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WEDNESDAY, JUNE 16, 2021

Moderna and AstraZeneca opened up for rescheduling

By Gordon Lambie

Quebecers who received the Moderna or the AstraZeneca vaccine for their first dose are now able to move up the date of their second dose online. Although Quebec initially put off the rescheduling process for all but the Pfizer vaccine, new appointments were opened up on Tuesday for those 50 years of age and older thanks to increased supply of the two vaccines.

In offering an update on the vaccination campaign in the province Tuesday afternoon, Health Minister Christian Dubé noted that more than 1 million people have now received a second dose and praised the 12-17-year-old age group for their enthusiasm, pointing out that 71 per cent of them have either received their first dose or have an appointment to do so.

Where the youngest group eligible to receive a vaccine is doing well, however, Dubé said that there are still roughly 170,000 people aged 18-39 in the province who have yet to make an appointment.

“What that signifies is one in three Quebecers in this age category,” The health minister said, encouraging the public to reach out to those who are hesitant. Although the number is significant, Dubé said that the province has the capacity to bridge that gap in two days if people just make the

CONT'D ON PAGE 3

Lennoxville Elementary students getting into gardening



GORDON LAMBIE

By Gordon Lambie

Lennoxville Elementary School’s mixed age class has been busy this spring planning, preparing and planting the beds of a new community garden.

“We’ve got strawberries, ground cherries, lemon cucumbers, carrots, potatoes and beets,” said Kari Bryan, one of the students involved with the project, naming just a few of the plants now growing in the school garden. “Everything was basically planted two weeks ago.”

Bryan, joined by classmates Lyana Rodgers, Sienna Ballard, and Michael Henderson, explained that the garden as it appears today is the product of months of work and preparation.

“We started in the winter,”

Henderson said, with Rodgers explaining that, “We separated into groups and all had certain jobs we had to do.”

Where some groups discussed what would be best to plant, others talked about how to arrange the different plots and maintain the garden space.

Although the students have been supported in their research and process by teachers and volunteers, Rodgers shared that the class was involved in every step, from cleaning the yard to building the raised beds themselves.

“We got the supplies and we made them,” she said pointing out the specific boxes that she helped assemble.

“I measured some of the wood,” Ballard said, explaining that afterward the beds were layered with different materials to help provide a good base

for the garden.

With only a handful of days left before the end of the school year, the students have had to start planning for what happens to their efforts over the summer. Although they established that a schedule has already been outlined for different families to take turns watering, the project has also brought Karen Dymond on board as a coordinator and facilitator.

“I’m here to help care for the garden over the summer so that it’s not more work falling on a teacher’s hands,” Dymond said, explaining that she first met with the class earlier in the year based on having completed a certificate program in permaculture design. “They had already done a ton of research,” she remarked, reasserting

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Weather



TODAY:
MAINLY SUNNY

HIGH 21
LOW 8



THURSDAY:
SUNNY

HIGH 23
LOW 10



FRIDAY:
CLOUDY

HIGH 25
LOW 15



SATURDAY:
SHOWERS

HIGH 22
LOW 11



SUNDAY:
MIX OF SUN
AND CLOUD

HIGH 0
LOW -6

HAND IN HAND

Lennoxville Scouts to hold can and bottle drive



This coming Saturday, June 19, the 1st Lennoxville Scouts will be holding a can and bottle drive from 9 a.m. to noon in the Lennoxville Provigo parking lot.

Like other similar collections held by different groups over the course of the last year, the collection will take place in a drive-through format to limit the amount of contact between people and help follow ongoing social distancing guidelines. People with cans or bottles to donate are encouraged to load them into the car and drive through the parking lot of the grocery store to the section nearest the curling club. There, volunteers from the Scout group will collect the cans and bottles for sorting and donation.

In addition to donations, the group is also looking for help with the sorting process and traffic direction from anyone who has some time to spare. Anyone interested in volunteering can come directly to the parking lot on Saturday morning, with a mask, and ask for Marisa Hoy, who is coordinating the day's activities.

Funds raised from the drive will go towards supporting the activities and projects of the 1st Lennoxville Scout group over the coming year.

Members of Scouts Canada, the 1st Lennoxville Scout group consists of three sections; Beavers, Cubs and Scouts, with programming that runs from mid-September until the beginning of June. Beavers is aimed at children five to seven years old and offers opportunities to start exploring the world of outdoor adventure. Cubs builds on that for children eight to ten years of age, and Scouts takes a further step into independence and leadership skills building for those eleven to fourteen.

After running more than a year of programming online through the Zoom videoconferencing platform, all three local sections are looking forward to and planning for a return to in-person activities this coming fall. With that in mind, the group is on the lookout for children who might be interested in participating in the programs, but also in adults who might be able to volunteer their time as Scouters once things get up and going face-to-face once again.

For more information on the work of the 1st Lennoxville Scouts visit: <https://1stlennoxville.wixsite.com/1stlennoxvillescouts>



COURTESY



Global Excel is proud to support local organizations that enrich our shared community.

Doing business around the world, proudly established in the Eastern Townships.

Ben by Daniel Shelton



Local News

With Famille Lamarre's recent donation, the foundation has reached \$271,000, over 75 per cent of the \$350,000 fundraising objective.

One foundation helping another

Record Staff

Les Fantastiques de Magog, an organization that works to improve the living conditions of adults living with an intellectual disability and/or an autism spectrum disorder, is a step closer to upgrades and improvements to its day centre thanks to a \$30,000 donation from the Fondation Famille Lamarre.

The Fondation Constance Langlois, which supports Les Fantastiques de Magog, launched a campaign called "Les 12 travaux Fantastiques" for improvements and upgrades to their facility.

With Famille Lamarre's recent donation, the foundation has reached \$271,000, over 75 per cent of the \$350,000 fundraising objective.

The money raised will be used to increase the number of participants at the Magog day centre from 26 to 42 by 2026.

Other contributors to the campaign included the Caisse Desjardins du lac Memphremagog, the Fondation D'amour, the Industrielle Alliance Financial Group, the City of Magog, the office of our Member of the Quebec National Assembly Gilles Bédard, as well as many other private donors.

The Fondation Constance Langlois will have a new president at the helm as the fundraising campaign continues. André Girard will succeed Gilles Bédard who has served as President of the foundation for the past three years.



COURTESY LES FANTASTIQUES DE MAGOG

Guy Lamarre of the Fondation Famille Lamarre, Caroline De Francesco, Executive Director of Les Fantastiques de Magog, Dominic Lamarre, of the Fondation Famille Lamarre, Gilles Bédard, outgoing president of Fondation C. Langlois Foundation and André Girard, new president of C. Langlois Foundation Langlois Foundation posing with some participants from Les Fantastiques day centre.

Conservation group says tighter regulations needed on Lake Memphremagog

Record Staff

Memphremagog Conservation Inc (MCI) recently surveyed 643 boaters on Lake Memphremagog and said the results suggest activities on the lake are under-regulated.

According to MCI the majority of boaters who answered the survey said regulations should be tighter, pointing to issues like boat waves, motorboat noise, sediment churned up in the water column, and shoreline erosion.

