

Local community reacts to votes on Bills 9 and 21

By Gordon Lambie

Following the votes on the weekend that saw the Coalition Avenir Quebec Government pass its Bill 9 on immigration and Bill 21 on state secularism into law, several local groups shared their concerns about the new legislation with The Record.

Guillaume Manningham of Solidarité Populaire Estrie, the group that has been holding public demonstrations and workshops on the premise that the two bills were inherently prejudiced and harmful to a productive and peaceful society, said that although the group is not surprised at the bills being passed, they are concerned about the way the vote took place.

"We were expecting this, but it's worse than we thought," he said, pointing out that the CAQ refused all proposed amendments to the bills from the opposition parties, including the idea that people who are already in training to become teachers who wear religious symbols could be exempted in the same way that existing teachers are. "What's more, now they are talking about punitive sanctions to help apply the law; this is not good news."

Manningham argued that where supporters of the law are working against an idea, there are real people who will have to face increased cost of living, worries, and stress as a result of the new laws.

"The minister has called on people to respect the law, but to us this law is illegitimate because it removes individual

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Waterville youth opens for Michelle Obama at Bell Centre



COURTESY

Joshua Picard and his great aunt Helen Fortin, at the Bell Centre. Joshua was one of four presenters who addressed the crowd before Michelle Obama took the stage.

By Matthew McCully

Life can take some interesting twists and turns.

On May 3, life took 15-year-old Waterville resident Joshua Picard to the Bell Centre. It put him up on the stage and shone the spotlight on him in front of 18,000 people. He was one of four special guests invited to address the Bell Centre crowd leading up to the arrival

of Michelle Obama.

Here's how it happened.

Picard's great aunt Helen Fortin is the Executive Director of the organization MINIBIBLIOplus powered by the Fraser Hickson, Montreal's oldest library. The organization supports literacy programs, ensuring that books end up in the hands of children.

Given the nature of Fortin's work, First Book Canada, a collaborator of MINIBIBLIOplus and the office of

Michelle Obama extended an invitation to Fortin and her staff to attend the May 3 appearance.

"We were so happy to be chosen," Fortin said.

The theme for Michelle Obama's talk related to her new book, *Becoming*, where she discusses the experiences that helped shape her into the woman she has become.

A few days before the show, Fortin

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Weather



TODAY:
SUNNY

HIGH OF 24
LOW OF 10



WEDNESDAY:
CLOUDY

HIGH OF 22
LOW OF 12



THURSDAY:
60% CHANCE
OF SHOWERS

HIGH OF 23
LOW OF 13



FRIDAY:
60% CHANCE
OF SHOWERS

HIGH OF 22
LOW OF 11



SATURDAY:
CLOUDY
PERIODS

HIGH OF 24
LOW OF 12

Catch and release



DISHPAN HANDS

SHEILA QUINN

The end of the school year seems to drag everyone along with it - a sort of flurry that sometimes feels like an undertow, where even if you're on the outskirts, or nowhere near involved in any school-type business, the current is there, fresh with the energy of youth moving, a kind of social inertia.

The dust is about to clear. The home stretch of final high school exams is this week. The crush for young folks involved in the current traditional school system can sort of see the light. They might only sort of see it, and they might only glimpse it when they're suddenly walking across a stage to accept a diploma, or when everyone is arriving at prom...and some might only really witness it when the word finally arrives regarding their final marks.

But there is light.

Almost as soon as the last streamers are pulled down, some folks head off to summer camp. It's dizzying - cap-gown-tuxedo-gown-streamers down-packing for camp. A strange, too-fast rhythm, you can't really catch your breath.

Other units, with a different

timetable, get a week or two to slow the pace, to shed the schedule and likely to stay up too late and eat their parents out of house and home.

Either way, there is a list, and there are extra socks on that list. So pack them.

Sunscreen, clothing, bedding, a hat, footwear, the list is usually very similar, likely close to what their parents' camp kit list was.

So the frenzied pace is a thing that rumbles around, and then they arrive. There are familiar faces, with new features since a year makes a difference. There are wide spaces. There are shared living arrangements. There is a new kind of schedule. New lessons. And there is fresh air.

One life falls away, the life with all of the home stuff, whatever that may be. Healthy, busy, messy, neat, challenging in its own respects no matter what, all of those elements mostly melt. Fade. There are new sounds - birds, bugs, occasional outdoor noises. There is usually water. There is sun. It's a bit of elemental therapy.

For those who have been attending for some time, it's the revisiting, and re-bonding of another family. For those who have never attended, it's adjusting to that dynamic - feeling on the outside, feeling hesitant as to whether or not you have a place there, and perhaps even questioning at first whether you want one.

Witnessing this reunion without being a part of it yet can feel awkward and strange. As a rule, in the falling away of certain boundaries, newbies find their place, and are acknowledged for who they are and what they bring. Sometimes this doesn't gel and there is homesickness. Sometimes it takes a second time attending to han-

dle the experience of finding your place in a community you haven't belonged to before...and occasionally the parents who are concerned about rather their socially uncertain young folk are surprised to not receive a phone call for retrieval, and arrive on the last day of camp to pick up a brand new person.

That is because at camp, if things go the way they should, then something can fall away. A new part of something can grow. Occasionally that growth is so significant that the person is never quite the same again (in a good way).

The fuel of a great camp experience can drive a person along through the many hurdles of a less-than-happy regular year. The anticipation of the community that is built, the person they are there, and a rather basic, rich way of being separate from the frenzy. Also the anticipation for attendees of one day participating as a counselor, the immortals of childhood camp memories.

So this year, wishing great times to all, lovely weather, beautiful campfires, abundant sharing, few bumps and scrapes, healthy transitions, resilience in new leadership, openness to new ideas, community building that is fun and simple, laughter, sunny days and starry nights.

A special nod to the United Spirit Camp, setting up life together for a week starting this weekend, and to my youngest son, who will attend for a seventh time, and his first at senior camp. Enjoy this time away from home to fill up on the great energy of your youth community, and come home with stories to match the amount of laundry. Be good and have fun!

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Ben by Daniel Shelton

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ATCHAAA!

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SNIF! THANK YOU!

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LOCAL NEWS

"This is not really leadership," Cutting said. "The government that cannot support and protect its minorities puts everyone at risk."

New adapted buildings for those living with physical and intellectual disabilities

Record Staff

The Han-Logement organization inaugurated new apartment buildings suitable for citizens with physical or intellectual disabilities yesterday. Representing an investment of nearly \$2 M, the two buildings situated on Lavigerie boulevard house a total of 12 apartments which are completely adapted.

Founded in 2002, Han-Logement is an organization that aims to develop apartments completely adapted to the needs of people living with physical and/or intellectual disabilities, whose generally low incomes often make it difficult to find adequate accommodations.

The organization has built 15 different buildings that total up to 97 apartments spread out through Sherbrooke and Magog.

All tenants will benefit from the Société d'habitation du Québec (SHQ)'s Supplément au loyer program. The program ensures that their rent only costs 25 per cent of their income. The remainder of the amount is 90 per cent defrayed the SHQ and 10 per cent by the City of Sherbrooke.

Although the buildings were inaugurated on Monday, tenants were able to move into their new homes in the fall of 2018. "These buildings are named after Michel Lapierre, our greatest donor to this day. This is his fifth sponsorship

since 2010. These 12 new apartments make for a total of 48 new homes that Mr. Lapierre supported. Most importantly, these are 48 lives that he has changed and embellished for these people and their families. It makes an incredible difference," stated Paul Champagne, director general in a press release.

"Since the first contact I had with Han-Logement in 2010, I was immediately touched by this mission, and it was an amazing opportunity for me to give back in a concrete and durable way to an environment that has given me so much. I also wanted to give back some light in the lives of people's whose needs are significant," added Lapierre.

The partnership between Fonds immobilier de solidarité FTQ and Han-Logement began in 2017 and aims for the construction of 100 single-story units over the next five years. "Since the launch of this collaboration, we have built 24 units in Magog and in Sherbrooke, and 27 more are on the way of being constructed. To this day, we have invested over \$1.4 M. This partnership allows us to pursue our mission of building socially responsible spaces that also create high-quality employment opportunities," concluded Pierre Benoit, the FTQ investment director.

