

Health officials urge caution as study points to virus peak last March

By Gordon Lambie

Although the Estrie region was one of the hardest hit in the province during the early days of the Coronavirus pandemic, new research carried out by the CIUSSS de l'Estrie - CHUS, the Eastern Townships' regional healthcare establishment, reveals that the local curve peaked at the end of March and that less than two in 1,000 people, or 0.2 per cent of the people in the region caught the virus over the months of March and April.

The research presented on Monday morning by regional public health director Dr. Alain Poirier and consulting physician Dr. MéliSSa Généreux only covers the period up to May 5 of this year, at which point there had been 872 confirmed cases in the region. Since that time, the number has increased by less than 100 cases to 944, although 904 of those have recovered and 25 have died. Of the 872 relevant to the study, 101 were hospitalized at one point or another.

One key aspect of what the research discovered is that the virus is a very different kind of threat depending on who got sick. Although people 18 to 49 years of age were the group that had the most confirmed cases, for example, the group for whom that infection went on

CONT'D ON PAGE 3

Quebec government launches orderly training program



MATTHEW MCCULLY

Julie Lemay, a teacher at the 24-Juin Vocational Training Centre in Sherbrooke said she is impressed with the crop of students selected for the new PAB training program.

By Michael Boriero - Local Journalism Initiative Reporter

Thousands of orderlies-in-training filed into vocational schools across Quebec yesterday for the first time as part of the provincial government's emergency préposé aux bénéficiaires (PAB) program.

Students will be trained for the next three months, gaining hands-on experience before dispersing in CHLSDs throughout the province. Nearly 10,000 future orderlies gained admittance into the PAB program.

The 12-week, 375-hour intensive training program consists of classroom work as well as in-field experience.

Students are paid \$760 per week during the training session. Upon completing the program, orderlies will make a starting annual salary of \$49,000.

According to Julie Lemay, a teacher at the 24-Juin Vocational Training Centre in Sherbrooke, opening day went by without a hitch. She was impressed

CONT'D ON PAGE 3

THE
RECORD

Already a print subscriber?
Get the E-Edition free!
Contact: 819-569-9528
billing@sherbrookerecord.com

The Record's **E-Edition** allows you to read the full edition of the paper without leaving your home **24/7**.
The best way to stay abreast of local news.

To subscribe, go to www.sherbrookerecord.com.
Click on E-Edition and follow the simple instructions.
And then start enjoy The Record for as little as **\$9.78 plus tx per month**.



View issues of The Record, Brome County News, Townships Outlet and our special sections with just a click of the mouse!

The Record e-edition

There for you
24-hours-a-day
7-days-a-week.
Wherever you are.

Access the full edition of the Sherbrooke Record as well as special editions and 30 days of archives.

Renew or order a new 12-month print subscription and get a 12-month online subscription for an additional \$5 or purchase the online edition only for \$125.00

Record subscription rates
(includes Quebec taxes)

For print subscription rates,
please call 819-569-9528
or email us at
billing@sherbrookerecord.com

12 month web only: \$125.00
1 month web only: \$11.25

Web subscribers have access to the daily Record as well as archives and special editions.

Subscribing is as easy as 1,2,3:

1. Visit the Record website: www.sherbrookerecord.com
2. Click e-edition.
3. Complete the form and wait for an email activating your online subscription.

Weather



TODAY:
SUNNY

HIGH 26
LOW 9



WEDNESDAY:
SUNNY

HIGH 28
LOW 12



THURSDAY:
SUNNY

HIGH 30
LOW 15



FRIDAY:
MIX OF SUN
AND CLOUD

HIGH 28
LOW 15



SATURDAY:
MIX OF SUN
AND CLOUD

HIGH 31
LOW 16



DISHPAN HANDS SHEILA QUINN

In the Christian tradition, the ringing of a bell can represent many different sacred ceremonies and calls - communal service, daily prayer markers (the canonical hours), for weddings, funerals, and occasionally also secular gatherings.

'A church may have a single bell, or a collection of bells which are tuned to a common scale. They may be stationary and chimed, run randomly by swinging through a small arc, or swung through a full circle to enable the high degree of control of English change ringing.' (Wikipedia)

'Oranges and lemons,
sing the bells of St. Clement's.'
'You owe me three farthings,
sing the bells of St. Martin's.'
'When will you pay me?
sing the bells at Old Bailey.'
'When I grow rich,
sing the bells at Shoreditch.'
'When will that be?
sing the bells of Stepney.'
'I do not know,
sings the great bell at Bow.'