"Canada's lakes belong to all Canadians," commented MCI President Robert Benoit in a press release. "The problem we are experiencing is a lack of regulations. By comparison, Quebec's autoroutes belong to all Quebecers, but, thankfully, they are well-regulated, with the responsibility to enforce the rules falling on the government," Benoit said.

According to MCI, the majority of the 643 survey respondents would

like to see increased presence of peace officers on Lake Memphremagog. Thirty per cent said feel that their security is compromised by the activities of other boaters.

The survey results are available on MCI's web site at www.memphremagog.org.

Memphremagog Conservation Inc. (MCI) is a non-profit organization working for the protection, conservation and improvement of Lake

Memphremagog and its watershed for the benefit of present and future generations.

MCI works in collaboration with various other organizations, governments, and citizens to carry out concrete actions.

MCI relies on scientific data to make aware, inform and empower the various actors to ensure the environmental health of Lake Memphremagog and its watershed.

Gardening

CONT'D FROM PAGE 1

that her role is to support the initiative and not lead it.

Asked about the summer maintenance, Dymond pointed out that for the most part the students were careful to pick plants that will only produce in the spring or fall. She also said that in addition to the regular watering schedule, she will be on site

on Tuesday evenings for anyone looking to drop in and care for the beds.

"The vision is, over time, to invite more of the school to be involved," she said, noting that some of the outreach and cooperation was delayed because of COVID-19 restrictions.

When it comes to the fruits and vegetables being grown, Bryan said

that the goal is for them to feed back into the school community through the cafeteria, when it is allowed to reopen.

"It's something we're going to pass on," she said, speaking both of the food grown and of the fact that many of the seeds and saplings sown this year will only really get established in the years

to come.

"They have worked really hard," Dymond added, noting that the class' understanding of the garden space goes beyond simply a place to grow plants. "They also recognized that gardens are a place of beauty and calm and peace, and something that can build up an actual community."

Rescheduling

CONT'D FROM PAGE 1

appointments.

"We are not sheltered from a rise in cases in the fall," he added, underlining the fact that vaccination is the best protection against a future rise in cases.

As of Tuesday, 6,883,110 doses of vaccine had been received by Quebecers, 1,014,628 of which were second doses. As a result, 69.2 per cent of the population has now had a single dose, and 14 per cent are considered adequately vaccinated.

In the Eastern Townships 343,182 people have received a first dose,

and 62 556 have received a second, accounting for 67.8 per cent first-dose coverage, and 12.4 per cent for the second. Looked at across age groups, local coverage is most lacking in the 18-29 group, where 59.9 per cent of eligible individuals have received a first dose. The 30-39-year-olds are the next lowest, with 6.2.2 per cent, followed by 12-17-year-olds at 65.3 per cent. The 40-49 age group is just 1.7 per cent shy of the 75 per cent target, and all older age groups are well above 80 per cent overall.

Outside of the vaccination

campaign, the province adjusted its rules for bars on Monday afternoon, the same day that they were reopened inside and out. Under the new regulations, drinking establishments can serve alcohol until midnight and must close by 2 a.m.

The province of Quebec reported 105 new cases of COVID-19 on Tuesday, bringing the total number of people infected to 373 217, with 1,630 active cases.

There were six new deaths recorded, but the total number of deaths linked to the virus since the start of the

pandemic only increased by four, to 11,177, as two deaths previously reported were determined not to be caused by COVID-19.

The number of hospitalizations in the province dropped to 209, 50 of whom were in intensive care.

Only two new cases were reported in the Eastern Townships, one in Pommeraiie and the other in the Haute-Yamaska, for a total of 66 active cases. There was one new death recorded for a total of 351, and 11 people were in hospital, none of whom were in intensive care.

KEEPING IN TOUCH

Meet this year's YTLA and Excel in the Estrie winners!



By Michelle Lepitre
Townshippers' Association

In yesterday's About Townshippers column, we introduced our Outstanding Townshippers for 2021: Corey Morin of Sherbrooke, Gayl Rhicard of Stanbridge-East, and Spencer Wilson of Stanbridge-East. Today, we'd like to introduce you to our newest Young Townships Leader, Shanna Bernier, and our Excel in the Estrie contest winners, Madison Bradley and Lee Desormeaux.

Young Townships Leader: Shanna Bernier

Born and raised in the Townships, Shanna Bernier, has been actively involved in the region's English-speaking community for many years. She participates regularly as a volunteer in her community, sitting on several local boards and committees, and is the sort of person who constantly asks, "how can I help?"

Specifically in the past year, Shanna has been a light in the darkness for many through her work as a provincewide coordinator for projects and initiatives for children, youth, and young adults through the United Church of Canada. In 2020, Shanna found ways to reinvent her event-based work so that she could maintain connections with youth who were struggling through a global crisis for the first time, creating vital virtual

links for young people who had been cut off from their usual social outlets, planning and executing care packages for youth, and creating a weekly Facebook church for children to help them connect through sharing and stories.

Shanna's long list of community contributions paints a picture of a caring, reliable, and dedicated worker, volunteer, and community leader. According to her nominators, Shanna's contributions also highlight the "excellent example of compassionate and affirming leadership" that she sets, and the great impact she has had on her community, her peers, and the people she leads.

Excel in the Estrie Award Winners

Townshippers' Association's annual Excel in the Estrie essay challenge celebrates the success of local high school seniors, while encouraging students to think about their future in the Eastern Townships. This contest is organized by Place aux Jeunes Eastern Townships and is supported by generous sponsors such as Global Excel Management, Cass, and Stanstead College. This year's winners are Madison Bradley and Lee Desormeaux, both high school seniors at Alexander Galt Regional High School.

Madison Bradley wrote her essay about the great challenges that came with being a high-school student during a global pandemic. Although Madison already knew that high school would be a challenge, having to attend her classes virtually (from her room) during a global pandemic took that challenge to a whole new level, especially for someone who appreciates the structure of school and the familiarity of the school environment. Madison faced up to this challenge, however, and she believes that her experience of distance learning has helped her to become more appreciative of everything that matters to her - especially the things she would normally have taken for granted. She also believes that the



COURTESY OF TOWNSHIPERS' ASSOCIATION

Shanna Bernier is the recipient of this year's Young Townships Leader award. She is being recognized for the great impact she has had on her community, her peers, and the people she leads.

unexpected challenges of the past year have helped her to develop grit - a trait that will certainly serve her well as she continues her education in health sciences in the fall.

Lee Desormeaux is greatly inspired by the creativity and the platform of our predecessors here in the Townships and he wishes to do his part in the future to preserve and nurture our local cultural heritage. In his essay, Lee uses a growth mindset to examine the internal and external struggles he has experienced throughout his high school years, talking about how these struggles have led him to a place of self-discovery and personal growth. Lee feels that the challenges he has faced have helped him to discover his passion for writing, art, and music. He plans to attend Champlain College in the fall to finetune his artistic skills. In the future, Lee wants to use his skills to create art that will share the emotions and experiences he has lived through

with others who are marginalized or feel alienated from society so that they can feel supported and empowered.

To learn more about the Excel in the Estrie winners and read their essays, look for the next edition of our Townshippers magazine, coming out this fall.

