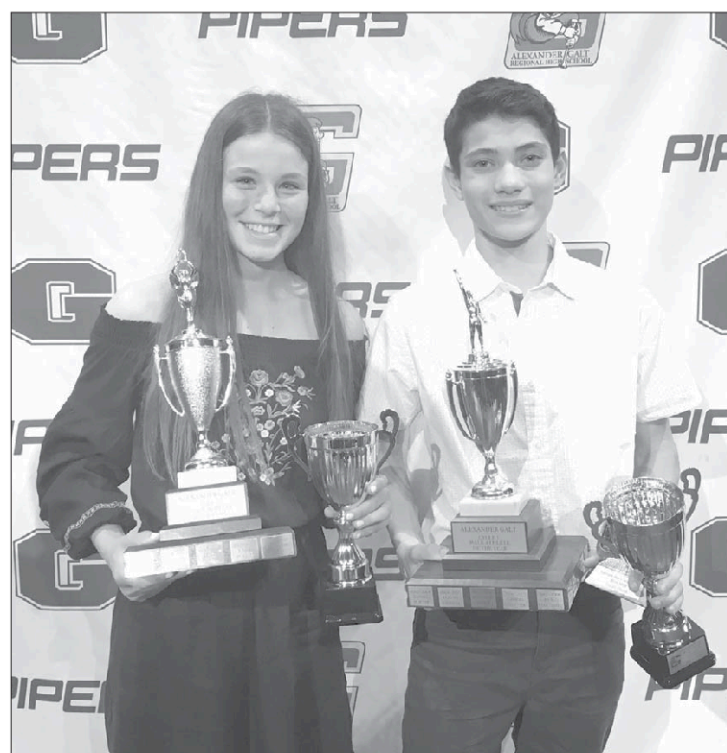
It was a strong year for the Pipers, as the cross country, bantam boys' soccer, senior boys' soccer, junior boys' rugby and the golf team ended their seasons as

ETIAC league champions. The junior girls', junior boys' and senior girls' soccer teams were crowned league and playoff champions, while the badminton team won their tournament. The junior flag-football team was awarded the league banner and the bronze medal in playoffs. The bantam boys' A and B basketball teams both won the RSEQ bronze medal, while the junior boys' team won the RSEQ AA silver medal and the girls' team won the RSEQ AA playoff bronze medal and the QSSSA championship. In

hockey, the bantam team won the La Ruche tournament, the junior team were the QIHL playoff champions, and the senior team won the Galt tournament. Finally, the senior boys' basketball team won the RSEQ AA playoffs, the Visser Provincial (QSSSA) tournament, and the La Ruche tournament. The senior girls' rugby team is the only team still in the running and will be battling against Triolet this weekend in the playoffs.



EMILIE HACKETT
Britney Aulis Labrie and Michael Brazel, with their Athlete of the Year Awards and Ella F. Hoy and Reg Newton Memorial Trophies.



EMILIE HACKETT
Emma Schoolcraft and Lucas Dunn were awarded Alexander Galt's cycle one Athletes of the Year.

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Wales Home News May 2019



National Denim Day was held on the 14th to help raise awareness for breast cancer. For the occasion, we even turned the beautiful piece of metal artwork in the library pink. This piece was created by Artik Metal's Danny Perkins and unveiled last November during our annual candlelight evening. It showcases our Planetree values and periodically changes colours depending on holidays and special events. If you haven't seen it, we invite you to see it and the other updates to the library and Home and CHSLD during your next visit.

The May birthday party was hosted by the Gore Women's Institute on the 4th floor during the afternoon of the 15th. Happy birthday to everyone who celebrated. A family and resident meeting took place in the living room on the evening of the 15th. On the 16th, Julie Miller provided residents with a beautiful concert that included harp music and story telling. On the 21st, the fish arrived in the pond. Since then, they have been seen jumping and enjoying their surroundings, much to the enjoyment of our residents.

Items for our annual silent auction began appearing on the 7th, and the closing bell rang at 3 p.m. on the 25th. There was also a tea in the main dining

room, a bake sale and white elephant sale on the 25th. This is an annual event that is planned and orchestrated with the Wales Home Ladies Auxiliary.

Students from St. Francis played bingo with residents in the living room on the afternoon of the 27th. The Minister for the Elderly, Marguerite Blais visited the Home and CHSLD during the afternoon of the 27th. The Roxton Singers came for their monthly visit to provide residents with musical entertainment on the evening of the 27th. On the afternoon of the 30th, a Richmond County Historical Exchange was held in the main living room.

Welcome to H elene Laroche, Beverly Goodfellow, Armand Cyr, Klea Mastine, Micheline Chabot, Enid Goodfellow, Ted Lender, Diane Jacques and G erald Goselin who joined the Wales Home family this month. Best wishes to Marion Annesley who returned home after convalescing with us. Our sympathies are extended to the family and friends of Clare Olson, Ivy Smith, Maria Verhoef and Carole Quinlan.