Opening for Michelle Obama

CONT'D FROM PAGE 1

was asked by Obama's office to recommend a young man who might be willing to say a few words in the lead up to Michelle Obama taking the stage.

She decided to ask her grandnephew Joshua.

"I've been sending him books his whole life," she said.

Here's how the phone chain continued.

Fortin contacted Joshua's mother Carol Matheson, who immediately tracked down Josh.

His response: "Oh my gosh no way, I can't get in front of that many people."

Disappointed, Matheson respected her son's decision.

Little did she know, Fortin's sister

Sylvia (Joshua's grandmother) had caught wind of the opportunity and launched a subtle texting campaign to point out the 'once in a lifetime' of such an opportunity.

Joshua eventually agreed to do it.

While an occasion like that would normally entail the emotional support of the rest of the family, Josh's parents and sister were already double booked. His sister was participating in a singing competition at Bandeen Hall that same afternoon (she won a silver medal, congratulations).

Joshua was accompanied to the event with his grandmother, great aunt and the staff from MINIBIBLIOplus to cheer him on.

"Before the show we were totally full

of adrenaline," Fortin said, "but he was really calm."

Producers from the show brought Joshua back stage. They explained the order of events and gave him an opportunity to practice what he would say and get ready.

Fortin and her group were seated in a special row for the show.

After Joshua and the others addressed the crowd, they headed back stage, and then Josh was brought out a few minutes later to join his great aunt and hear Michelle Obama speak.

According to Matheson, Joshua was excited, and ultimately glad that he did it. He added that once he was on stage, wasn't able to see the crowd at all, so that made the experience less intimi-

dating.

Because the theme for the evening was based on Michelle Obama's book *Becoming*, each of the invited guests was asked to share what they are becoming.

This is what Joshua Picard said:

"Bonjour, Je m'appelle Joshua Picard. I was born in Sherbrooke and raised in a small town called Waterville. I'm a junior in high school who is not afraid to dream big for my future, and I am becoming a professional golfer."

According to his mom, Josh has his dream job working at the local golf club for the summer, and he tries to hit the links every weekend.

Bills 9 and 21

CONT'D FROM PAGE 1

rights and freedoms." He added, suggesting that contrary to what has been said by the Government, the new law will just reignite feelings of xenophobia in the community and further divide people from one another.

In April the Townshippers' Association came out against Bill 21, but in the wake of the bill's passing association president Gerald Cutting said that the groups concerns fell on deaf ears.

"What we came to realize was that with a majority, the CAQ was going to adopt their bill no matter what," Cutting said, explaining that he and Executive Director Rachel Hunting went to visit each of the MNAs that have been elected in the historical Eastern Townships to discuss the issue and found the answer to be the same no matter where they turned.

Looking to the way the decision was made over the weekend, Cutting said the vote sends a very disturbing message to

minority communities.

"The use of the notwithstanding clause shows that the government recognizes this goes against the principles of free and democratic government," the association president said. "One of the deputies even said to me the reason why the notwithstanding clause was put into the bill was to make sure there would be a minimum of time devoted to contestation and they wanted to get this through because it is what the population of Quebec really wanted."

That kind of populist decision-making, he argued, is bad news for minority communities.

"This is not really leadership," Cutting said. "The government that cannot support and protect its minorities puts everyone at risk."

More than just being troubled by how the bill limits rights and freedoms, the Townshippers' President warned that the new law foreshadows how the CAQ government will continue to operate.

"We really don't like this bill at all

and we really don't like that it had to be ram-rodged through using closure," He said, calling the move a "sharp right turn" for the province. "Mr. Legault has said, 'we intend to change Quebec,' but is it going to be for the worse, or for the better?"

On Friday, before the votes on bills 9 and 21, a statement signed by 21 faculty members of Bishop's University's School of Education was uploaded to the Bishop's website. In it, the signatories shared their concerns about the implications of the then-bill on their chosen field.

"(Bill 21) targets our colleagues and peers on the basis of religious affiliation and practice, and impacts every citizen in Quebec by normalizing state sanctioned discrimination against specific, identifiable groups of people," the statement reads. "It is a dangerous precedent that creates a climate of suspicion, fear, and hostility that serves to render the profession of teaching unsafe, and schools less safe, for everyone."

The statement also highlights the important role teachers play in analyzing and challenging all forms of individual, systemic, and institutional discrimination, and argues that the bill is "in direct contradiction to our mandate as defined by the Ministry of Education and QEP in addition to our commitments under the Charter of Rights and Freedoms and other academic and professional bodies."

"This has been something the faculty and students have been discussing since the bill was introduced, said Dr. Corinne Haigh, the Dean of the School of Education and one of the signatories of the statement. Haigh said that the statement was crafted over some time and might now be revised in light of the fact that the bill has been adopted. She underlined the fact that the statement is specifically the position of its signatories and not of the university or even of the entire School of Education.

Caroline-Bown Community Garden (1800-1885) : In memory of a special mother from Orford Township

By Jean-Marie Dubois (Université de Sherbrooke) and Gérard Coté (Lennoxville-Ascot Historical and Museum Society)

Caroline-Bown Community Garden was opened in 2012 on the South West side of Bois-Beckett Park in Sherbrooke and named after the original owner of the land. The landscape of the garden was done by the City of Sherbrooke and includes raised garden beds for the physically handicapped, a service building and a children's play area. The garden has two aims: to be a means of breaking down isolation among citizens to foster socialization by creating a place to meet and chat together and to encourage food self-sufficiency. The garden is administered by a committee of six member gardeners.

Caroline Bown was born in 1800 in Upham, Hampshire, England. In 1819, in the Quebec City Holy Trinity Anglican Church, she married Henry Beckett, a bricklayer also born at Upham in 1799 who immigrated to Lower Canada in 1815. The couple had 11 children: Walter William (1820-1906), Ann (1822 or 1823-1905), Jane Louisa (1826-1892), Henry Robert (1829-1896) who left Sherbrooke in 1885 for British Columbia, Caroline (1831-1860), Adaline (1833-1917), Elizabeth (1836-1923), Rosanna Elizabeth (1838-1922), Charles Goodhue (1841-1891) who went on to live in Arizona, Frederick James (1844-1922) and Mary Amelia (1847-1921).

Around 1819, the Becketts settled in a pioneer cabin on the path of the old

Belvidere Road along the Magog River. Around 1824, they settled in a new home at the corner of Melbourne Street (named Prospect since 1952) and of the, at that time, Queen-Victoria Boulevard, on the location of the present Saint-Joseph long term residential centre. From 1824 to the 1860s, Henry even operated a clay quarry on the North East corner of this intersection. His brickyard, the first of its kind in Sherbrooke, stood near his home. In 1834, Caroline and Henry also bought a 100 acre lot, where Bois-Beckett Park is now located. In 1850, they added another 100 acres. Cows, beef cattle, calves, sheep and pigs were raised for dairy products as well as for meat and wool. Hay, wheat, oats, potatoes and turnips were also grown. There was a sugar bush for maple syrup and sugar. As with all other housewives of the time, Caroline had to tend to the garden and the flower beds. After Henry's death in 1870, Caroline passed on the farm in 1875 to her son Frederick James. He built a home at the end of a row of willows and so named it The Willows. The house replaced his father's older one, named The Maple. When Frederick James died in 1922, Elizabeth Jemina Bonnallie (1847-1926), whom he had married in 1866, became the owner of the farm. The farm was passed on in 1926 to one of Elizabeth Jemina's sons, Frank George (1871-1954). After his death, the farm was bequeathed to his sister, Cecilia Julia (1877-1974). She sold it to the City of Sherbrooke on July 23, 1963, but stayed on in her home until 1968. The crops likely disappeared fol-



Beckett's Family house (Regroupement du bois Beckett Fonds, Sherbrooke Historical Society)

lowing Frederick James' death since as soon as 1956, the fields were overgrown. The buildings were torn down between 1963 and 1966; Frederick James' home, in 1968. In response to public pressure, the City of Sherbrooke converted the farm into a park. As for Caroline, she died on September 12, 1885, likely in her home on Melbourne Street (Prospect). She was buried in the Anglican St. Peter's Cemetery with her husband and six of her children. Jane Louisa inherited

the family home on Melbourne Street and, when she died, left it to Rosanna Elizabeth who lived there until her death in 1922. In 1974, the Beckett farm became a 70 acre ecological park. Since 1984, a citizens committee, the Regroupement du bois Beckett, continues the efforts carried on since 1970 by Sherbrookers to promote the park and to offer nature interpretation programs.