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

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Next web series for seniors to explore horse therapy

Record Staff

We're All in This Together, a web series designed especially for seniors, will bring viewers to the countryside this Friday, June 18 at 6 p.m. for its next episode, Horse Therapy with Karine!

Équi-Sens is a therapeutic equestrian centre that incorporates horses to support the mental and physical health of people with social integration challenges and/or psychosocial, developmental or physical disabilities.

Serving a clientele from youth and seniors to veterans, Karine and the Équi-Sens team share their passion for the healing power of horses and how everyone can positively benefit from equestrian encounters.

We're All in This Together is an 18-episode web series, directed by Montreal-based, award-winning filmmaker Bobbi Jo Hart, featuring entertainment, activities and conversations designed to connect with seniors in need of support and empathy, with a gentle reminder that

we are, indeed, all in this together.

Episodes released so far can easily be found on YouTube (Search key words "We're All In This Together Senior Web Series") and Facebook (Search "WereAllInThisTogetherQuebec"), and are available for anyone to enjoy.

The web series is a great opportunity to take a moment to assure that the seniors around you are able to access the internet, so that they are able to take advantage of all the online resources available to them.



COURTESY

Quebec opens call for sports and recreation projects to small municipalities

By Michael Boriero

Small municipalities in Quebec struggling to obtain funds for the construction and renovation of sports and recreation facilities will be able to pitch projects with a budget of up to \$100,000 to the provincial government until Aug. 20, 2021.

Education Minister Isabelle Charest announced the launch of the Programme de soutien aux infrastructures sportives et récréatives de petite envergure (PSISRPE) on Tuesday in Saint-Denis-de-Brompton. The program carries \$10 million in government funds.

"This is the first time we do this one and we'll see how people respond to it, but I'm pretty sure it's going to be popular," said Charest, adding that only municipalities with fewer than 10,000 residents are eligible to submit a project proposal.

After touring Quebec, Charest noted that many small municipalities expressed a desire to renovate or develop sports and recreation facilities. However, town mayors and other elected officials felt overshadowed by larger municipalities when vying for the same funds.

This program allows small municipalities to compete without worrying about their larger neighbours taking away the spotlight. And it is mainly promoting the development of playground and outdoor training equipment, splash pads, and outdoor skating rinks.

"Of course, we're dealing with public funds, so we want to make sure it's a solid project and they do the demonstration of what they are going to do with the money, and it is put to

good use," said Charest.

However, they are not constrained to only those options. As long as a municipality presents a viable, and community-focused project, it could be approved for the program. It is similar to the Programme d'aide financière aux infrastructures récréatives et sportives (PAFIRS).

PAFIRS was a federal government project, though, and the call for projects ended in February 2020. The \$294 million envelope, a mix of federal and provincial funds, was open to every municipality, regardless of its population size.

According to a press release, regional county municipalities, non-profit organizations, and cooperatives located in a municipality with fewer than 10,000 residents can also participate in the program. It won't fund a hockey arena, she joked, but the program can go a long way.

"It's really to be able to provide services that respond to the needs of your population, and we've seen like a great increase in popularity for pickleball, that's something you could use, or if in your municipality they want an outdoor rink, well go ahead and do that," Charest said.

She told The Record that the program is in response to growing numbers in Quebec's regions. The government wants to attract people to these small municipalities and retain them. The problem is the services and facilities change there.

There has been a mass exodus to larger cities in the last couple of decades, but this past year has shown many Quebecers are eager to move back to small, quieter towns. Marie-Soleil Maurice has noticed many are



MICHAEL BORIERO

Place aux jeunes Eastern Townships agent Marie-Soleil Maurice (left), with Education Minister and Brome-Missisquoi MNA Isabelle Charest, and André Hamel, president of La Fadoq de Saint-Denis-de-Brompton.

surprised by the lack of services in the regions.

"They expect to find almost the same facilities and services that they will find in the biggest cities and for the moment they don't always have that, so it is going to be a good way to have access to projects that will respond to some needs of these families," she said.

Maurice works for the Place aux jeunes Eastern Townships (PAJ ET), which "encourages the migration of qualified young English-speaking professionals into the region." She said the new program is a great opportunity for smaller municipalities to improve their services.

"There are a lot of municipalities that have new neighbourhoods, so in these neighbourhoods often there are no parks, and no facilities for them, so for them it is really a good thing," said Maurice

She added that people living in municipalities with outdated facilities and a lack of services will often travel to other municipalities to have access to certain activities. The goal is to eliminate the need for people to bounce from town to town seeking services.

When asked about the process to fill out a proposal and submit it to the government, Charest said it is fairly simple, but if people need help, they can always reach out to their local MNAs office. This program, she added, is one of several ways Quebec plans to improve its regions.

"Well, that's one of many answers and of course, with people who are there we want them to have resources and means to be active and have healthy habits and that's my goal, to have everybody moving and being active," said Charest.

Studying during a pandemic

By Priscilla Allatt
Special to The Record

Covid may be dying down, but the uncertainties for the future continue to influence the decisions of graduating students here in Lennoxville. Lea LaFrance and Jurney Lavoie-Condo, two local high school graduates from Bishops College School,



MAËL L'HER

Jurney Lavoie-Condo enjoying a visit up to Montreal to visit her soon-to-be home away from home.

are no exception.

"For as long as I can remember, I wanted to go to Ottawa University, but because of Covid, I chose to attend Concordia University next year instead," said LaFrance, who plans on entering the exercise science program offered at Concordia University. "Being far from my parents during a pandemic, even if we are nearing the end, didn't seem like such a smart idea," she said.

COVID-19, however, hasn't only influenced LaFrance's University choice but also her housing situation. Originally the first-year university student had planned on going into residences, yet with the pandemic still around, she felt safer getting an apartment. "Finding a place for a reasonable rent was not an easy task," said LaFrance. "Because of Covid, a lot of buildings upped their prices." Thankfully, she found a place only a 15-minute walk from her campus School House where she will be taking her courses in a hybrid manner, half online and half in person.

On the other hand, Jurney Lavoie-Condo, who will be completing a Major in Psychology and a Minor in Law and

Society, said Covid didn't significantly influence her university plans. "I always planned on going to Concordia University. The only concern was my housing situation," said Lavoie-Condo. "My family wasn't very comfortable with me living in residences during the pandemic, but now that things have settled down a little, we decided to go for it. It's the best way for me to meet new people in a city that I barely know," she said. Lavoie-Condo will be staying at Jesuit Residence located on Loyola Campus, which was recently renovated and only opened for applications a few days ago. "All residences are single rooms because of Covid, and most individuals my age have received at least their first dose of the vaccination, so I'm less worried about the pandemic but more about being in the big city of Montreal," said Lavoie-Condo.

As of right now, Concordia University has sent out an email to students informing them to prepare for campus activities. "Their current plan is to have hybrid classes with larger classes online, and smaller classes in person, yet the University will only confirm this by the end of June," said Lavoie-



PRISCILLA ALLATT

Lea LaFrance proudly wearing her Concordia University sweater.

Condo. When asked whether she was worried about taking online classes, the first-year university student was quick to say she trusts the school to give her a proper education, whether that be online or in person. "Online classes can be tough," she said, "but I feel like the set schedules and activities Concordia offers will help me enjoy my first year regardless of the ongoing pandemic."