If you are looking for more information after you've read the details above, you can visit our website at www.waleshome.ca and Facebook page at <https://www.facebook.com/Resi->

denceCHSLDWales for photos, news updates and a copy of the monthly activity calendar and chatter. You can also give us a call at 819-826-3266 for information on admissions, etc., or if you'd like to become a volunteer. We are currently in need of volunteers to do one-on-ones (reading, chatting, etc.) with residents.

If you are looking for ideas for an interesting book to read, copies of "Memories Everlasting," are still available for sale at the Wales Home, Papeterie 2000 in Richmond, Brome Lake Books and the Townshippers' Association. They are \$20 and can be purchased by contacting Rebecca Taylor by phone at 819826-3266 ext.221 or by e-mail at rtaylor@waleshome.ca or making a purchase at one of the locations listed above. Mailing from the Wales Home is available for an additional cost.

Thank you to all of the volunteers who helped us to make this month a success. You're amazing. We'd like to wish everyone a great month and we'll be back with more news next month including the arrival of the animals to our petting zoo near the pond which occurred on June 1st.

Submitted by
Rebecca Taylor

Datebook

THURSDAY, JUNE 6, 2019

Today is the 157th day of 2019 and the 79th day of spring.

TODAY'S HISTORY: In 1844, the Young Men's Christian Association (YMCA) was founded in London.

In 1889, a fire destroyed all of downtown Seattle, Washington.

In 1944, 155,000 Allied troops landed at Normandy, France, on D-Day as Operation Overlord, the invasion of Europe, began.

In 1982, Israel invaded Lebanon.

In 2002, President George W. Bush proposed consolidating 22 federal agencies under a single, Cabinet-level Department of Homeland Security.

TODAY'S BIRTHDAYS: Diego Velazquez (1599-1660), painter; Nathan Hale (1755-1776), soldier; John Trumbull (1756-1843), painter; Alexander Pushkin (1799-1837), poet; Karl Braun (1850-1918), physicist; Thomas Mann (1875-1955), author; V.C. Andrews (1923-1986), author; Robert Englund (1947-), actor; Harvey Fierstein (1954-), actor; Bjorn Borg (1956-), tennis player; Jason Isaacs (1963-), actor; Paul Giamatti (1967-), actor; Natalie Morales (1972-), TV journalist.

TODAY'S FACT: Basketball, racquetball and volleyball were all invented at YMCA facilities.

TODAY'S SPORTS: In 1946, the Basketball Association of America, which would later become the National Basket-

ball Association, was founded in New York City.

TODAY'S QUOTE: " In books we never find anything but ourselves. Strangely enough, that always gives us great pleasure, and we say the author is a genius." — Thomas Mann

TODAY'S NUMBER: 86 — seasons Shankweiler's Drive-In, the oldest drive-in movie theater in the United States, has been in operation since opening in Orefield, Pennsylvania, in 1934. The first drive-in movie theater opened in Camden, New Jersey, on this day in 1933.

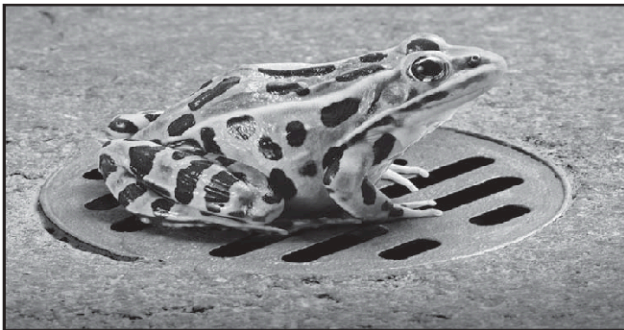
TODAY'S MOON: Between new moon (June 3) and first quarter moon (June 9).

Do Just One Thing



By Danny Seo

Another reason why investing in a hybrid car is a smart choice: It gives you more free time. A recent study by the Ford Motor Company showed that investing in a fuel-efficient hybrid car significantly reduces the number of trips you need to make to the gas station to refuel. Over the course of just one year, the average hybrid car owner saved about 10 hours of time from refueling. Which begs the question: What would you do with 10 hours of extra time per year?



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Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)

Discounts: 2 insertions or more: 15% off

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

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WEDDING WRITE-UPS:

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DEADLINES FOR DEATH NOTICES:

For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or

fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com 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.