So goes the nursery rhyme.

If you listen to the bell striking at noon at St. Paul's Anglican church in Knowlton almost every day of the week since (and including) March 25th of 2020, that one long sound, even when the mourning bell rang, was one word. 'Hope.....Hope.....Hope.....Hope.'

Inspired by a story of bells being rung in Europe at noon as a sign of hope, at the belfry/belltower daily, recording device prepared and rope in hand, St. Paul's priest, Reverend Tim Wiebe has shared a brief message and rung the 'bells of hope', reminding all around that focusing on hope during trying times can help us through, and these current times are no different. The bell-

Ring my bell

ringing is broadcast via Facebook Live, as it happens at noon, and the videos are posted to the St. Paul's Facebook page, and the Knowlton.com Facebook page. Some lucky residents may even be able to stick a toe and an ear out-of-doors while the ringing takes place, watching Tim pulling the rope on their screen, and hearing that steady ringing lilt over the rooftops.

If suddenly noon has passed and folks have missed out, or if they don't live in the area, the posted videos are being shared far-and-wide, and have become quite a soothing ritual for a growing community of hopeful people, including viewers from Hong Kong, Peru, Germany, B.C., and Ontario. The first video promoted 6,400 views.

Covering different subjects every day following liturgy and celebrations as they came, Tim took the growing community from the colder times of late March through to spring and now just a week to go until summer. He has spoken about why we feel tired, has joined with the other churches in Knowlton to offer ecumenical support, has acknowledged the return to elementary school, and on April 20th, 2020, reached the Bells of Hope's highest number of viewers, an

impressive virtual gathering of 15,000 viewers when he rang the Bells of Hope and Mourning for Nova Scotia (following the attacks of April 18th and 19th, 2020).

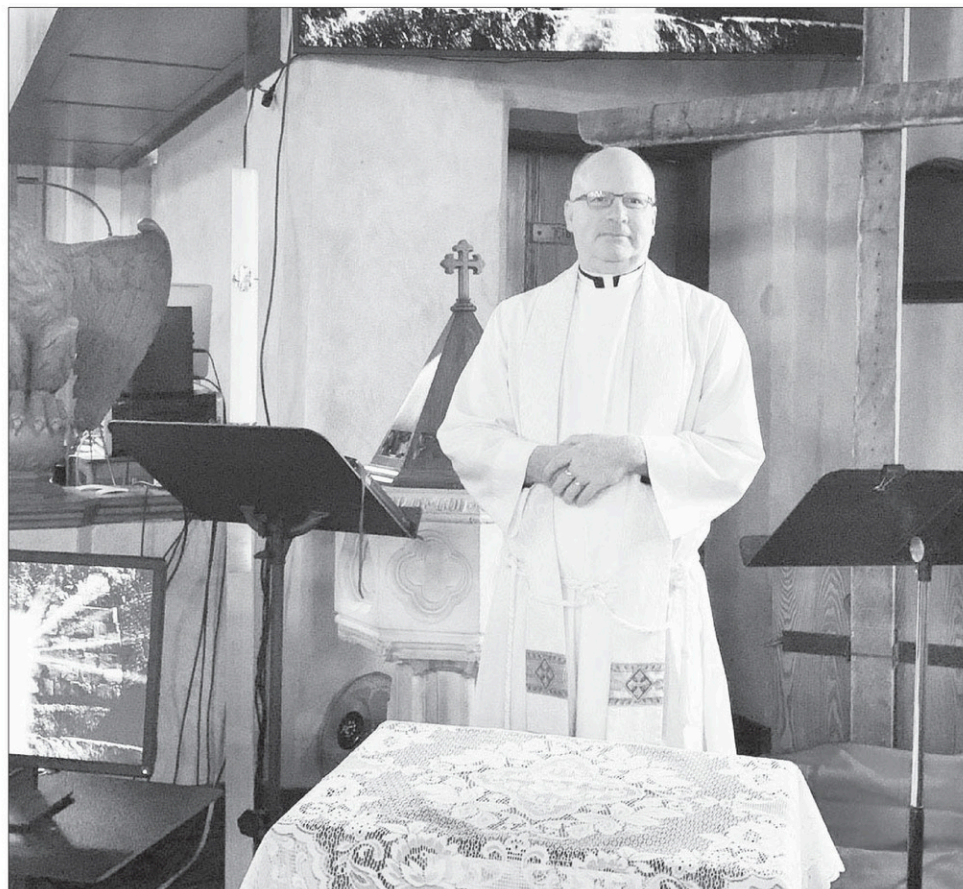
Reverend Tim Wiebe has committed to this daily contact with simplicity, dedication, awareness and intention.