EDITORIAL

We've had more than four decades with enough scientific certainty about climate science to know we should have been doing more about it.

Fossil fuel industry faces an overdue reckoning

By David Suzuki

Oil giant ExxonMobil's leaders have a long history of doing everything to keep the world from addressing climate change. They've buried company research showing the link between burning fossil fuels and a dangerously heating planet. They've sowed distrust and spread misinformation. They've lobbied politicians, set up and joined fake grassroots organizations, funded deniers and commissioned dubious reports, all to downplay or deny the risks to the climate – and humanity – of using their company's products.

Exxon's not the only company to have behaved in such an incomprehensibly destructive manner, putting short-term profits over the long-term health of natural systems that make human and other life possible. But it's one of the largest.

Now there's a sign that even oil companies and their shareholders are facing the reality of an overheating planet. This spring, Engine No. 1 – a small "activist investment firm" with a tiny stake in Exxon – managed to get three of its four nominees elected to the company's 12-person board, despite efforts to defeat them.

"What the Board needs are directors with experience in successful and profitable energy industry transformations who can help turn aspirations of addressing the risks of climate change into a long-term business plan, not talking points," an Engine No. 1 statement said.

The new board members, two with oil industry backgrounds, are expected to champion the need for Exxon to diversify its investments as the world moves on from fossil fuels.

Exxon isn't the only oil giant getting a wake-up call. Shareholders recently went against Chevron's board, voting 61 per cent in favour of a proposal from Dutch advocacy group Follow This to force that company to cut carbon emissions from use of its products.

And a Dutch court ruled in favour

of a lawsuit by seven groups including Greenpeace and Friends of the Earth Netherlands to get Shell to significantly deepen its planned greenhouse gas emission cuts.

The court ordered Royal Dutch Shell to reduce emissions for the Shell group and its suppliers and customers by 45 per cent by 2030 compared to 2019 levels. The company had planned to cut emissions 20 per cent by 2030, 45 per cent by 2035 and 100 per cent by 2050 from 2016 levels – but with conditions the court found unacceptable.

With a growing divestment movement steering money away from coal, oil and gas, and a recent report by the normally conservative International Energy Agency saying there's no place in a rapidly heating world for new fossil fuel development, these events signal the tide is turning.

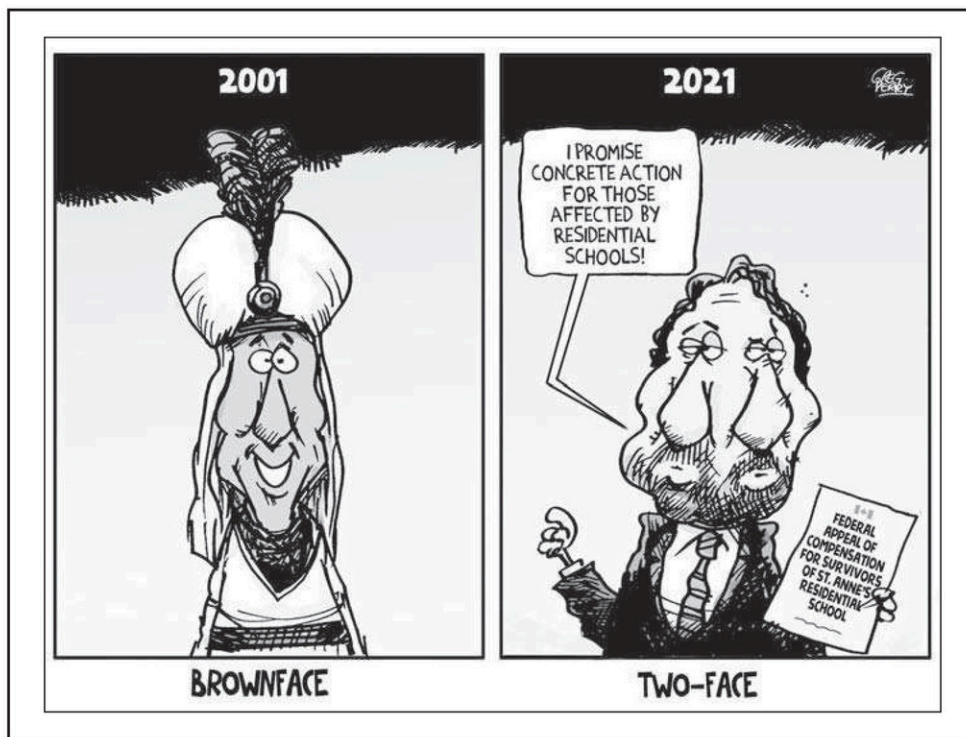
It's about time!

It's taken an unrelenting catastrophe to make the industry (and governments and society) reluctantly start to face reality. This is tragic. We'd be much further along in the necessary energy transition, with far less economic and societal disruption, had companies like Exxon not worked so tirelessly to downplay and deny climate change risks and block progress. We've had more than four decades with enough scientific certainty about climate science to know we should have been doing more about it.

It's not for a lack of solutions that we continue to waste valuable resources, burning in minutes concentrated energy stores that took millions of years to form. It's lack of awareness and political will, fuelled by a multi-million-dollar industry campaign to confuse. But awareness is growing, which pushes political action.

Recent events surrounding the oil industry show the importance of getting involved. The perseverance and commitment of people who care have spurred industry, governments and society to finally start waking up to reality.

Hundreds of thousands of young



people taking to the streets sends a message. Shareholder revolts and board shakeups send a message. Divesting from fossil fuels sends a message. Numerous court challenges send a message.

The message, as 350.org founder Bill McKibben says, is that we can't negotiate with physics and chemistry. Adding massive amounts of greenhouse gases like carbon dioxide and methane to the atmosphere by burning coal, oil and gas, and destroying the natural systems that absorb and store carbon,

like wetlands, grasslands and forests, puts the health and survival of humans and other life at great risk.

The fossil fuel era is ending. It's time to find ways to shift fairly and equitably to better ways of living and powering our societies.

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.

You did it!



MATTHEW MCCULLY

The Record would like to congratulate Emma-Lee Beland, the winner of the "I did it!" graduation selfie contest. Beland stopped by the office to pick up her prize, a new smart phone.

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.

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Canadiens take 4-1 loss to Vegas Golden Knights in Stanley Cup semifinal opener

By James McCarten
The Canadian Press

The uphill climb facing the Montreal Canadiens just got a little steeper.

The only Canadian team with a shot at the Stanley Cup gave up a 4-1 loss Monday in their first of a best-of-seven semifinal battle against the top-seeded Vegas Golden Knights.

It was Montreal's first game outside of Canada in 2021, and it came before a boisterous crowd of 17,884, a far cry from what COVID-19 restrictions have allowed north of the border all season.

It was also against an imposing and powerful team, one the Habs haven't played all year, thanks to the one-time-only North Division, again, a product of the pandemic, that kept all their regular-season games against Canadian rivals.

"It's the situation that we're in this year, for everyone right now, at this stage, you're playing a team that you haven't played all year," said interim head coach Dominique Ducharme.