A big day for small entrepreneurs 2019

Record Staff

Over the weekend, shopping areas were set up at the Cowansville centre de la nature and Adrien-Tougas Park in Bedford for the 2019 edition of the Brome Missisquoi 'small business' day. In total, 39 young people aged 5 to 12 years set up 19 business kiosks at the two locations selling their

gourmet or artistic creations in Brome-Missisquoi.

The local children were among the more than 6,700 children across the province participating in the one-day business on Saturday.

The products offered often reflected health and environmental trends:

- Ecological household products in reusable jars,

- Flowers
- Handmade products and products made from recycled materials
- Sweets, cookies and cupcakes
- Bagels with stone ground organic whole wheat flour
- Health foods and zero waste confections
- Snacks, lemonade and souvenirs
- Jewelry

- Homemade sorbets
- Slimes of all kinds
- Ice cream and giant pretzels

The event, first launched in 2014, helps to introduce young people to entrepreneurship, to explore what drives them and to create a project, all in a family and festive atmosphere.



PICTURES COURTESY

Lac-Mégantic inaugurates Le Concerto as part of post-tragedy revitalization

By Emilie Hackett
Special to the Record

Nearly six years after the Lac-Mégantic tragedy, the City of Lac-Mégantic inaugurated Le Concerto, a three-story, mixed-use building in the town's centre on June 14. Le Concerto was one of the City's biggest projects towards revitalizing the downtown area, requiring investments of \$4 M and the hard work of a steering committee, composed of representatives from the CHIC du Granit, the CIUSSS-CHUS de l'Estrie (Installation CSSS du Granit), the CDC du Granit, Constellation du Granit, CPE sous les Étoiles and Entraide Habitat Estrie.

On July 6, 2013, a freight train derailed in downtown Lac-Mégantic, which

caused a fire and multiple tank cars explosions. A reported 47 citizens were killed, and over 30 buildings in the downtown area were destroyed in the blaze. All but three of the 39 remaining buildings had to be demolished due to petroleum contamination.

Located next to the historic train station, Le Concerto is the beginning of an inspiring revitalization effort that started in 2017. "Le Concerto is more than a simple building. It represents our community's desire to have access to a dynamic living environment that will allow us to create lasting ties between generations," stated Monique Phérvong Lenoir, director general of the CDC du Granit and vice-president of the CHIC du Granit, in a recent press release.

Le Concerto is the home to 14 afford-

able apartments for solo tenants or families. It will offer new services to citizens, such as day-care services with 42 spots with varying schedules (evenings and weekends), drop-in centre for young children up to 12 years old. The building is also LEED (Leadership in Energy and Environmental Design) certified. LEED is an internationally recognized green building certification, ensuring that it was designed with ecological and sustainable methods and materials.

In April Le Concerto was awarded the provincial Régis-Laurin prize for Innovation, granted by the Association des groupes de ressources techniques du Québec (AGRTQ). The prize was created in 2004 to recognize the exceptional contribution of individuals and organiza-

tions to the cause of community housing and the improvement of living conditions of low-income individuals, and those with special needs.

"It's no surprise that Le Concerto is drawing high praise. The collaborative work carried out by our partners and our community is remarkable," stated Julie Morin, Lac-Mégantic mayor. "We believe that this success will continue in the years to come and we will be talking about Concerto as one of the flagships of our town's vitality."

Cutline: Le Concerto is a multi-functional building that encompasses 14 apartments for low-income families and daycare spaces. It is one of Lac-Mégantic's many initiatives to rebuild the downtown area after the July 6, 2013 railway tragedy.



PICTURES COURTESY

Le Concerto is a multi-functional building that encompasses 14 apartments for low-income families and daycare spaces. It is one of Lac-Mégantic's many initiatives to rebuild the downtown area after the July 6, 2013 railway tragedy.



Montreal's new Champlain Bridge to open June 24, six months behind schedule

The Canadian Press

Montreal's new Samuel De Champlain Bridge will open to traffic on June 24, roughly six months behind schedule.

Federal Infrastructure Minister François-Philippe Champagne announced the date today.

The \$4.2-billion bridge over the St. Lawrence River will open first to traffic headed to Montreal, and a week later, on July 1, the lanes headed off the island will open.

But Ottawa and the consortium in charge of construction have still not resolved what penalty will be paid for the late completion of a project initially scheduled to be ready last December.

Under the contract with the consortium, Signature sur le Saint-Laurent,

penalties were set at \$100,000 a day for the first seven days, then \$400,000 a day for subsequent days, with a ceiling of \$150 million. Analysts have said the penalty could hit \$75 million.

The 3.4-kilometre span will open in two phases to ensure a smooth, safe transition of traffic from the crumbling bridge it replaces, which was built in 1962.

Champagne said in an interview there will be a price paid for the delay.

"I have always said that if there are delays, there will be consequences," he said. "The discussions are going to continue, because in a project of this size, there will always be demands."

If the two parties are unable to resolve their differences, it will be up to a court to decide, he added.



The new Samuel de Champlain bridge is seen with the old bridge in the background in Montreal on Monday, June 17, 2019. The \$4.2-billion bridge over the St. Lawrence River will open first to traffic headed to Montreal on June 24, and a week later, on July 1, the lanes headed off the island will open. THE CANADIAN PRESS/Paul Chiasson

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EDITORIAL

Beyond Oceans Act amendments, Canada is also examining Fisheries Act updates to address increasing pollution, ecosystem destruction and declining biodiversity.

SCIENCE MATTERS

Canada has many reasons to celebrate World Oceans Day

By David Suzuki

Buried under a late-May news barrage, Canada's government made small but important changes to the Oceans Act and Petroleum Resources Act that will strengthen protection of at-risk marine ecosystems. The most significant is that government will no longer have to wait for marine protected area designation to prevent harmful activities, but will have the power to implement "interim protections."

Changes to the Petroleum Act "allow Natural Resources Canada and Crown-Indigenous Relations and Northern Affairs Canada to negotiate the voluntary surrender of a company's oil and gas interests" and compensate companies if marine protected area designation means cancelling projects.

Freezing harmful activities for up to five years will give government time to consult with provinces, territories, Indigenous communities, stakeholders and the public before it formally protects a marine area. The changes are in line with the government's goal of protecting 10 per cent of Canada's ocean territory by next year. It has made progress, with 8.27 per cent now protected, up from less than one per cent in 2015.

It's progress worth celebrating on World Oceans Day, June 8. Many Canadians may not know the UN declared this special day at Canada's urging. With three oceans surrounding the world's longest coastline and more than 350,000 ocean-dependent jobs, it makes sense for Canada to honour and protect these ecosystems and the tremendous resources they provide. But is it too early to pat ourselves on the back?

A Greenpeace study by York and Oxford university researchers argues we must protect at least 30 per cent of oceans by 2030, including areas outside territorial jurisdiction, "to address the crisis facing our oceans and enable their

recovery." (I believe that falls short of what's needed.) The report, 30 30: A Blueprint for Ocean Protection, shows that a network of "fully protected marine protected areas" is feasible and something the world should consider as governments negotiate a global ocean treaty through the UN, expected in 2020.

The push for greater ocean protection marks a growing shift in our perception of the seas, from a resource storehouse and dumping ground for wastes to a source of life. Oceans are vital to our survival and contribute to our prosperity and quality of life. They produce more than half the world's oxygen and are the largest carbon sink. And they offer yet unknown potential for medical discoveries.

But we know more about Mars than the immense scope of ocean life. We've only explored about five per cent of the underwater world. Less than a half century ago, no one contemplated that a multitude of species could live around deep-sea hydrothermal vents. Further altering our value system to put the environment first and look out for all species' needs will allow us to base development decisions on recognizing that we benefit from maintaining natural ecosystems.