'The ringing of the bells lets people know that the church is still here, still active, still concerned, still sharing with everyone in their ups and downs, joys and sorrows, triumph and tragedy.' He explains, 'It speaks about faithfulness, intention, discipline and the endurance of tradition.'

St. Paul's Anglican Church is located at 24 St. Paul Road, Knowlton, Quebec (J0E 1V0) and is visible on the left upon arrival at the crossroads of Lakeside-St. Paul/Victoria.

Also available from Reverend Tim Wiebe, Tim Talks are interviews with influential people in the community on a variety of topics, posted on the St. Paul's Facebook page.

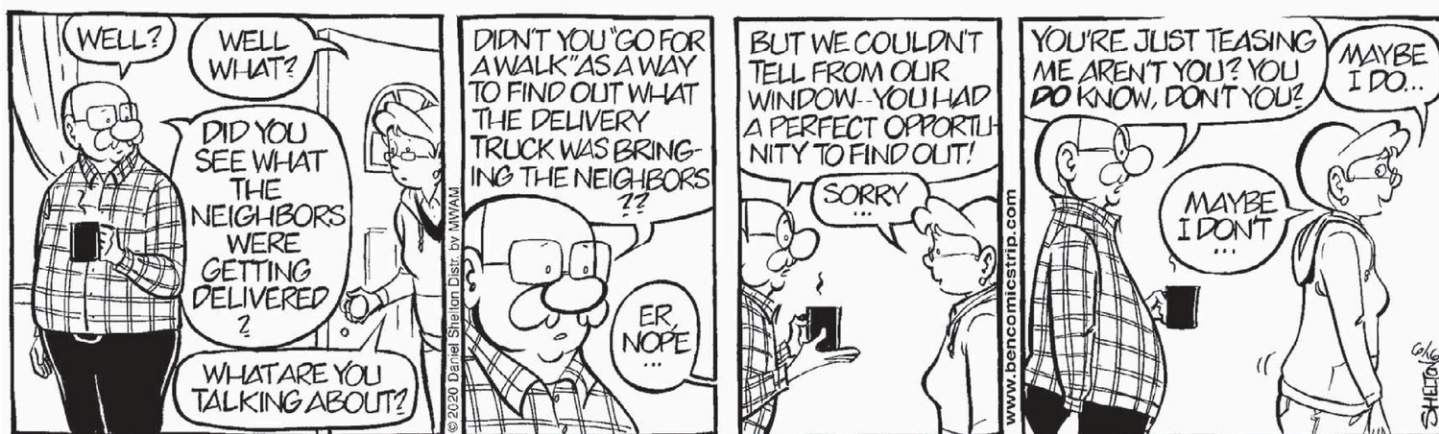
Sunday services are at 8:00 a.m. and 10:00 a.m. and are through Facebook Live and Zoom. There is a Facebook Live page that includes the words of the liturgy and sermon points in French.



The Reverend Tim Wiebe

COURTESY

Ben by Daniel Shelton



Local News

Although there are now only a very small number of active cases in the region, the two doctors encouraged people not to let their guard down too much.

Quebec to allow indoor gatherings up to 50 people

The Canadian Press
By Giuseppe Valiante
And Matthew McCully

Quebec will allow indoor public gatherings of up to 50 people beginning June 22 and it is reducing the physical distancing requirement to one metre for children 16 years and under.

Horacio Arruda, Quebec's director of public health, said Monday that in some circumstances where people don't frequently circulate or speak to each other, such as in movie theatres, physical distancing will be reduced to

1.5 metres.

Gatherings inside private homes, however, are still restricted to 10 people from a maximum of three households. Such gatherings were permitted as of Monday across most of Quebec, while in the Montreal area, 10 people will be allowed to gather inside homes beginning June 22.

Dr. Richard Masse of the public health department told a news conference that the government is considering increasing indoor public gatherings to a maximum of 250 people by mid-July, "but we aren't prepared to go higher than that."