The Habs appeared to be keeping pace with the Knights throughout the first period Monday, but a sudden flurry of penalties in the second, including a fluke delay of game in the opening seconds, seemed to sap their strength.

"They have their strengths for sure, but we have ours also," Ducharme said. "I really liked the way we started, but the penalties really killed our momentum and our rhythm."

Shea Theodore opened the scoring with a fearsome one-timer that beat a sliding Montreal netminder Carey Price stick side 9:15 into the game.

It was the Vegas defenceman's first goal of the playoffs.

The Knights made it 2-0 early in the second when Theodore faked a shot then shovelled the puck over to Alec Martinez, whose faceoff-circle blast on a near-empty net left Price diving across the crease in vain.

Defencemen were responsible for 18 of the home side's shots on goal.

"They got some solid D-men over there," Price said after the game. "They were finding lanes and getting pucks through and jumping into the rush. That's what good (defenders) do, and we'll just have to find a way to mitigate that."

Price stopped 26-of-30 shots for the Canadiens, with one of his best of the night coming midway through the second when Max Pacioretty fed Mark Stone on a sudden two-on-one rush, only to be robbed by a spectacular glove save.

Marc-Andre Fleury turned in a 28-save performance for Vegas.

Montreal spoiled Fleury's shutout hopes with the man advantage at the 12:05 mark of the second frame when rookie Cole Caufield buried a juicy rebound off a Tyler Toffoli shot for his first goal of the playoffs.

But the momentum was short-

lived: less than a minute later, Mattias Janmark made it 3-1 from the edge of the crease by tipping a drifting shot from Alex Tuch past Price's outstretched pad.

Knights defender Nick Holden made it 4-1 midway through the third and Reilly Smith registered his second assist of the night on the play.

Price headed to the bench shortly after Holden's goal, creating a four-minute stretch of six-on-five hockey that gave Fleury a chance to show off for the fans.

The series promises to be a chippy one, nearly every scoring rush during the first 20 minutes ended in a scrum behind or beside the net, frequently with frustrated Habs forward Brendan Gallagher at the centre of it.

Even so, the first frame produced only one power play per side, Montreal failed to capitalize on an early high-sticking call against Vegas centre Jonathan Marchessault, then fought off the man advantage after Phillip Daneault hauled down Alex Pietrangolo deep in Montreal territory.

The penalty situation changed quickly in the second, which was only seven seconds old when Habs defender Ben Chiarot's bloop clearing attempt caught the netting above the glass behind Fleury, a delay-of-game call.

It seemed a turning point, triggering a series of penalties that the Canadiens never seemed to recover from.

"We liked our start, but after the penalties we were a little less dangerous, and not as good with the puck," Ducharme said. "That's something we will adjust _ it's something we know we can do, and we know how to do it."

Montreal was 1-for-3 with the man advantage and Vegas went 0-for-4.

The top-ranked Golden Knights won an NHL-best 40 games in the shortened 56-game regular season and tied Colorado for the highest point total in the league, 23 points more than Montreal in the standings.

But the Canadiens have been the underdogs twice already this post-season.

They were not expected to beat the division-leading Toronto Maple Leafs in the opening round, nor were they favoured to overcome the third-place Winnipeg Jets in the second round. The team silenced critics in both cases and came into Vegas riding a seven-game win streak that included a sweep of the Jets.

It's not all familiar territory for the Habs, though.

The Montreal-Vegas series is the first cross-border matchup in the NHL this season, made possible by a federal exemption allowing teams to bypass 14-day quarantine requirements.

Monday's capacity crowd was a stark contrast from the empty Canadian arenas during the regular season and even the 2,500 fans permitted inside Montreal's Bell Centre during the playoffs.



Each vaccination brings us closer to this moment.

Follow the vaccination sequence planned for your area, and book an appointment online at

Quebec.ca/COVIDvaccine

Cemetery Meeting

Moe's River Cemetery

The annual meeting of the Moe's River Cemetery will be held at the cemetery at 2 p.m. on Saturday, June 19. Covid-19 rules will apply. All welcome.

Datebook

WEDNESDAY, JUNE 16, 2021

Today is the 167th day of 2021 and the 89th day of spring.

TODAY'S HISTORY: In 1884, the first U.S. roller coaster began operation at Coney Island in Brooklyn, New York.

In 1903, the Ford Motor Co. was incorporated.

In 1963, cosmonaut Valentina Tereshkova became the first woman in space.

In 2000, the FCC approved the merger of Bell Atlantic Corp. and GTE Corp. as Verizon Communications.

TODAY'S BIRTHDAYS: Stan Laurel (1890-1965), actor/comedian; Barbara McClintock (1902-1992), geneticist; John Howard Griffin (1920-1980), journalist; Joyce Carol Oates (1938-), author; Roberto Duran (1951-), boxer; Laurie Metcalf (1955-), actress; James Hellwig aka The Ultimate Warrior (1959-2014), wrestler; Cobi Jones (1970-), soccer player; Phil Mickelson (1970-), golfer; Tupac Shakur (1971-1996), rapper; Abby Elliott (1987-), actress/comedian.

TODAY'S FACT: The Formula Rossa roller coaster at Ferrari World in Abu Dhabi, United Arab Emirates, overtook the Kingda Ka roller coaster at Six Flags Great Escape in Jackson, New Jersey, as the fastest coaster in the world in 2010, reaching a maximum speed of 149.1 mph.

TODAY'S SPORTS: In 1998, the Detroit Red Wings defeated the Washington Capitals 4-1, winning the Stanley Cup and sweeping the championship series for the second consecutive year.

TODAY'S QUOTE: "You never know how strong you can be until being strong is the only choice you have left." - Tupac Shakur

TODAY'S NUMBER: 31 - years of the papacy of Pius IX, the longest-reigning elected pope in the history of the Catholic Church. Pius IX began his reign on this day in 1846.

TODAY'S MOON: Between new moon (June 10) and first quarter moon (June 17).

Fordyce Women's Institute News

Once again our Fordyce Women's Institute Branch members met via ZOOM on Wednesday, June 2. President Norma welcomed the members and told the following: "Women are angels, and when someone breaks our wings we simply continue to fly on a broomstick. We're flexible like that!" Edwina Bougie repeated the Mary Stewart Collect and the Salute to the Flag. Birthday greetings were extended to Carolle Brett; June Royea, Michilynn Dubeau Linda Hoyt and Louise Smith.

The Motto for today's meeting was: "The greatness of a community is most accurately measured by the compassionate actions of its members. The Roll Call: Tell about something that you recently did to improve your health. Some examples given: watch what you eat; walk more; spend time outside; if you feel down call a friend. Michilynn Dubeau gave a very favourable report of items sold at the Marché. A big thank you to Michilynn for allowing us to have a WI table at her Marché. Elizabeth Milroy and President Norma gave reports of the QWI AGM/Convention held on May 24 Via ZOOM. Many members from across our province attended as well as our FWIC President, Joan Holthe from B.C. Cynthia Jackson of Richmond was installed as QWI President. Elizabeth Milroy had been given a box and told not to open it until told to do so. Following the installation of the officers she was asked to open

the box. Much to her surprise inside the box was a Life Membership certificate and pin. Elizabeth thanked everyone for bestowing this honour on her. It was too bad that we couldn't present it to her in person!