Beyond Oceans Act amendments, Canada is also examining Fisheries Act updates to address increasing pollution, ecosystem destruction and declining biodiversity. This would include measures to rebuild fish stocks, many of which are severely depleted. Similar action has proven successful in the United States. However, fishing quotas aren't enough, as fish face numerous threats that only healthy, abundant stocks may be able to withstand. Marine protected areas help safeguard the diversity and abundance of plants and animals in and around them, improving their resilience to human activity, climate change and other, often unexpected, events.



We often take the oceans' gifts for granted, underestimating their value, resulting in devastation to local economies and cultural values. Attempting to balance priorities between the environment and the economy requires constant, exhausting renegotiation and compromise. The false assumption is that conservation activities cost more than the environmental impacts of growing industrial activity.

We must continue shifting our perspective. We can't continue to prioritize short-term economic objectives over the very ecosystems that sustain us. Acting for our immediate benefit can destroy the intricate balance and put a species

or even the whole ecosystem in peril. A single oil spill could threaten the existence of southern resident orcas.

If we care about human prosperity, we must protect oceans. Supporting their natural resilience by restoring their biological diversity would deliver long-term benefits for food security and social and economic well-being. Let's stay the course on leadership and progressive action on this important issue.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Communications Specialist Olga Shuvalova.

Learn more at <https://david Suzuki.org/>.

Correction

In the article re Bury W.I 100th anniversary the name of Muriel Watson was inadvertently omitted as one of our volunteer helpers. My apologies for this oversight.

SANDRA MORRISON, BURY W.I. PRESIDENT

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Local Sports

Police also said "several children" had been separated from their parents and were being taken to 52 Division where their families could pick them up.

Huge crowds gather in downtown Toronto for Raptors parade, rally

By Paola Loriggio and Alanna Rizza
THE CANADIAN PRESS

Large stretches of downtown Toronto turned into a sea of red and black on Monday as Raptors fans turned out in droves to celebrate the newly crowned NBA champions, the massive crowds raising safety concerns as officials urged supporters to watch the festivities from afar.

Fans dressed in the team's colours packed the parade route while a square outside city hall where the march was to end overflowed with people of all ages. Police worked to stop more supporters from entering the square, which the city said was at capacity.

The masses proved too much for some, who were helped over a barricade by police at Nathan Phillips Square to escape the crush. At one point, officers pulled a semi-conscious child over the barrier and onto a stretcher. Several subway stations near the route were also shut down due to overcrowding.

Nicolas Caramanna, 21, said he'd been in the crowd since 9 a.m. and the gathering soon got rowdy.

"I'm really hot and tired but I'm going to stick around," he said. "When else am I going to get a chance to do this?"

As the parade inched forward _ noticeably behind schedule _ members of the Raptors smiled from open top double-decker buses, some splashing the crowds with champagne. At one point, Kyle Lowry, the longest-serving member of team, was seen hoisting the Larry O'Brien Championship Trophy while

some of his teammates smoked cigars.

"This is unbelievable," Lowry said.

Kawhi Leonard, one of the team's star players, also marvelled at the fan response. "Thank you Toronto, thank you Canada for the support, we did it," he said.

Canadian rapper Drake, one of the team's most famous supporters, was alongside players, smiling broadly.

Construction workers watched the festivities from scaffolding along the route, and as traffic ground to a standstill on a nearby thoroughfare, some motorists left their vehicles to peer at the activity.

Many fans said they decided not to go to school or work so they could attend the celebration.

"I actually have exams this week but being here is worth it," said 15-year-old Cypher Sabanal, whose mother let him skip school to attend the parade.

John Moreira, meanwhile, had called in sick to work so he could be part of the crowd.

"I told my boss I wanted to be at the parade and he said there wasn't much he could do if I called in sick so that's exactly what I did," said the 31-year-old. "I'm looking forward to seeing the whole team. They all work so hard and deserve all the fans being out here."

For several people, the parade marked a historic moment.

"I haven't seen anything like this happen in the city before so it's great to be a part of it," said 28-year-old RJ Salvador.

Some in the crowd had camped out all weekend in the hopes of nabbing a

prime spot along the parade route or at Nathan Phillips Square.

Fans held up signs and enlarged heads of their basketball idols like Leonard and Fred VanVleet. Several hoisted signs urging Leonard, who will become a free agent in the off-season, to stick with the team he helped rise to the top.

As the parade progressed, police took to Twitter asking the public to clear a path.

"Please do not impede the parade route," they wrote. "All viewing areas close to capacity. Be patient and safe."

Viewing screens were set up at Yonge and Dundas square _ north of the parade area _ for overflow crowds to watch the celebrations, with police urging supporters to head there if they felt too crowded. A viewing area was also available at Coronation Park.

Police also said "several children" had been separated from their parents and were being taken to 52 Division where their families could pick them up. GO Transit also set up a designated spot at transit hub Union Station's lost and found for children separated from their group or family.

Some at Nathan Phillips Square appeared to grow impatient, chanting "bring the parade!" Later, several chanted that they wanted water and members of the Raptors dance crew shuttled cups to parched fans pressed against a fence.

Prime Minister Justin Trudeau was scheduled to be among those celebrating, with a brief visit to Toronto planned

for later in the day.

Ontario Premier Doug Ford was also expected to watch the festivities from Nathan Phillips Square. His press secretary said Ford wanted the day to be about the fans and players, not politicians.

Mayor John Tory declared Monday "We The North Day" in Toronto, after the NBA champions' slogan. Dressed in his now-famous black-and-gold Raptors blazer, the mayor urged all fans to come celebrate the team's historic win.

Many who couldn't make it downtown watched the festivities from afar. Several schools in the city showed the parade in classrooms and some held their own victory marches for students.

"Today's history lesson in room 137! Watching the Raptors first victory parade! I told them that one day their children will ask about where they were during the parade and to tell them that the awesome Miss Latchford put the parade on for them in class!" one educational assistant tweeted.

The Raptors' championship win last week came in Game 6 of a rollercoaster Series that captured national attention. On Monday, the Golden State Warriors took out a full-page advertisement in the Toronto Star newspaper, congratulating their rivals for taking the title.

The last time the city held a sports celebration of this magnitude was after the Toronto Blue Jays won the World Series in 1993. That parade saw fans climbing trees and statues on city streets to catch a glimpse of a team that included Joe Carter and Roberto Alomar.

Forward Anthony Duclair signs extension with Ottawa Senators

The Canadian Press

The Ottawa Senators have signed forward Anthony Duclair to a one-year, US\$1.65-million extension.

Ottawa acquired Duclair, 23, in a deal sending Ryan Dzingel to the Columbus Blue Jackets on Feb. 23.

Duclair finished with 33 points (19 goals, 13 assists) in 74 games with Columbus and Ottawa last season. The native of Pointe-Claire, Que., had at least one point in eight of the Senators' final 12 games.

Selected in the third round (80th overall) of the 2013 NHL draft by the New York Rangers, Duclair has registered 122 points (56 goals, 66 assists) and 97 penalty minutes over 287 NHL games with the Rangers, Arizona Coyotes, Chicago Blackhawks, Columbus and Ottawa.

"We were pleased with what Anthony was able to add to our lineup after his acquisition," Senators GM Pierre Dorion said in a statement. "This signing improves our team speed and scoring depth up front. Anthony's speed and skill can be dynamic and at only 23 years old, we feel he has the chance to grow into a really consistent contributor."



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Lennoxville & District Women's Centre

THE RECORD

In Memoriam

SPECK, Glenna – In loving memory of a dear wife and mother who left us 11 years ago today.

*Your name is often spoken,
Your presence is always here,
As we look back with pride and joy
On the memories that made you dear.*

**Remembered with love
CARL AND CHILDREN**

Cemetery Meeting**LAKSIDE CEMETERY CO.**

The annual meeting of Lakeside Cemetery Co. will be held at the Marguerite Knapp Building located at 257 Queen St. in Sherbrooke (Lennoxville), QC on Wednesday, June 19, 2019 at 10:30 a.m. All are welcome.