Arruda said that considering the low number of infections since schools opened in May, it has been decided that starting June 22, the two-metre guideline for physical distancing can be reduced to one metre for children.

"The numbers are very encouraging right now," Arruda told reporters. "Not a single child who has been infected has gotten seriously ill. It's more like a flu or a cold."

Children under 16, however, will still need to keep a two-metre distance from adults, such as their teachers, Arruda said. The government is planning on announcing more details for schools

on Tuesday. And Arruda hinted the physical distancing directives could be removed altogether for young children.

Quebec on Monday reported another 11 deaths attributed to COVID-19, for a total of 5,242, as well as 102 new cases of the novel coronavirus, for a total of 54,054. Of those, 944 are in the Estrie region.

Hospitalizations increased by two, for a total of 771, including 82 people in intensive care, a reduction of 3.

According to the Quebec Public Health Institute's website 22,213 have recovered from COVID-19.

Temporary suspension of document ordering service at the Eva-Senécal library

Record Staff

Due to the excessive number of requests to be processed since its reopening on June 8,

The City of Sherbrooke is informing the population that the Éva-Senécal Library's book and document ordering

service is temporarily suspended

In total, more than 1,200 requests for books and documents have been received, by email or telephone, in the space of a few days. Staff are currently working to deal with the overload of requests. The suspension of loans will make it possible to better respond

to clients who have already made a request. The service counters remain open in order to continue this service in relation to orders already received.

Since June 8, in compliance with the health measures in effect, library staff have been managing the scheduling of appointments and handling the ac-

cumulation of returned books, taking into account the quarantine phases, in addition to making documents available to users once again.

The City of Sherbrooke thanks the population for its understanding and hopes to resume regular service as soon as possible.

Health officials urge caution

CONT'D FROM PAGE 1

to become a serious infection were largely 70 years of age or older. As well, those who had a pre-existing chronic medical condition such as diabetes, a respiratory condition (such as asthma), immunosuppression, or heart disease were three times more likely to end up hospitalized as a result of a coronavirus infection.

Although there are now only a very small number of active cases in the region, the two doctors encouraged people not to let their guard down too much.

"It snowballs quickly," Dr Généreux said, pointing out that part of what led to the region's early jump in cases is the delay between the time the first local case started to experience symptoms on February 24 and the

virus' confirmation in a laboratory on March 10. "It only takes one contagious case who is not being careful to get a new wave started."

"We know that the virus moves very easily through a population without immunity," Dr. Poirier added, sharing that although it is difficult to say with certainty which measures were the most effective in reducing the spread, what can be said for certain is that they did work.

With that in mind the public health specialists encouraged the population to keep caution in mind, even as restrictions on public gathering loosen up.

Some of the other information shared from the research includes the fact that 93 per cent of those who contracted the virus experienced at

least one of four symptoms; cough, fever, loss of taste and smell, and other respiratory troubles with cough being the most common. Other symptoms were observed, however, including generalized weakness, headaches, chills (without fever), aches and pains, nasal congestion or runny nose, sore throat, nausea or vomiting, diarrhea, and irritability or confusion. On average people with confirmed cases experienced six of these symptoms

Dr Généreux shared that infections were largely passed along within family groups or other areas of prolonged contact between people, with workplaces and travel being the runners up. Dr. Poirier said that a slightly higher number of women were infected in the region, something he attributed to the fact that there are a

large number of healthcare workers, who tend to be women, in the region.

Although the Haute Yamaska and Sherbrooke Local service networks saw the highest numbers of cases over the period of the study, the rate of infection per 100,000 people was actually significantly higher in the Des Sources area, which includes the communities of Danville and Asbestos. That region also had the highest hospitalization rate.

"This research is very important because if we looked at this purely based on the number of cases, the information is very different than if we look at the reasons behind those numbers," Poirier said, noting that the research will be useful for future planning.

Orderly training program

CONT'D FROM PAGE 1

with the crop of students selected for the program.

"I'm blown away by the quality of the selection, the students recruited are all here for a good reason and the day went really well," said Lemay.

The future orderlies will undergo 120 hours of theoretical and laboratory training at the vocational training centre. They will also experience 255 hours of practical training at long term care facilities.

The Quebec government's website

clarifies that students "will not travel back and forth between the vocational training centres and the health and social services facilities to avoid the spread of COVID-19."

When asked about any concerns over the length of the program, which was originally slated for nine months, Lemay responded that she doesn't foresee any issues, especially considering how dedicated the students are to becoming orderlies.