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TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, www.aa.org

COOKSHIRE-EATON

Sunday, June 9, 2 p.m. to 3 p.m. Lecture: QAHN Heritage Talks presents, "The Witch of New Mexico Road: Irish Folklore in the Eastern Townships" by Grant Myers. Eaton Corner Museum, Foss House, 374 Route 253, Cookshire-Eaton. Details: qahn.org

NORTH HATLEY/LENOXVILLE

The Saint Francis Regional Ministry of the Anglican Church is organizing Christian Meditation sessions. The approach used is centering prayer. This is a contemplative Christian practice which involves sitting in silence, letting go of thoughts and emotions in order to rest

in the presence of God. All are welcome to join us on Tuesdays from 6 p.m. to 7 p.m. at St Barnabas' Anglican Church, 640 Sherbrooke Road in North Hatley and on Thursdays from 6 p.m. to 7 p.m. at St George's Anglican Church, 84 Queen Street in Lennoxville. The sessions have already begun. For more information, please contact Sam Borsman at 819 620 6058.

MOE'S RIVER

The annual Moe's River Strawberry Ice Cream Social will be held on Sunday, July 7 from 1 p.m. to 4 p.m. at the Moe's River Church, parking in Ronnie Haseltine's yard. Bring your own lawn chairs. There will be music, dancing, raffles, great conversation, desserts, and of course ice cream and strawberries!

LENOXVILLE

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Tuesday, June 11 at 164 Queen Street, Suite #104, from 1:30 p.m. to 2:30 p.m.

NORTH HATLEY

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Friday, June 7 at the Library,

165 Main St. North, from 10:00 a.m. to 11:30 a.m.

RICHMOND

Tea & Talks, June 11, with special guest Louise Bédard from the CAB Richmond, 2 p.m. to 4 p.m., at RRHS (375 rue Armstrong). A social afternoon for seniors to get together. And talk! Bring a friend to make it double the fun. Free refreshments.

LENOXVILLE

Mental Health Estrie invites the community to their annual general meeting at 7 p.m. on Thursday, June 13 at the Marguerite Knapp building located at 257 Queen Street in Lennoxville. The main agenda items are: annual reports, financial statements and election of the Board of Directors. Come and learn more about the important work we do to support English-speaking families and individuals affected by mental illness. Light refreshments will be served. For more information, call 819-565-3777 or email mhe.info@bellnet.ca

DANVILLE

The Directors of the Danville Curling Club are pleased to invite everyone to the Club's annual Beef & Pork Mechoui

on Saturday, June 15 from 5:30 p.m. to 7 p.m. at the Danville Curling Club, 1449 Route 116, Danville. Admission charged.

LENOXVILLE

Coffee & Cribbage. Informal Drop-in Summer Crib on Fridays in June & July in the basement hall of the Lennoxville United Church, 9 a.m. to 10:30 a.m. Open to the public and the coffee pot is on. Come and go as you like! Enter from Church Street. Info: John 802-365-1861.

EATON CORNER

All are welcome to the annual general meeting of the Eaton Corner Museum on Friday, June 14 at 7 p.m. at the Foss House. The Eaton Corner Museum is open Saturday and Sunday from 11 a.m. to 4 p.m. during June.

AYER'S CLIFF

Father's Day Brunch on Sunday, June 16 at Beulah United Church, 967 Main Street, Ayer's Cliff from 11 a.m. to 1 p.m. Come and enjoy a home cooked meal of ham, sausage, bacon, scrambled eggs, baked beans, pancakes with real maple syrup, toast, fruit salad, coffee, tea and juice. Adults \$10, children (5-12) \$5, children under 5 are free. All are welcome.

Looking for a way to break the cycle of addiction

Dear Annie

THURSDAY, JUNE 6, 2019

Dear Annie: I'm a mother to five beautiful children. I do not have custody of any of them. I'm an addict, and I refuse to raise my kids the way my parents raised me. I want them to have and see a better life than I did. Growing up wasn't great for me. We were homeless. Sleeping in backyards in tents wasn't cool. My siblings and I had to transfer schools all the time.

I didn't graduate from high school, although I did sure get a degree from the School of Hard Knocks. I had my first kid at 18 and gave him and my parental rights up to my brother. As an adult, I started smoking meth and marijuana and drinking. I was in jail by age 22. In my early 20s, I had my second kid and gave him up for adoption because I knew I wasn't done with the cycle of drug use and jail. As for my third kid, I have joint legal custody of him because I don't have stability. And my last two kids live with their father, my ex-husband. I've relapsed, and I hate who I am today. I want better for me so I can be better for my kids. Do you have any advice for me that I don't already know? Changing for the better, and getting clean and sober, has been so hard for me. Though I have done it in the past and loved it. I had a great church family and lost them because of my addiction. Help me be better. I want to be better. — Bad Mom

Dear Mom: Few people have easy roads in life, but yours has been especially difficult. Growing up without housing likely left you with anxiety issues, and substance abuse became a coping mechanism. Try to show yourself some compassion. No one ever hated herself into self-improvement. Becoming the person you want to be starts with forgiving yourself for the person you've been.

You asked me to give you some advice that you haven't heard before. I'm going to give you advice you probably have. But even if you've heard this a hundred times, it's worth hearing a hundred more: I strongly urge you to attend Narcotics Anonymous, Alcoholics Anonymous or another program such as LifeRing. I believe such a support group will offer the sense of community and family that your spirit craves.