The FWIC/WI Canada Convention will be held July 5 and 6 via ZOOM. This Convention had been planned to be held in Newfoundland, but unfortunately due to COVID it had to be cancelled. It is hoped that several of our members will be able to attend. The ACWW Canada Area Conference will be held via ZOOM on July 7.

Because of the ACWW Conference being held on our usual meeting day, our meeting will be held on July 14 and we are hoping that we can meet in the Davignon Park. Keep your fingers crossed that the weather will cooperate and that COVID numbers are way down.

Edwina Bougie, Health & Community Living Chair presented her program. She asked the question "What have we done during Covid and what will you do when Covid ends. The answers were many: members were sewing; knitting; cooking more and visiting with friends and family on the phone; When it ends almost everyone wants to get together with family and friends and give grandchildren and great grandchildren a great big hug!! Some even said they were planning a "Christmas in July".

President Norma read, "Things My Mother taught me"... Here are a few: My

mother taught me LOGIC: "Because I said so, that's why"; My mother taught me about the WEATHER: "It looks as if a tornado swept through your room"; My mother taught me about STAMINA: "You'll sit there 'till all that spinach is finished"; My mother taught me about RELIGION: "You'd better pray that will come out of the carpet".

Dawn Larin told the following story: When the creator was making the world, He told man He was giving him 20 years of normal sex life. Man was very unhappy about this and asked for more—but was refused. The monkey was then offered 20 years. "I don't need 20 years", protested the monkey. "Ten will do". "May I have the extra ten years then?" pleaded the man. The Creator agreed. Then he offered the noble lion 20 years. The lion didn't want more than ten either, so man asked for the surplus and was granted 10 more years. The donkey was offered 20 years, but he too said 10 was ample. Man again begged for the spare 10 years and got them. This perhaps explains why man has 20 years of normal sex life, 10 years of monkeying around, 10 years lion about it, and ten years of making an ass of himself.

Following the meeting we spent time visiting virtually. I hope to see you all in July.

Submitted by Norma Sherrer
President, Fordyce Branch

Dive into dairy with cheesy dinner creation

There's no denying the appeal of dairy in home cooking. Dairy helps make foods silky, creamy and more satisfying. Cheeses in particular can make meals more rich and more flavorful, so much so that they can be truly addictive.

Layering cheesy goodness can set any meal apart. That's just what happens with "Cheesy Chicken Tortellini Bake" from "The Pampered Chef® Stoneware Inspirations" (The Pampered Chef® Ltd.) by The Pampered Chef® Test Kitchens. Freshly cooked chicken and homemade tortellini can be used for this comforting casserole, but cubed, pre-cooked chicken and refrigerated tortellini also works.

Cheesy Chicken Tortellini Bake
Serves 6

Pasta mixture
1/2 cup chopped onion
1 teaspoon olive oil
1 garlic clove, pressed

1 jar (16 ounces) white Alfredo pasta sauce
2 packages (9 ounces each) refrigerated cheese-filled regular or spinach tortellini
1 1/2 cups cubed cooked chicken
1 cup milk
1 cup water
1 cup frozen peas
1/4 teaspoon ground black pepper
2 tablespoons snipped fresh basil leaves or 1 teaspoon dried basil leaves

Crumb topping

1 ounce grated fresh Parmesan cheese
2 tablespoons butter or margarine, melted
1 cup fresh bread crumbs

Preheat oven to 400 F. For pasta mixture, chop onion. In a 4-quart casserole, heat oil over medium-high heat; add onion and garlic pressed

with a garlic press. Cook and stir 2 to 3 minutes or until onion is tender. Stir in pasta sauce, tortellini, chicken, milk, water, peas, and black pepper. Heat until mixture just comes to a boil; remove from heat. Stir basil into pasta mixture.

Meanwhile, for crumb topping, grate Parmesan cheese. Place butter in a small microwave-safe dish, microwave on high 30-45 seconds or until melted. Stir in bread crumbs and cheese; mix well.

Spoon pasta mixture into a baking dish; sprinkle with crumb topping. Bake 15-20 minutes or until edges are bubbly and topping is golden brown.

Tip: Alfredo sauce in a jar can be found in the pasta sauce section of the supermarket. Do not substitute refrigerated Alfredo sauce; it may separate and curdle during baking.

(Metro Creative)

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMS, BRIEFLETS:

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

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$16.00 (includes taxes)

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

WEDDING WRITE-UPS:

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

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DEADLINES FOR DEATH NOTICES:

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, JUNE 16, 2021

Answer to Previous Puzzle

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

- ACROSS**
- 1 Slogan
 - 6 Flu symptom
 - 11 Very or too
 - 13 New York baseballer
 - 14 Farm machine
 - 15 Invisible
 - 16 That, in Acapulco
 - 17 Austin hrs.
 - 18 Charlotte of "Bananas"
 - 20 Talk on and on
 - 22 Windhoek's cont.
 - 25 Note before la
 - 26 Not masc.
 - 27 Long-plumed heron
 - 29 Prune (off)
 - 30 Citrus drink
 - 31 Bug off
 - 32 Pungent vegetable
 - 34 Name, to Pierre
 - 36 Choice word
- DOWN**
- 1 Spoil
 - 2 Sonnet
 - 3 Water power org.
 - 4 Conical tent
 - 5 Blast furnace inputs
 - 6 Preserves fruit

- 37 Rank above species
 - 38 Trial VIPs
 - 39 Dutch airline
 - 40 Even so
 - 41 Try to find out
 - 42 Adherent
 - 43 Chem. room
 - 45 Hosp. employee
 - 47 Plexiglas
 - 50 Seinfeld pal
 - 54 Put a crease in
 - 55 Over there
 - 56 Ms. Burstyn
 - 57 Use a loom
- 7 Actor's place (2 wds.)
 - 8 Banjo cousin
 - 9 200 fins
 - 10 Fox's prey
 - 12 Laughed loudly
 - 13 "Oh, gross!"
 - 18 Mickey or Andy
 - 19 Type of skiing
 - 21 Changes a bill
 - 23 Hot dogs
 - 24 Disgust
 - 25 Plod heavily
 - 26 Stadium group
 - 27 Endangered trees
 - 28 Technical word
 - 33 Profile
 - 35 Cody co-star
 - 41 Sacked out
 - 42 Lacking sense
 - 44 Two fives for — —
 - 46 Make a furrow
 - 47 Untruth
 - 48 Web address
 - 49 Army off.
 - 51 Snake River loc.
 - 52 Ariz. neighbor
 - 53 Sooner than anon

1	2	3	4	5		6	7	8	9	10	
11					12		13				
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	40				41			42			
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47	48	49					50		51	52	53
54							55				
56							57				

Seek the truth, and offer understanding, patience and assistance to those in need. A subtle change will boost your morale and encourage you to make a positive lifestyle adjustment. The more you do, the more you will get in return. It's time to rise above the competition!

GEMINI (May 21-June 20) - There is no point wasting time on something or someone who offers little in return. Put your energy into something that matters to you, and good things will happen. Go where the action is!

CANCER (June 21-July 22) - Do what's necessary. It will be easier to get things done your way and on time if you are discreet and secretive. A unique approach to a job will pay off. Don't cut corners.