**Marie James,
Sec. Treasurer
819-884-5923**

TUESDAY, JUNE 18, 2019

Today is the 169th day of 2019 and the 91st day of spring.

TODAY'S HISTORY: In 1812, President James Madison signed a declaration of war against Great Britain.

In 1815, Napoleon Bonaparte's Imperial French army was defeated at the Battle of Waterloo after sustaining more than 25,000 casualties.

In 1940, British Prime Minister Winston Churchill gave his famous "This was their finest hour" speech before the House of Commons of the United Kingdom.

In 1948, Columbia Records revealed the new 12-inch, 33 1/3 revolutions-per-minute, long-playing record.

In 1983, astronaut Sally Ride became the first American woman in space.

TODAY'S BIRTHDAYS: E.W. Scripps (1854-1926), publisher; Kay Kyser (1905-1985), bandleader; Sammy Cahn (1913-1993), songwriter; George Mikan (1924-2005), basketball player; Lou Brock (1939-), baseball player; Roger Ebert (1942-2013), film critic; Paul McCartney (1942-), musician/singer-songwriter; Isabella Rossellini (1952-), actress/model; Ray LaMontagne

Datebook

(1973-), singer-songwriter; Blake Shelton (1976-), singer-songwriter.

TODAY'S FACT: Napoleon Bonaparte amassed the largest army ever in Europe for his invasion of Russia in 1812. At its peak, the Grande Armee consisted of more than 554,000 men.

TODAY'S SPORTS: In 2000, 24-year-old golfer Tiger Woods won the U.S. Open by 15 strokes, the largest margin of victory ever in a major.

TODAY'S QUOTE: "I don't want to provide a category that people can apply to me. Those who say that 'believer' and 'atheist' are concrete categories do violence to the mystery we must be humble enough to confess. I would not want my convictions reduced to a word." — Roger Ebert, "Life Itself: A Memoir"

TODAY'S NUMBER: 23 — minutes of music per side the first commercial LPs were formatted to play.

TODAY'S MOON: Between full moon (June 17) and last quarter moon (June 25).

Stanstead County Women's Institute and Hatley-Stanstead Branch meetings

The Stanstead County W.I. met on June 6, 2019 at the home of Elaine Stone and co-hosted by Phyllis Dustin. Before the meetings the members enjoyed a visit to the barn of Stuart and Angela Hatch and family. The robotic milking system was of great interest as most of the members had never seen one work. Thanks to the Hatch Family for taking the time out of their busy schedule for us.

Following the barn visit the county meeting was held. Eight members were in attendance. Dyanne Saanum opened the meeting with the Mary Stewart Collect. Phyllis Dustin read the minutes from the last county meeting and she presented the treasurer's report. Both reports were accepted.

Dyanne reported that there were no county scholarships given out last year. Dyanne Saanum and Elaine Stone attended the QWI annual Convention at Macdonald Campus on May 25. Members will be working at the Tea Room again this year at the Ayer's Cliff Fair. We hope to meet some of you there. This year the Stanstead County W.I. are giving a prize for the best-decorated Christmas cookie in the Children Department of the Horticultural Society.

Convenor Reports: Phyllis Dustin read an article about the destruction from the over-populated turkey population to farmer's fields. For her education report Irene Humphrey read an article from the Sherbrooke Record about the UBER-gaiter drone that will be studying the amount of invasive aquatic plants in Lake Lovering and Lake Brompton this summer. Velma Eryou for Health and Community Living reported on the loss of the CBIC in Stanstead and the weekly issue of the Stanstead Journal. Both are terrible losses to the Community.

Following the county meeting members enjoyed a barbecue. We were lucky to have a nice day and we were able to

eat outside and enjoy the sunshine which we haven't had much of this year. We were happy to have Janet McLellan with us as well as her daughter Naida and grandson Joel and his wife Rayna who joined us for lunch. The members presented Austin and Elaine with a gift in appreciation of opening their home for the day's activities.

Following lunch the branch members held a brief meeting. Barbara Hewitt, president, opened the meeting. Roll Call was "Name a change in how dairy farming is done today." Eight members answered the roll call. Motto for the month is "It's too bad old barns don't talk as they would have plenty of tales to tell." Elaine Stone read the minutes from the last meeting and Phyllis Dustin presented her financial report. Both reports were accepted.

Barbara reported that the Veseys orders have been delivered. Several of our members were able to attend the reception for Linda Hoy in Bulwer when she was awarded the Governor General's Sovereign Voluntary Award. Four members also attended the 100th Anniversary of the Bury W.I. held on May 16.

Phyllis Dustin presented her Agricultural Convenor Report: She read an article "cities hold keys to bees" as many beehives have been set up on rooftops in Montreal. Scotty Miller for Health and Community Living reported we are lucky to have a medical staff who work hard to keep our stay in the hospital comfortable.

Members will be meeting on July 10 and will be visiting some of the pioneer trail audio centers and will go out for lunch in Compton.

*Submitted by
Elaine Stone, Publicity Convenor*

Do Just One Thing



By Danny Seo

Too much fun in the sun? To help soothe sunburn naturally, look no further than your own refrigerator. The antibacterial properties in yogurt help heal burned skin, and the coolness provides relief as well. It's easy to use: Simply spread plain yogurt on sunburned skin and let it do its magic for about 10 minutes. Then rinse it off to reveal more moisturized, less inflamed skin. You can try this trick with yogurt only, or you can add a little soothing chamomile oil.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$16.00 (includes taxes)

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

WEDDING WRITE-UPS:

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

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

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.

TOWNSHIPS' CRIER

TOWNSHIPS

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

LENNOXVILLE

The Lennoxville & District Women's Centre invites its members, stakeholders and the community to attend their annual general meeting on Tuesday, June 18, 2019 at 6 p.m. Tea and refreshments will be served in the Uplands Gallery (9

Speid St. Borough of Lennoxville) during the presentation of last year's activities are presented. Once the members have received the annual report, adopted the financial statements and elected members to the Board of Directors guests will be invited to the Uplands garden for wine. To confirm your attendance, please contact us at 819-564-6626 or info@ldwc.ca

AYER'S CLIFF

Saturday, June 22, 8:30 am. To noon, Beulah United Church, U.C.W., Main St., Ayer's Cliff, Bake Sale table, bread, pastries and other edibles. Browse the tables of new and used jewellery, books, puzzles and glassware, collectables and household items. Enjoy coffee and goodies with a friend. All welcome.

NORTH HATLEY/LENNOXVILLE

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. For more information, please contact Sam Borsman at 819 620 6058.

NORTH HATLEY

The Waterville-North Hatley United

Church are selling tickets at a reduced cost as a fundraiser for the church for the upcoming western music show at the Piggery Theatre on Friday June 28 at 8 p.m. Wendy Lynn Snider & The Country Classic Band will perform songs from Patsy Cline, Garth Brooks, Reba, The Judds and many more. To reserve tickets call Sandra Williams at 819-837-2961.

BURY

There will be a BBQ at the Brookbury Hall, 571 Route 255, Bury on June 22 at 5:30 p.m. Menu consists of hot dogs, salads, chips, ice cream and beverage. There will be a charge. There will be music by David McBurney. This is a fundraiser toward repairs to the building. For information call Brenda Bailey at 819-884-5984.

Educating readers on Prosopagnosia

Dear Annie

TUESDAY, JUNE 18, 2019

Dear Annie: I read your column every day and am a faithful fan. Your column reaches a multitude of readers and is a valuable way to enlighten and educate on topics either not talked about or not well known. I wanted to write to you about a condition that my son has, in hopes of educating people about it, as there are many others who have the same condition and are suffering in silence.

My son has prosopagnosia, which is a neurological condition characterized by the inability to recognize the faces of familiar people. Some experts have claimed that 2% of the population has the condition. There are two forms, congenital, which means from birth, or acquired, which means through stroke, traumatic brain injury or certain neurodegenerative diseases. It also tends to run in families. Some degree of prosopagnosia is often present in children with autism and Asperger syndrome, and may be the cause of their impaired social development.