"Yes, the three months is quick but it's all possible, given that we get a

select group of motivated students," Lemay said. "With this group now, there won't be any problem giving them quality training in a span of three months."

She added that in the Eastern Townships there are 396 students enrolled in the PAB program. It works out to 18 groups of 22 students spread out in various vocational schools, including the Lennoxville Vocational Training Centre.

Lemay is an experienced orderly instructor. She taught the regular

program for 11 years before taking on the challenge of turning over properly trained orderlies in three months. She teaches the day students, and follows the same group every day.

The training will show students how to care for and encourage the autonomy of seniors and vulnerable individuals. They will also learn to provide moral support, prevent infections and contamination, and study end-of-life care.

Swimming in a Summer Sea of Cutaneous, Pustular Interruptions

By Linda Knight Seccaspina

I got this photo dated 1962 from the Ville de Cowansville; it's of the intermediate age group that took the Red Cross swimming course held at the unheated Cowansville outdoor pool. Those classes were held early in the morning during a couple of very cold summers and the outstanding thing I personally learned from them was that there are no swimming skills or techniques that will save you from hypothermia in freezing water!—Rob Forster

I stood there and peered through the fence watching the cutest boy in town making a spectacular dive into the town pool and melted. The summer had begun and I had yet to make decisions between sitting at home reading my books, or doing something really special. Would it be sitting under a tree reading the latest Nancy Drew or would I be learning how to be an Olympic style swimmer? I wanted to stand on the diving board, jump into the air and amaze my friends, and I had all summer to do it. No one was going to stand in my way even though I was petrified of water.

Anyone that knows me is quite aware of my fear of anything to do with water. It started the day my late mother stood me on the end of a lake pier much like Patty McCormick from the Bad Seed. Over and over she told me not to stare into the water less my reflection pulled me in. Of course I stared into the water, fell in, and needed to be rescued.

After telling my best friend about my summer vacation dream she told me I should start small by conquering a lake first. So the next Sunday at Selby Lake I slowly ventured into the water inch by inch. I thought that swimming might not take all that long to learn until one of my male friends came roaring out of the lake covered in blood suckers.

As I stood on terra firma and watched a few men try to burn the

suckers off the boy's body with a lighter I suddenly thought that this might not be the ideal way to enjoy my summer vacation. After sharing my summer dream with my parents they insisted I should enroll in swimming lessons. That first day I stood there feeling quite alone in my ruffled flowered one piece shuddering from fear and disgust and disgusted by the rubber swim cap.

Not only am I afraid of water, but I have an issue with feet, germs and wetness. After exiting the change room I had to figure out how to walk to the mandatory shower and exit without my feet touching the floor. I tried very earnestly to put my foot down on the wetness of the concrete, but all I could feel was imaginary bacterial ooze crawling through my toes. I closed my eyes, ran under the shower as quick as I could, and then stood by the end of the pool.

I actually stood on the edge of that pool for about 7 days and then graduated to sitting on the edge until the instructors became very concerned. Was Linda ever going to swim, or would she end her summer vacation still being a landlubber? Finally one day I

courageously stood on the ladder and slowly descended into the blue water. For another two weeks I spent most of my time in the water but, now only desperately clutching the edge of the pool with my hands.

Every lesson I would assume the same position until one day I made miraculous headway. As I approached the pool one morning for lessons I saw the town fire truck parked right next to it. It seems that someone either polluted the water with their bacterial laden feet or there had been way too many "accidents" in it. The fire trucks were filling the pool, which was now only 4 inches deep, and I quickly ran through the germ laden floor, down the ladder and into the pool. With the water lapping dangerously around my ankles I mimicked every swimming style known to man air guitar style. I was finally in my element and was achieving my summer goal. I was swimming!

As the water slowly filled the pool I became more comfortable and after a few weeks I was suddenly swimming in the deep end. One day I decided to venture up to the diving board and with

coaxing friends behind me I jumped in. I remember going to the bottom quite quickly and after I reached the top I screamed with accomplished delight until— I saw the cutest boy in town dive off the board heading for me.

There in slow motion his lower half and my head seemed to become one as he hit the water hard. We wrestled in the water for what seemed hours to get free and his feet always seemed to be in my face. After I escaped I left the pool and decided to go home still feeling somewhat triumphant that I had met my summer vacation goal.