Dear Annie: I'm responding to the writer who sent advice regarding adopting an older cat. Their advice was spot on except for their final advice to provide the name of an animal shelter to which the cat should be sent to upon an owner's untimely death. As a longtime shelter volunteer, the cruelest thing that can happen to an animal whose guardian has passed is to be sent to an animal shelter. Older animals have little chance of adoption, and they will most likely end up euthanized. Is that what any loving pet owner wants for their beloved pet?

In most states, there are privately run long-term care facilities for aging animals where they can live out their lives peacefully. Every pet owner should visit those facilities to confirm that they are properly licensed and operated responsibly. Make it clear in your family trust what is to happen to your pets upon your death, and provide funds for their lifelong care. Far too many animals end up in shelters. Don't add to that population. — Animal Lover in New Mexico

Dear Animal Lover: I was unaware of these until I got your letter and looked into it more, but there are indeed "pet retirement homes" or "sanctuaries." I echo your statement that owners should be sure to visit the facilities personally and ensure they're properly licensed and offer animals adequate, humane care. Thanks for writing.

"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.

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DIFFICULTY RATING: ★★★★★

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

6/6

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PREVIOUS SOLUTION

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

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

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CELEBRITY CIPHER

by Luis Campos

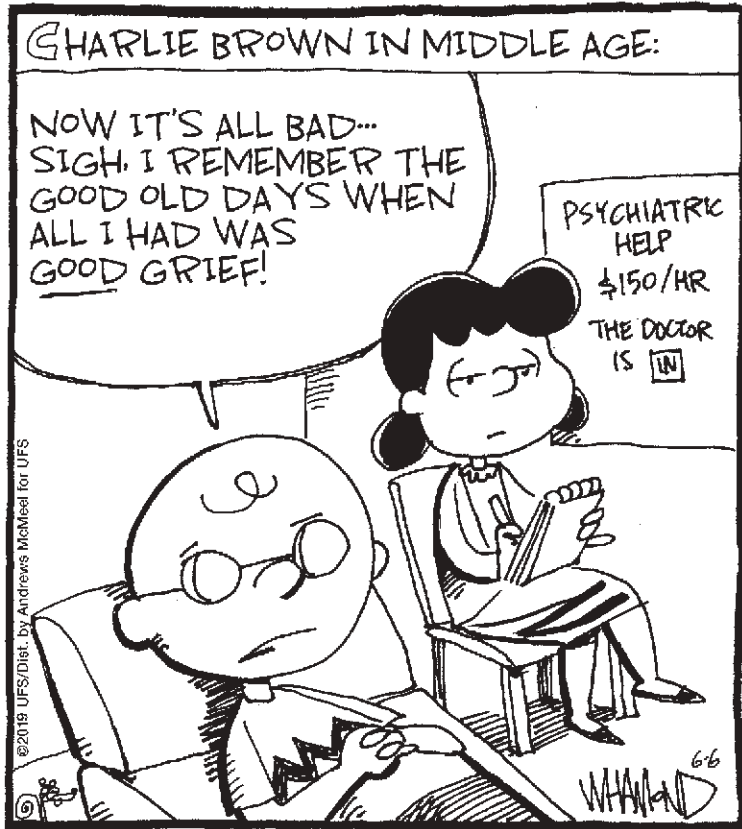
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" MTX SGZLPXH EV BZM HXGXA HDB
DUDEBVM HDB ZG BDMEZB DUDEBVM
BDMEZB. EM EV HDB DUDEBVM IDG."
— YIEUTM Y. XEVXBTZIXG

Previous Solution: "God has blessed you richly, so get down on your knees and thank him. Don't forget the less fortunate." — Willie Nelson

TODAY'S CLUE: 8 equals 7

REALITY CHECK



HERMAN

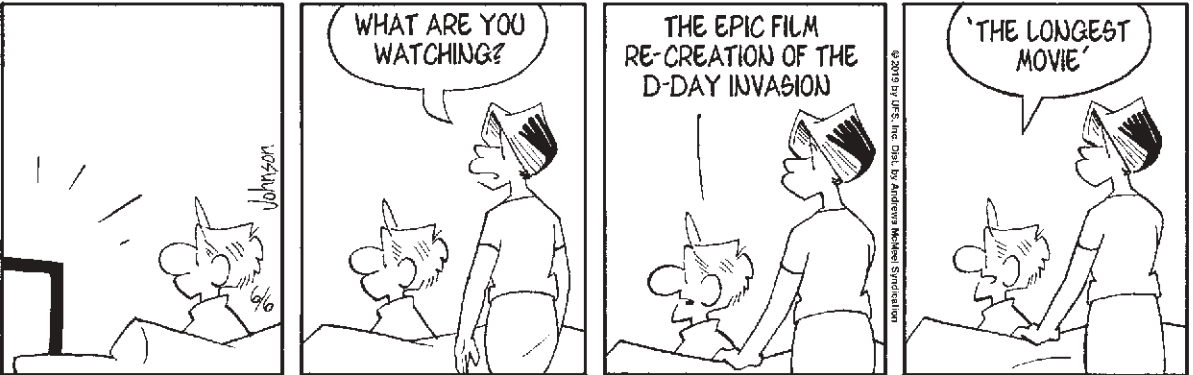


"We need a bicycle built for two — and one for me."