My son has had the condition from birth. We always knew that he had trouble identifying people, as he would frequently mix people up when he was younger, such as his own dad and uncle, who, while having similar height and build, looked nothing alike. We always thought it was a quirk — out of sight, out of mind.

However, as he got older and started attending school full-time, we noticed a change in personality; his self-esteem plummeted and he frequently said he felt dumb and out of place.

This was very scary to witness as a parent. Luckily, he had some amazing teachers along the way who identified and recommended that something else was going on and encouraged us to have a neuropsychological evaluation done. He scored in the first percentile for visual memory. At the same time, his dad read about prosopagnosia. It was like a lightbulb went off in our heads when we read about the symptoms, and completed a checklist. Our psychologist was receptive to reviewing and learning about this condition and reached out to colleagues.

After further review, and appointments with a neuro-ophthalmologist and neurologist, we were able to get a diagnosis. Now there is no foolproof test to diagnose the condition, but our son had enough of the markers for the doctors to make an educated diagnosis. We can't tell you how much having an answer and learning about the condition really helped our son. While it still took some time and therapy, his mood improved, his self-esteem came back, and he was happy to explain his condition to his friends and family to help them understand.

This is something he will struggle with all his life.

There are times when he loses his family in a large crowd or can't find his friends on a playground. There are times when he totally ignores a friend because he runs into him unexpectedly and can't identify him, which results in hurt feelings on both sides. Luckily, he has support from his family, friends and community. Many times we have run into people unexpectedly who know about our son's condition, and they smile and introduce themselves to him and give a brief sentence or two on where he may know them from. This goes a long way in helping him to remember.

Thanks for always being there. — A Loving Mom in Massachusetts

Dear Loving Mom: Thank you for educating all of us on what must be a difficult condition, one that your son is dealing with admirably, thanks to the courageous and intelligent efforts of you, your husband, the doctors and those special teachers who really cared about your son. Your story is very inspiring.

"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.

Ladies Auxiliary, Royal Canadian Legion Branch #15

The Ladies Auxiliary held their final supper meeting of the season on June 11 at 5.30 p.m. A short meeting was held before supper.

Thanks was extended to all who helped during the last month catering to 2 funerals. All went very well. The June birthday tea for the Wales Home was finalized, gifts will be bought by Cmde Dawn and Cmde Phyllis, snacks and birthday cup cakes will also be supplied. Helpers will be Cmdes Anne, Gail, Linda and Bev, Peggy Dwyer will be there to lend a helping hand.

Next on the agenda the Canada Day Parade the float has been reserved and will be decorated at the Legion on June 30. After lots of discussion all was in order.

Supper of chicken pie, potatoes, lasagna, ceasar salad, rolls and biscuits was enjoyed by 19 members and 2 guests. We also had 2 special visitors from down east, Mabel and Maxwell, these were special and they were seated at the head table. A social hour was held then dessert was served, cake, squares, ice cream, tea and coffee was enjoyed by all.

Upcoming events at the Legion on Saturday, June 15 there will be Cribbage at 1 p.m. followed by a barbecue at 5 p.m. All are welcome.

Thanks to the Record for publishing our events for the past year.

See you in September.

In Comradeship
Bev Jones, Publicity



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CELEBRITY CIPHER

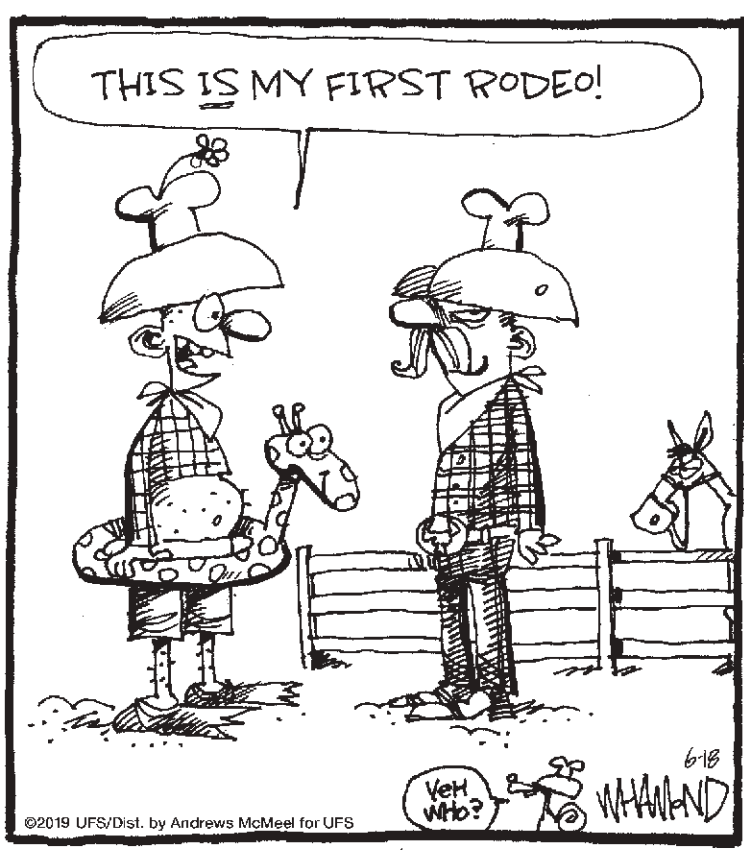
by Luis Campos

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

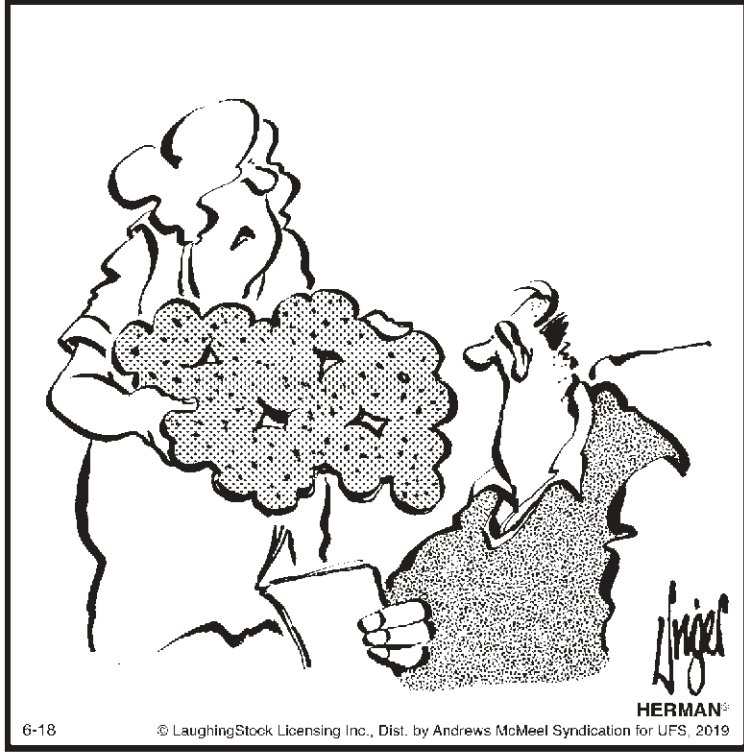
"AOS AL PDS WCSXPSEP. . . . PUZ
IAOBXF ZXF VS PDS WCSXPSEP SHSC!
(ZF BULS) WUOOUS XOJ U BURR ZUEE
DUZ WCSXPRF." — VAV OSBDXCP

Previous Solution: "He was one in a million, not only as a brilliant comedian, but as a loving human being." — Carol Burnett on Tim Conway
TODAY'S CLUE: $F \text{ equals } 7$