LEO (July 23-Aug. 22) - Be observant, but do not meddle. The changes going on around you will encourage you to take a different approach to work and financial matters. A partner will require honesty.

VIRGO (Aug. 23-Sept. 22) - Emotions will mount if you aren't willing to make adjustments that will keep the peace. Consider the fallout if you decide to be stubborn or unwilling to compromise. Learn from experience.

LIBRA (Sept. 23-Oct. 23) - Make positive changes to your surroundings. Enjoying the space you create will ensure you accomplish more and maintain a healthy lifestyle. Help is on the way.

SCORPIO (Oct. 24-Nov. 22) - Don't sweat the small stuff. Live up to your

promises and follow through with your plans. Do what you say and explore the possibilities that unfold. Solve problems with intelligence.

SAGITTARIUS (Nov. 23-Dec. 21) - Avoid people who bring you down or play mind games with you. Stay focused on what you are trying to achieve, then forge ahead with optimism. Don't be misled by someone you admire.

CAPRICORN (Dec. 22-Jan. 19) - Don't take on too much or get involved in a joint venture that discourages you from doing things you love to do. Stick close to loved ones, and take better care of your health.

AQUARIUS (Jan. 20-Feb. 19) - Concentrate on doing your very best. Hone your skills. Do your own thing, and follow your heart as you move forward. Things can and will improve quite a bit.

PISCES (Feb. 20-March 20) - You'll gravitate toward generous people. Don't take chances that could lead to problems with someone close to you. You may desire change, but don't make a move without doing adequate research.

ARIES (March 21-April 19) - Observe what's going on around you. Set boundaries with people who crowd your space. Put more thought into how you run your home and what brings you the most joy. Pick up useful information.

TAURUS (April 20-May 20) - Keep life simple and do your best to get along with the important people in your life. Don't ignore a chance to use your skills diversely. Be careful of how much information you share with others.

WEDNESDAY, JUNE 16, 2021

Sound asleep at the bridge table

By Phillip Alder

Anthony Burgess wrote, "Laugh and the world laughs with you. Snore and you sleep alone." Though, as Mark Twain pointed out, it is a mystery why snoring wakes everyone except the snorer.

It pays to stay wide awake at the bridge table. Also, don't play quickly if you think a critical moment has been reached. Even if it turns out that your pause helps declarer, it is better to take a timeout than to misdefend by playing impulsively.

In one match, a West played far too quickly on this deal from a European Team Championship.

North was right just to raise to three no-trump. It was unlikely that five diamonds would make and three no-trump would go down. Much more likely that the opposite would be true.

At the first table, the declarer won the first trick with his heart ace and immediately cashed his six diamond tricks. However, this allowed East to make an encouraging discard in clubs. That made it easy for West to win the first spade trick and switch to clubs, defeating the contract.

At the other table, Andrei Gromov did much better. He won the first trick and immediately led the spade five from his hand. After West played a sleepy low

North		06-16-21	
♠	K 6		
♥	9 6 3		
♦	K Q 10 4 3 2		
♣	9 5		
West		East	
♠	A 9 3	♠ 8 7 4 2	
♥	Q J 10 8 5	♥ 7 2	
♦	7 6	♦ 5	
♣	A 10 6	♣ K J 7 4 3 2	
South			
♠	Q J 10 5		
♥	A K 4		
♦	A J 9 8		
♣	Q 8		
Dealer: South			
Vulnerable: North-South			
South	West	North	East
1NT	Pass	3NT	All Pass
Opening lead: ♥ Q			

spade and dummy's queen held, South claimed his contract.

When declarer didn't lead a diamond at trick two, it marked him with that ace. Further, if West trusted his partner's discouraging signal at trick one, South also had the heart king. That made eight red-suit winners. So, South was presumably trying to sneak his ninth trick. West should have jumped in with the spade ace and switched to clubs, resulting in down three.

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.

" T JPHDKPS UVX YMIU SPLPDYTKHLTVK
T UHNP, HKS LUHL KV YHLLPD XUHL
LUP AIVDP TA, HKZVKP IHK IVYP
FHIC." - FTHKIH HKSDPPAIM

Previous Solution: "Truth is the ultimate power. When the truth comes around, all the lies have to run and hide." - Ice Cube

TODAY'S CLUE: A sɪnəbɛ N

REALITY CHECK

Yelp Review:
AS I WALK THROUGH THE VALLEY OF THE SHADOW OF DEATH, I HAVE TO SAY I'M UNDERWHELMED... IT'S REALLY DEAD HERE! I WAS PROMISED THAT THERE WOULD BE A TABLE PREPARED FOR ME, YET THERE WAS NOTHING! THE STAFF DIDN'T COMFORT ME... MY CUP DOES NOT EXACTLY RUNNETH OVER! 2 STARS

6-16
WAMMAD
IT'S NO GANGSTA'S PARADISE!

HERMAN

LIONS
MONKEYS
ZEBRA
E
TS
ELEPHANTS
CAMELS
TIMERS
BUFFALO
GOATS
FISH
INSECTS

HERMAN®
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"Did you see which way the camel went?"

ALLEY OOP

DOC, I CAN'T STOP THINKING ABOUT THE NEAR DESTRUCTION OF UNIVERSE 881.

I KNOW WE TRY TO HELP PEOPLE, BUT DO YOU EVER THINK WE JUST MAKE THINGS WORSE?

HMM. GOOD QUESTION. WHAT DO YOU THINK, ALLEY?

SORRY, I WASN'T PAYING ATTENTION. I'M WORKING ON MY PLAN TO BRING PORCUPINES TO THE TITANIC.

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6/16

ARLO & JANIS

PUTTING ON A LITTLE IN THE OL' MIDRIF, AREN'T YOU, BUDDY?

SOMETIMES IT SEEMS AS IF THEY KNOW EXACTLY WHAT WE'RE SAYING, DOESN'T IT?

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6/16

THE BORN LOSER

I WANT YOU TO KNOW I REALLY APPRECIATE ALL THE WORK YOU PUT IN EVERY WEEK DOING THE LAUNDRY!

I HAVE TO ADMIT, IT DOES HAVE ITS FRINGE BENEFITS,

OH? HOW SO?

YOU'D BE SURPRISED HOW MUCH CHANGE I FIND IN YOUR POCKETS!

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6/16

FRANK AND ERNEST

SHEEP'S CLOTHING

THAVES 6/16
© 2021 Thaves Dist. by Andrews McMeel Synd

GRIZZWELLS

I FOUND THE COOLEST CONSTRUCTION WORKER'S HARD HAT ON MY WAY TO WORK

SO? WHERE IS IT?

THAT STUPID CONSTRUCTION WORKER WOULDN'T LET GO OF THE STUPID THING

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6/16

THATABABY

ALL THAT BUZZING? THAT'S THE SOUND OF BOY CICADAS TRYING TO ATTRACT GIRL CICADAS!

BEEN THERE.

DONE THAT.

BZZZZ! BRZZZ! BZZZ!