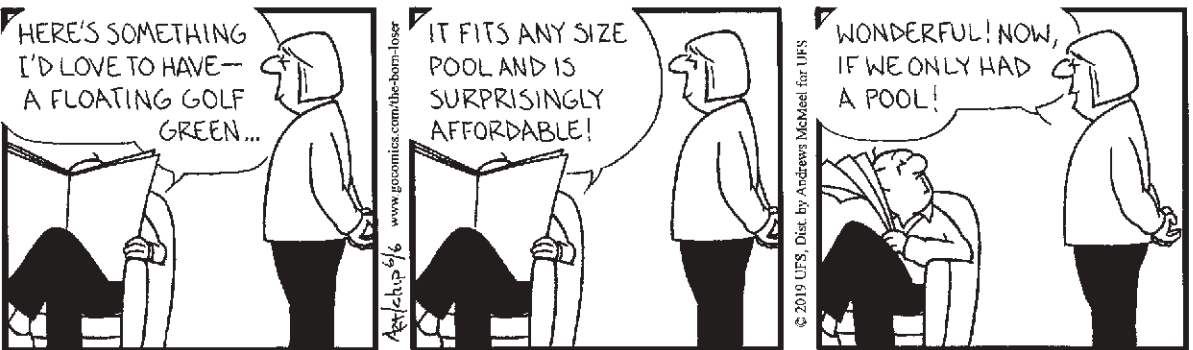
ALLEY OOP



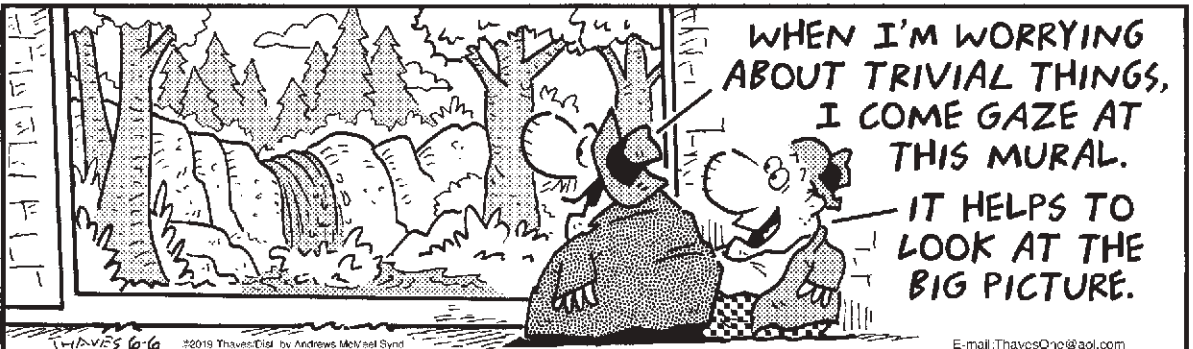
ARLO & JANIS



THE BORN LOSER



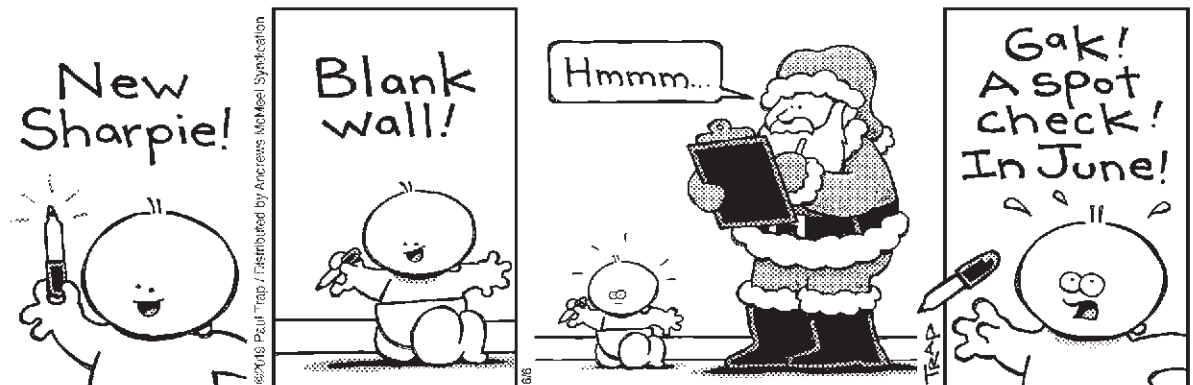
FRANK AND ERNEST



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340 Garage Sales

WATERVILLE
Garage sale at 1525 Principale Sud, Waterville from 8 a.m. to noon. On Saturday. Bathroom vanity, fluorescent light fixtures, books, household items and bake goods. Proceeds to go to Cancer research.