REALITY CHECK



HERMAN



ALLEY OOP



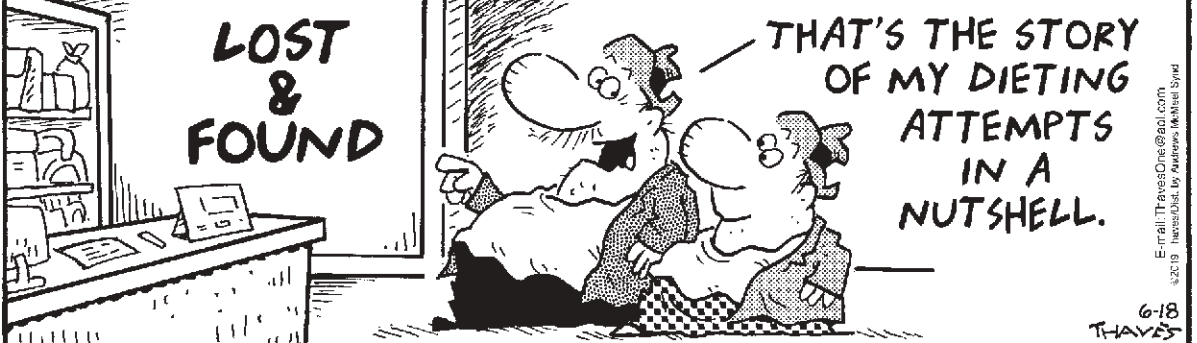
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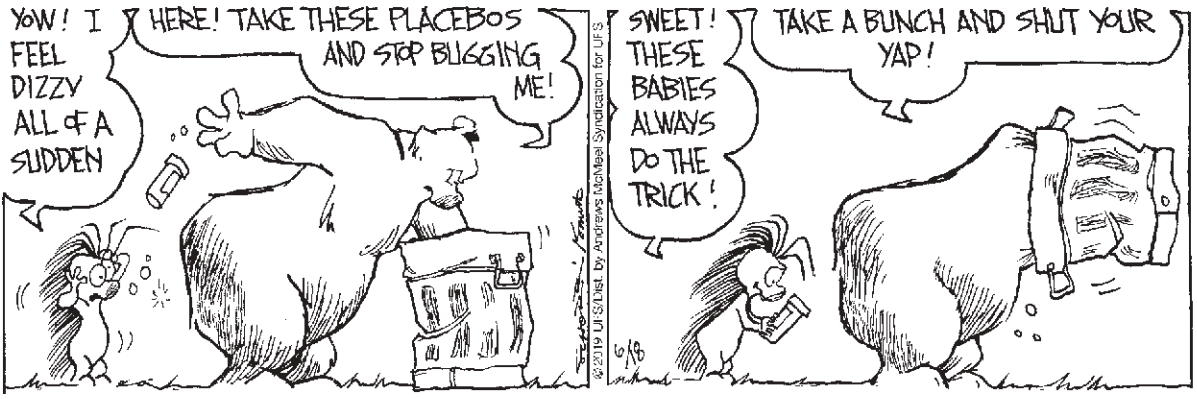
THE BORN LOSER



FRANK AND ERNEST



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 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

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DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
 OR MAIL YOUR PREPAID CLASSIFIED ADS TO
 THE RECORD, 6 MALLORY, SHERBROOKE, QUEBEC J1M 2E2

A one pot Swiss chard dish that's hearty and flavourful

By America's Test Kitchen

This quick one-pot approach to cooking Swiss chard results in a hearty, flavourful and versatile side dish.

To avoid watery, overcooked chard, we started cooking the greens in a covered pot just until they wilted down. Then we uncovered the pot and continued to cook the greens until all the liquid evaporated.

Cutting the tough stems smaller than the tender leaves meant that we could throw both in the pot at the same time and still get evenly cooked results.

Sauteing plenty of garlic in olive oil before adding the chard gave this simple side a big hit of flavour, while a splash of mild white wine vinegar and red pepper flakes added brightness and subtle heat.

fine, leaves sliced into 1/2 inch-wide strips
 Salt and pepper
 1/8 teaspoon red pepper flakes
 1 teaspoon white wine vinegar

Cook 2 tablespoons oil and garlic in Dutch oven over medium-low heat, stirring occasionally, until garlic is light golden and fragrant, about 3 minutes. Stir in chard, 1/4 teaspoon salt, and pepper flakes. Increase heat to high, cover, and cook, stirring occasionally, until chard is wilted but still bright green, 2 to 4 minutes.

Uncover and continue to cook, stirring often, until liquid evaporates, 4 to 6 minutes. Stir in vinegar and remaining 1 tablespoon oil. Season with salt and pepper to taste. Serve.

Variations

Garlicky Swiss Chard with Walnuts and Feta:

Sprinkle chard with 1/3 cup crumbled feta cheese and 1/4 cup chopped, toasted walnuts before serving.

Garlicky Swiss Chard with Golden Raisins and Goat Cheese:

Add 1/4 cup golden raisins to pot with chard. Sprinkle chard with 1/3 cup crumbled goat cheese and 1/4 cup chopped, toasted hazelnuts before serving.

Asian-Style Swiss Chard:

Add 1 tablespoon grated fresh ginger to pot with chard. In step 2, substitute 1 tablespoon toasted sesame oil for olive oil and substitute 4 teaspoons soy sauce for vinegar. Sprinkle chard with 3 tablespoons sliced scallion and 1/4 cup chopped, salted, dry-roasted peanuts before serving.

Nutrition information per serving: 97 calories; 66 calories from fat; 7 g fat (1 g saturated; 0 g trans fats); 0 mg cholesterol; 516 mg sodium; 7 g carbohydrate; 3 g fiber; 2 g sugar; 3 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Garlicky Swiss Chard in "Vegetables Illustrated."

(The Associated Press)

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GARLICKY SWISS CHARD

Servings: 4-6

Start to finish: 15 minutes

3 tablespoons extra-virgin olive oil
 6 garlic cloves, minced
 2 pounds Swiss chard, stems chopped

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SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

7		5		4				
	4	1	6	7			9	
3		6	8	1	5	4		
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6/18

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PREVIOUS SOLUTION

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

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

Whip up a quick chili dinner in no time

Busy individuals sometimes think they have to skimp on home-cooked meals because there simply aren't enough hours in the day to prepare something fresh. While the drive-through lane of the nearest fast-food establishment can be tempting, rest assured there are many dishes that can be whipped up in a flash.

"Mise en place" is a French culinary term used to describe setting up ingredients in advance or "putting them in place." Dicing, chopping and getting ingredients ready in the morning or the night before can make it easier to throw everything together when it comes time to cook. A recipe that also doesn't have a long cook time, like this one for "Turkey and Bean Chili" from "Cooking Light: Dinner's Ready" (Oxmoor House), by the Cooking Light Editors, also can help.

Turkey and Bean Chili Makes 6 servings

- 1 cup chopped red onion
- 1/3 cup chopped seeded poblano pepper
- 1 teaspoon bottled minced garlic
- 1 1/4 pounds ground turkey
- 1 tablespoon chili powder
- 2 tablespoons tomato paste
- 2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 19-ounce can cannellini



- beans, rinsed and drained
- 1 14.5-ounce can diced tomatoes, undrained
- 1 14-ounce can fat-free, low-sodium chicken broth
- 1/2 cup chopped fresh cilantro
- 6 lime wedges

Heat a large saucepan over medium heat. Add the first four ingredients; cook 6 minutes or until the turkey is done, stirring frequently to crumble. Stir in the chili powder and the next eight ingredients; bring to a boil. Reduce heat and simmer for 10 minutes. Stir in the cilantro. Serve with lime wedges.

(Metro Creative)

NEA Crossword Puzzle

Your Birthday

TUESDAY, JUNE 18, 2019

Whether it's a geographical, vocational or personal change, let your intuition guide you. Satisfy your curiosity.

SAGITTARIUS (Nov. 23-Dec. 21) — Keep a low profile and a sharp watch. Someone you least expect will misrepresent you or create a dilemma that will make you look bad. Don't give anyone reason to talk about you.

CAPRICORN (Dec. 22-Jan. 19) — You can win points if you are willing to meet someone halfway about some of the changes taking place at home or in your personal life.

AQUARIUS (Jan. 20-Feb. 19) — Look for modest opportunities. It doesn't matter how good a deal sounds; if it doesn't fit your lifestyle or budget, it isn't going to be worthwhile.

PISCES (Feb. 20-March 20) — Do what you do best and avoid anyone trying to entice you to be indulgent or wasteful. Call on someone you have helped in the past to assist you.