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6/16

Go grocery shopping with dietitians.
When you choose products with the Health Check symbol, it's like shopping with the Heart and Stroke Foundation's dietitians, who evaluate every participating product based on Canada's Food Guide.
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Check for Health Check™

Diabetes The New EPIDEMIC

Diabetes Québec
Information and donations:
(514) 259.3422 or 1.800.361.3504
www.diabete.qc.ca

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

CLASSIFIED

Deadline: 12:30 p.m. one day prior to publication
 Or mail your prepaid classified ads to
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100 Job Opportunities 100 Job Opportunities 275 Antiques

THE RECORD

URGENT

**CARRIER NEEDED
in Lennoxville**

The Record is looking for a carrier in Lennoxville to start on **June 14, 2021** for the following streets:

Oxford Crescent and Archie-Mitchell

Around 35 customers

If interested, please contact our offices by phone at **819-569-9528** or email at billing@sherbrookerecord.com

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

290 Articles for Sale



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. 819-569-9525. classad@sherbrookerecord.com

Happy 93rd Birthday

Barbara Stevenson Smith

Happy 93rd birthday to a wonderful Mother, Nani and Great-Nani!

June 16

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

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PREVIOUS SOLUTION

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

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

Help us.

1 800 361-9643
www.leucan.qc.ca

leucan Association for children with cancer

Tension with father's family

Dear Annie

WEDNESDAY, JUNE 16, 2021

Dear Annie: My older brother and I have been dealing with a touchy situation for years. We are both

adopted; our parents divorced when we were very young, and they both remarried.

Our adoptive father was abusive, and our mother had her own share of issues stemming from major depression. We were primarily raised by our mother and stepfather, with occasional visits up north when my mother was going through her "episodes."

After the divorce, we lost touch with our adoptive father's family until around 1995. My adoptive father remained overseas with his new wife for most of our lives and only paid child support until our 18th birthdays. When he did return stateside, he told me he didn't want anything to do with me or my brother.

Needless to say, I was very hurt by this, given that our previous conversations - only two - had been civil. He died in 2007 with these final words to me. My brother and I have an issue with our father's sister and her husband (my aunt and uncle), who are in denial about his poor treatment of us.

She constantly wants to send us pictures and other items of his, such as the American flag he received after his death. When we try to tell her we don't want these mementos, she becomes defensive,

even asking why. It's hard to put into words why my brother and I don't want these painful reminders of a man who didn't care about us and was abusive. Add to that, when we get together (not often, as they live out of state), our aunt and grandmother (who died recently) constantly bad-mouthed our mother about her issues and how she raised us. This took place at least once in front of my brother and my nephew, which was truly heartbreaking.

I sincerely believe my mother did the best she could, and we turned out OK. How do I confront my father's family about this? I've tried telling my aunt straight out, but she gets defensive. Do I just grin and bear it in order to keep the peace? - Struggling

Dear Struggling: Not wanting mementos of an abusive and absent father is very understandable. Your aunt's defensiveness has nothing to do with you and your brother and everything to do with her lack of compassion and empathy for the trauma that you endured as a result of your father's abuse.

Under no circumstances should you grin and bear it. Your aunt's behavior is bullying - just like your father's was. You can politely decline and ask her not to bring it up again. If she gets defensive, just ignore it and walk away. If they put down your mother again, stick up for her and kindly ask them to stop saying negative things about your mom.

You sound like you have a lot of wisdom and know that your mother did the best she could but suffered from a disease. No more tolerating this treatment from your father's family. You suffered enough as a child, and it's time to live a free, open and joyful life.

Dear Annie: My "Laura" is the light of my life. It's been more than a year since we found each other, but my whole body still shakes with anticipation every time I see her. Recently, though, I can't help but feel a growing tension between us. This is my first real romantic relationship, and I know that I have a lot to learn, but Laura can be so critical of me. Like, she tells me I use my tongue too much when we kiss. And the other night, when I was just trying to cuddle, she insisted I go sleep on the couch instead.

As soon as she gets back from work, I can't stop talking to her. I find myself following her around the house. I know that she likes to have a second to unwind in silence. But I'm just so excited to see her that I always forget! The other day, she went so far as to hold my mouth shut. Then she said, "Honey, shut up." It made me feel so small.

I don't want to push my love away with my enthusiasm. But I also can't help but be myself. Admittedly, I'm young and inexperienced. So maybe I'm too eager. But I just can't hide the way that I feel. And I guess I'm afraid that Laura is turned off by my puppy love. Please, help me. What should I do? - Simply Smitten

Dear Simply: There's love, and then there's infatuation. Your letter speaks more to the latter. For true love to grow between you and Laura, you must give it the room and time to do so.

To help curb your obsessive thinking, I encourage you to attend therapy and read "Codependent No More" by Melody Beattie. Develop your hobbies; spend more time with your friends; find work that excites you. Investing energy in yourself will not only boost your self-esteem but also make you more attractive to your girlfriend - a win-win.

"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.



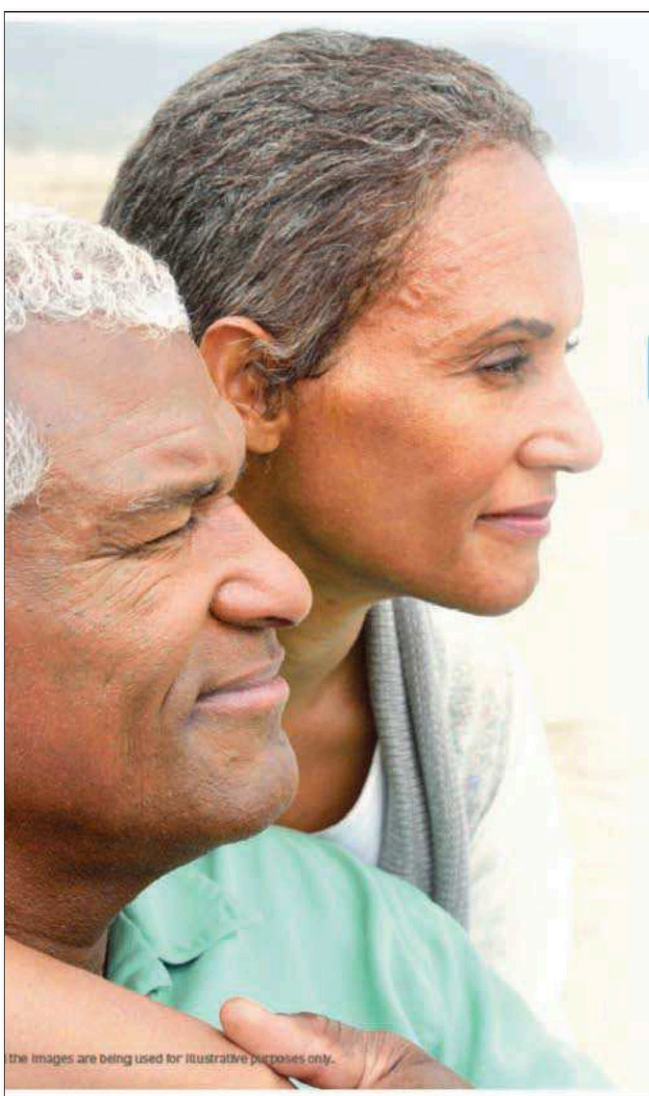
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