Today in History for June 6: On this date:

In 1683, the first public museum, The Ashmolean, was opened in Oxford, England.

In 1844, the YMCA – the Young Men's Christian Association – was founded in London by George Williams and a group of associates. It began in Canada six years later.

In 1861, the "Maid of the Mist" became the first ship to navigate the Niagara whirlpool rapids.

In 1888, Cornwall, Ont., was hit by a tornado that destroyed 500 homes.

In 1891, Sir John A. Macdonald, Canada's first prime minister, died at age 76. He led federal Conservative governments from 1867-73, and again from 1878 until his death. Macdonald's achievements included the building of a cross-country railway and a national tariff policy.

In 1895, the Canadian Golf Association was founded in Ottawa. It became the Royal Canadian Golf Association a year later.

In 1925, Walter Percy Chrysler founded the Chrysler Corp.

In 1933, the world's first drive-in movie theatre opened in Camden, N.J. The first movie shown was "Wife Beware."

In 1944, the greatest combined military force ever assembled launched the D-Day invasion on the beaches of Normandy, France, during the Second World War. Allied soldiers scrambled ashore as planes attacked German positions, and paratroopers secured a hold further inland. Total casualties of the D-Day invasion have been estimated at 10,000 dead or wounded.

In 1945, Canada joined 25 other countries in setting up a body to regulate international civil aviation.

In 1953, Queen Elizabeth knighted New

Today in History

Zealand mountain climber Edmund Hillary, a week after he became one of the first two men to reach the summit of Mount Everest. Also knighted was Col. John Hunt, who led the British expedition on the world's tallest mountain.

In 1966, leaders of the Presbyterian Church in Canada approved the ordination of women as elders and ministers. Two years later, Shirley Jeffery became the church's first female minister.

In 1976, oil billionaire J. Paul Getty died in London at age 83.

In 1981, the world's worst rail disaster saw seven coaches of an overcrowded passenger train blown off the tracks into a river in Bihar, India. At least 800 people died.

In 1984, Indian troops stormed the holiest Sikh shrine, the Golden Temple at Amritsar, killing an estimated 1,000 people.

In 1985, Brazilian police exhumed a body later confirmed to be that of Dr. Josef Mengele. His family said the notorious "Angel of Death" of the Auschwitz death camp during the Second World War had died in 1979.

In 1992, at the Earth Summit in Rio de Janeiro, participating countries agreed to set up new rules for fishing on the high seas.

In 1994, more than 35,000 Canadian, American, British, Dutch, Belgian, Polish, Norwegian, Australian and New Zealand veterans travelled to France for ceremonies marking the 50th anniversary of D-Day.

In 1995, Belgian brewer Interbrew made a successful offer of \$2.7 billion for John Labatt Ltd., the owner of the Toronto Blue Jays and Argonauts, SkyDome (now Rogers Centre) and the brewery.

In 2003, Prime Minister Jean Chretien opened the \$8-million Juno Beach Centre in Normandy, France, honouring the valour of Canadian soldiers who fought and gave their

lives during the June 6th, 1944, D-Day invasion. A total of 340 men died and 574 more were wounded during the assault.

In 2003, after more than five years of diplomatic efforts, Cambodia and the UN signed an agreement to create a tribunal to probe the 1975-1979 atrocities by the Khmer Rouge regime in Cambodia in which 1.7 million people were killed.

In 2006, Chuck Guite, 62, the former head of the federal sponsorship program, was found guilty of five counts of fraud totalling \$1.5 million. He was sentenced to three-and-a-half years in prison.

In 2007, the Anaheim Ducks won the Stanley Cup for the first time in franchise history with a 6-2 victory over the Ottawa Senators in Game 5 of the NHL championship final.

In 2010, Canadian Sgt. Martin Goudreault, 35, was killed by an improvised explosive device as he was on foot patrol near the village of Nakhonay, about 15 kilometres southwest of Kandahar city.

In 2011, an Ontario Superior Court Justice ruled Ottawa sociology professor Hassan Diab should be extradited to France to face charges in the bombing of a Paris synagogue in 1980 that killed four people. Diab was extradited in November 2014 when the Supreme Court of Canada announced it would not hear his appeal.

In 2015, American Pharoah handily won the Belmont Stakes to become the 12th Triple Crown winner and the first since Affirmed in 1978.

In 2015, No. 1 one-ranked Serena Williams defeated Lucie Safarova 6-3, 6-7, 6-2 for her third French Open title and 20th career Grand Slam title overall.