ARIES (March 21-April 19) — Knowledge you have accumulated will help you maneuver into a position that will give you more power or responsibility. Be sure it's what you want before you accept. Romance is highlighted.

TAURUS (April 20-May 20) — An incident will stir up emotions. Consider what you want to happen and look for a practical way to get what you want. Put a proposal together and schedule meetings.

Take care of personal responsibilities, paperwork and matters that can affect your health, finances or reputation. Be practical when working with others to help you prevent situations from spinning out of control. Moderation is favored.

GEMINI (May 21-June 20) — Trust what you see, not what you hear. Take a step back if someone wants you to take on an expensive habit or get involved in something you cannot afford.

CANCER (June 21-July 22) — If you look for change, you'll find something that suits your needs. Greater involvement in making the rules will help you control a situation that could affect your community.

LEO (July 23-Aug. 22) — Stop worrying about what others do or say, and concentrate on what you want to achieve. Alter your life for the right reasons, not because someone else is pressuring you.

VIRGO (Aug. 23-Sept. 22) — You can be a leader, a follower or simply do your own thing. You have a choice, and it's up to you to step up and do what's in your best interest.

LIBRA (Sept. 23-Oct. 23) — If you research your family history, you will discover surprising information that will alter your beliefs and the choices you make.

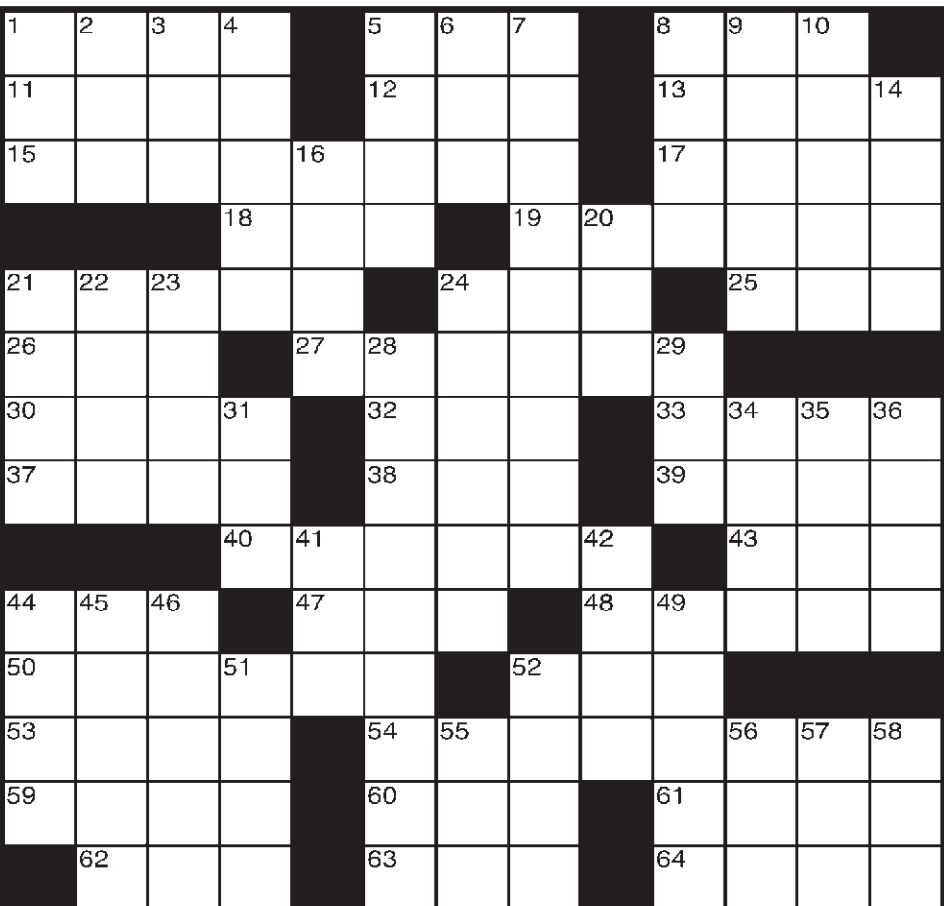
SCORPIO (Oct. 24-Nov. 22) — Jump at a chance to head in a different direction.

Answer to Previous Puzzle



- ACROSS**
- 1 Say likewise
 - 5 Mont Blanc or Jungfrau
 - 8 Swing off course
 - 11 Perjurer
 - 12 Cosmonaut's station
 - 13 Arkin or Alda
 - 15 Understate
 - 17 Knot
 - 18 Goofy
 - 19 Trends
 - 21 Antlers
 - 24 Felt boot
 - 25 Rx givers
 - 26 Potato st.
 - 27 Quality of being fair
 - 30 Film
 - 32 Home page addr.
 - 33 Readies the press
 - 37 Barbecue extras
 - 38 "— we having fun yet?"
 - 39 Prime-time hour
 - 40 Makes coleslaw
- 43 Fergie's daughter**
- 44 Bratty kid**
- 47 California's Fort —**
- 48 Opposite of liability**
- 50 Garlicky dish**
- 52 Rainbow**
- 53 Lot size, often**
- 54 Completely together**
- 60 Race the engine**
- 61 Isle of exile**
- 62 Talk a lot**
- 63 Help! letters**
- 64 Thin puff**
- DOWN**
- 1 Shade tree
 - 2 A fifth of DX
 - 3 "Star Wars" rogue
 - 4 Sky hunter
 - 5 Among
 - 6 Taylor, to fans
 - 7 Won out
 - 8 Masculine principle
 - 9 Not silently

- 10 Angler's boot
- 14 Capone foe
- 16 Consumer gds.
- 20 Autumn mo.
- 21 Bumpkin
- 22 Comics canine
- 23 Phoned
- 24 Sounded contented
- 28 Stonecutters
- 29 Feminine principle
- 31 Skier's turn
- 34 Bird beaks
- 35 Tot's perch
- 36 Chair
- 41 Short distance
- 42 Indian wrap
- 44 Brit's exclamation (2 wds.)
- 45 "Bones" of "Star Trek"
- 46 Winter jacket
- 49 Propeller type
- 51 Mild-mannered
- 52 Off-roaders, for short
- 55 Prefix for classic
- 56 Pharmacist — Lilly
- 57 Scale meas.
- 58 Jabber



TUESDAY, JUNE 18, 2019

What you see might not suffice

By Phillip Alder

Jose Marti, a Cuban poet, said, "A grain of poetry suffices to season a century."

When you are a defender, you know how many tricks will suffice to defeat the contract. But sometimes the hard part is finding them.

In today's deal, how should West defend against three spades? He leads the heart ace: four, eight, two.

In the auction, South might well have passed out two spades, but if his partner had had one fewer heart and one more diamond, four spades would probably have been makable. Albeit I concede that it isn't obvious why North would pass out three spades with his actual 3=3=2=5 hand and raise to game with 3=2=3=5, even though we do get extra-nervous with a weak tripleton in an opponent's suit. In addition, if you use Support Doubles, North would double over two hearts to show three spades, reserving a spade raise to guarantee four-card support.

At trick two, West cashes the heart queen, seeing his partner complete an echo (high-low) with his doubleton. Now West can see four winners: three hearts and one spade. But where is trick five?

				North	06-18-19
				♠ K Q 8	
				♥ 10 7 4	
				♦ 9 2	
				♣ A K J 10 9	
West				East	
♠ A 6 4				♠ 5 2	
♥ A K Q J 5				♥ 8 3	
♦ J 7 4 3				♦ Q 10 6 5	
♣ 6				♣ 8 7 4 3 2	
				South	
				♠ J 10 9 7 3	
				♥ 9 6 2	
				♦ A K 8	
				♣ Q 5	
Dealer: North					
Vulnerable: Both					
South	West	North	East		
		1♣	Pass		
1♠	2♥	2♠	Pass		
3♠	Pass	Pass	Pass		
Opening lead: ♥ A					

Checking the high-card points makes it clear that East doesn't have anything useful to contribute.

West should see that he can gain a club ruff. At trick three, he shifts to his singleton. South takes that trick and plays a trump, but West wins immediately with the ace and leads his lowest heart. This forces East to ruff, and then it should be the work of a moment for him to return a club for West to ruff.