(The Canadian Press)

California fish tacos are a light and fresh surfside treat

By America'S Test Kitchen

A surfside treat, California fish tacos feature battered and fried crispy white fish and sprightly pickled vegetables. When done right, they are light and fresh, with a lively mix of textures and flavours.

This recipe may look involved, but the components come together quickly, so invite your friends to help. The frying uses a mere 3/4-inch layer of oil (no splattering vats).

We made an ultrathin batter by adding two sources of carbonation, beer and baking powder; they provided lift and their slight acidity limited gluten development. Frying in batches helped maintain the oil's temperature.

For toppings, we quick-pickled onion and jalapenos and then used the brine to brighten shredded cabbage. Slice fish on the bias if your fillets are not 4 inches wide. Serve with green salsa if desired.

CALIFORNIA-STYLE FISH TACOS

Servings: 6

Start to finish: 1 hour

Pickled Onion and Cabbage:

1 small red onion, halved and sliced thin
2 jalapeno chiles, stemmed and sliced into thin rings
1 cup white wine vinegar

2 tablespoons lime juice
1 tablespoon sugar
Salt and pepper
3 cups shredded green cabbage

Tacos:

2 pounds skinless white fish fillets, such as cod, haddock, or halibut
Salt and pepper
3/4 cup all-purpose flour
1/4 cup cornstarch
1 teaspoon baking powder
1 cup beer
1 quart peanut or vegetable oil
18 (6-inch) corn tortillas, warmed
1 cup fresh cilantro leaves
1 cup crema

For the Pickled Onion and Cabbage: Combine onion and jalapenos in medium bowl. Bring vinegar, lime juice, sugar, and 1 teaspoon salt to boil in small saucepan. Pour vinegar mixture over onion mixture and let sit for at least 30 minutes, or refrigerate for up to 2 days. Transfer 1/4 cup pickling liquid to second medium bowl, add cabbage, 1/2 teaspoon salt, and 1/2 teaspoon pepper and toss to combine.

For the Tacos: Adjust oven rack to middle position and heat oven to 200 F. Set wire rack in rimmed baking sheet. Cut fish crosswise into 4 by 1-inch strips. Pat dry with paper towels; season with salt and pep-

per. Whisk flour, cornstarch, baking powder, and 1 teaspoon salt together in large bowl. Add beer and whisk until smooth. Add fish and toss to coat evenly.

Add oil to large Dutch oven until 3/4 inch deep. Heat over medium-high heat to 350 F.

Remove 5 or 6 pieces of fish from batter, allowing excess to drip back into bowl, and add to hot oil, briefly dragging fish along surface of oil to prevent sticking. Adjust burner, if necessary, to maintain oil temperature between 325 F and 350 F. Fry fish, stirring gently to prevent pieces from sticking together and turning as needed, until golden brown and crisp, about 8 minutes.

Using slotted spoon or spider skimmer, transfer fish to prepared wire rack and place in oven to keep warm. Return oil to 350 F and repeat with remaining fish. Serve fish and pickled onions and cabbage with tortillas, cilantro, and crema.

Nutrition information per serving: 699 calories; 307 calories from fat; 35 g fat (5 g saturated; 1 g trans fats); 65 mg cholesterol; 530 mg sodium; 59 g carbohydrate; 6 g fiber; 7 g sugar; 33 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like California-Style Fish Tacos in "New Essentials."

(The Associated Press)

NEA Crossword Puzzle

Your Birthday

THURSDAY, JUNE 6, 2019

Answer to Previous Puzzle

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

- ACROSS**
- 1 Vitality
 - 5 Sudden, short intakes of breath
 - 10 Popular brunch offering
 - 12 Place for camels
 - 13 In a row
 - 14 Honda rival
 - 15 Latin I verb
 - 16 Famous Khan
 - 18 "— of the Tiger"
 - 19 Signs for
 - 23 Shade tree
 - 26 Mormon predecessor
 - 27 Chimed
 - 30 Swelters
 - 32 Bond statistic
 - 34 Vicious elephant
 - 35 Environment
 - 36 Metal containers
 - 37 Make taboo
 - 38 Guided
 - 39 Peculiar

- 42 Ernesto Guevara
 - 45 Uris hero
 - 46 Son of Aphrodite
 - 50 Airport shed
 - 53 Dawn goddess
 - 55 Bright songster
 - 56 Made catty remarks
 - 57 Bicycle part
 - 58 Poor grades
- DOWN**
- 1 Arab VIP
 - 2 "Stormy Weather" singer
 - 3 Queen of the Misty Isles
 - 4 Teachers' org.
 - 5 Moo goo — pan
 - 6 Happy sighs
 - 7 Business encl.
 - 8 Request earnestly
 - 9 Not daffy

- 10 Bullfight yell
- 11 Leaflets
- 12 Sudden sharp sound
- 17 Whiz leader
- 20 Prettiest
- 21 Irksome
- 22 Go by yacht
- 23 Goof it up
- 24 Booty
- 25 Noted star-seekers
- 28 Astronaut —
- Armstrong
- 29 Unbound-ed joy
- 31 Catches some rays
- 33 Lemon
- 35 Crazes
- 37 Type of cookie
- 40 Red on the inside
- 41 Hair-raising
- 42 Hew
- 43 Long-eared animal
- 44 Camelot lady
- 47 Hawser
- 48 Galena and bauxite
- 49 Feeling sorrowful
- 51 Tibetan gazelle
- 52 Totality
- 54 Berlin connector

	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			

make interesting choices that will set you up for new and exciting opportunities.

SAGITTARIUS (Nov. 23-Dec. 21) — Don't lose sight of who you are or what you want. Someone will try to manipulate you. Say no to a joint venture, even in the face of pressure.

CAPRICORN (Dec. 22-Jan. 19) — Say the word and you'll get the support you need to bring about positive change. Personal improvements will make you feel and look your best. Romance is highlighted.

AQUARIUS (Jan. 20-Feb. 19) — Set guidelines to avoid overspending or getting involved in something that could cause problems with institutions or influential people. Focus on health, fitness and personal improvements.

PISCES (Feb. 20-March 20) — Expand your interests and broaden your circle of friends. The more you interact with others, the better equipped you will be to make good choices that will improve your life.

ARIES (March 21-April 19) — Take it easy. Digest what's happening and be reasonable and responsible in the way you respond. Look for the positive in everything that develops to find a workable solution.

TAURUS (April 20-May 20) — Speak up and forge ahead. Don't let an opportunity pass you by. If you want something, go after it wholeheartedly. Your enthusiasm will encourage others to pitch in and help.

Let your charm lead the way. Being a good listener will encourage others to open up to you and offer valuable information that will help you make better choices when faced with obstacles or tough decisions. Being able to keep a secret will help you earn trust and respect.

GEMINI (May 21-June 20) — Volunteering can be rewarding, but don't let anyone take advantage of you. Wisely choose whom you help in order to avoid frustration. Look for opportunities that will benefit you as well as others.

CANCER (June 21-July 22) — Use your imagination to find a way to make a difference or offer a solution that will benefit you as well as others. Express your thoughts and bring about change.

LEO (July 23-Aug. 22) — Watch what others do and consider all your options before you decide to get involved in something that is time-consuming or unfamiliar to you. Take baby steps.

VIRGO (Aug. 23-Sept. 22) — Show everyone what you can do. Step up and lead the way by making a bold move that will gain you attention. It's your chance to shine.

LIBRA (Sept. 23-Oct. 23) — Gather information, be observant and look at all your options. If you face controversy or demanding people, it's best to be prepared. Facts will be your best defense.

SCORPIO (Oct. 24-Nov. 22) — If you see what's happening around you and discover what's trending, you'll be able to

THURSDAY, JUNE 6, 2019

One loser too many, one winner too few

By Phillip Alder

Donald R. Gannon said, "Where facts are few, experts are many."

In bridge, when winners are few, losers are many. However, on some deals, you can turn losers into winners. Learning how to do that is one of the stepping stones to success at the game.

In today's deal, how should South plan the play in four spades after West leads the club queen?

Declarer is faced with four losers: two hearts, one diamond and one club. He has only nine winners: six spades, one diamond and two clubs. Hmm — troubling. If only dummy had had one more heart and one fewer club.

South must try to establish dummy's diamond suit, making the fifth card in the suit a winner. That requires losing one diamond trick, then trumping two diamonds in hand. How many dummy entries does declarer need, and where are they?

For two ruffs, South needs three dummy entries: two for the ruffs and one to return to the dummy to cash the 13th diamond. Those entries must be the spade queen, spade 10 and diamond ace. However, an entry counts only if

				North	06-06-19	
				♠	Q 10 3	
				♥	8 5	
				♦	A 9 7 6 2	
				♣	6 4 3	
West				East		
♠	9 6 2				♠	5
♥	A 9 7 4				♥	K 10 6 3 2
♦	Q 8				♦	K J 10 4
♣	Q J 10 8				♣	9 7 5
				South		
				♠	A K J 8 7 4	
				♥	Q J	
				♦	5 3	
				♣	A K 2	
				Dealer: South		
				Vulnerable: North-South		
South	West	North	East			
1♠	Pass	2♠	Pass			
4♠	Pass	Pass	Pass			
				Opening lead: ♣ Q		

declarer can immediately ruff a diamond in his hand.

The key play occurs at trick two: South must lead a diamond from his hand and play low from the board. Suppose East returns a club. Declarer takes that trick, cashes the spade ace, plays a diamond to the ace (entry one), ruffs a diamond high, crosses to the board with a spade to the 10 (entry two), ruffs another diamond high, plays a spade to the queen (entry three) and discards a loser on the diamond nine.