To this day I do not swim, and still have fear of water, but my biggest fear was met that very day I achieved my first diving board jump. You see a week later I had a strange rash on my face that grew with the speed of light. That day in the pool I had contacted what is called Staphylococcus Aureus or in layman's terms— Impetigo. Some people blamed the water, but in my mind I knew where I got it from. I am positive to this day it was the cute boys' bacterial infected feet that ended up ruining my perfect summer vacation.



COURTESY



OPERATION BACKPACK Equipped to Learn

Operation Backpack is serving children at Lennoxville Elementary, Alexander Galt and Grade 6 students from community schools attending Galt for the first time with a new backpack and school supplies

To contribute please send
a cheque payable to

Lennoxville United Church,
6 Church St., Sherbrooke, Qc,
J1M1S9

Charitable receipts will be issued for donations of \$10 or more

Operation September

School supplies / Lunchbags / Backpacks

KNOW A STUDENT WHO COULD USE A LITTLE HELP WITH BACK-TO-SCHOOL PURCHASES? OUR PROGRAM HELPS CHILDREN ATTENDING ELEMENTARY SCHOOLS IN RICHMOND, AYER'S CLIFF, STANSTEAD, NORTH HATLEY, COOKSHIRE-EATON, SAWYERVILLE, BURY, DANVILLE AND MAGOG, AS WELL AS THOSE GOING TO SHERBROOKE ELEMENTARY AND RICHMOND REGIONAL HIGH SCHOOL.

CONTACT THE LDWC
819 564-6626 or info@ldwc.ca



To donate

SEND A CHEQUE TO
LENNOXVILLE & DISTRICT WOMEN'S CENTRE
175 QUEEN ST. SUITE 203
SHERBROOKE QC J1M 1K1
(SPECIFY OPERATION SEPTEMBER)

Lennoxville & District
Women's Centre



Crisis as a Catalyst for Change: Will it happen this time?



DIAN COHEN

Could we ever have imagined that the COVID-19 crisis would spawn the rest of what's been happening these last few weeks? Discrimination by one group against another has forever been a way of life. Protestants against Catholics against Jews against Muslims against Hindus. Men against women. White colonialists against Indigenous people everywhere. White Privilege against Blacks and Browns. Everyone in their own time and circumstance.

Partly because COVID-19 has put millions of people out of work with nothing to do but worry about their livelihoods and their growing debt; partly because that and social distancing has created explosive stress and anger, partly because police brutality has been particularly pronounced against Black men and women recently, the rant of Howard Beale: "I'm as mad as hell, and I'm not going to take this anymore!" is being heard around the world.

There have been crises in the past. Will this one spark a lasting change in how people with dark skins in a predominantly white-governed world are treated?

Let's start by looking at the way our society is organized: a healthcare system to deal with birth, death and ev-

erything in between; a policing system to deal with crime; an education system to pass wisdom down to younger generations and create the climate for innovative and critical thinking and so on. Six hundred words isn't quite enough for a fulsome exposé. I'm randomly picking healthcare – it's enough to show that if some people are treated differently that's built into the system right from the start.

I usually talk about the need for policy makers from all levels of government to bring our healthcare system into the 21st century. But even if that miraculously happened, it would do nothing to erase the disparities in health outcomes for poor and marginalized people. Dr. Andrew Boozary, Executive Director of Population Health and Social Medicine at the University Health Network is a frontline worker who says COVID-19 has "exposed the moral and systemic failings of our health system... it's time to make policy changes that should have been made decades ago."

We've been hearing this sentiment for many years. In 2017 when Dr. Jane Philpott was federal health minister she told the Canadian Medical Association, "it is easily demonstrated that First Nations, Inuit and Metis peoples have suffered from both negligence and systemic discrimination when it comes to healthcare... poor health in Indigenous peoples also derives from a broad range of social inequities – (poor) housing, lack of employment, education, community infrastructure and much more."

Says Dr. Boozary, "We can't go back to 'normal.' We need to reform our safety net with respect to income supports, to childcare, to safe employment conditions for those we've called "essential workers," rightfully, but previously had no qualms calling "unskilled." We've

created this false choice between the economy and public health, without really recognizing that certain parts of the economy never stopped running. And it's individuals in precarious employment and minimum-wage jobs who have been facing the risks to allow this to happen. And, as we've seen from the data, they're disproportionately the ones who've fallen sick or died."

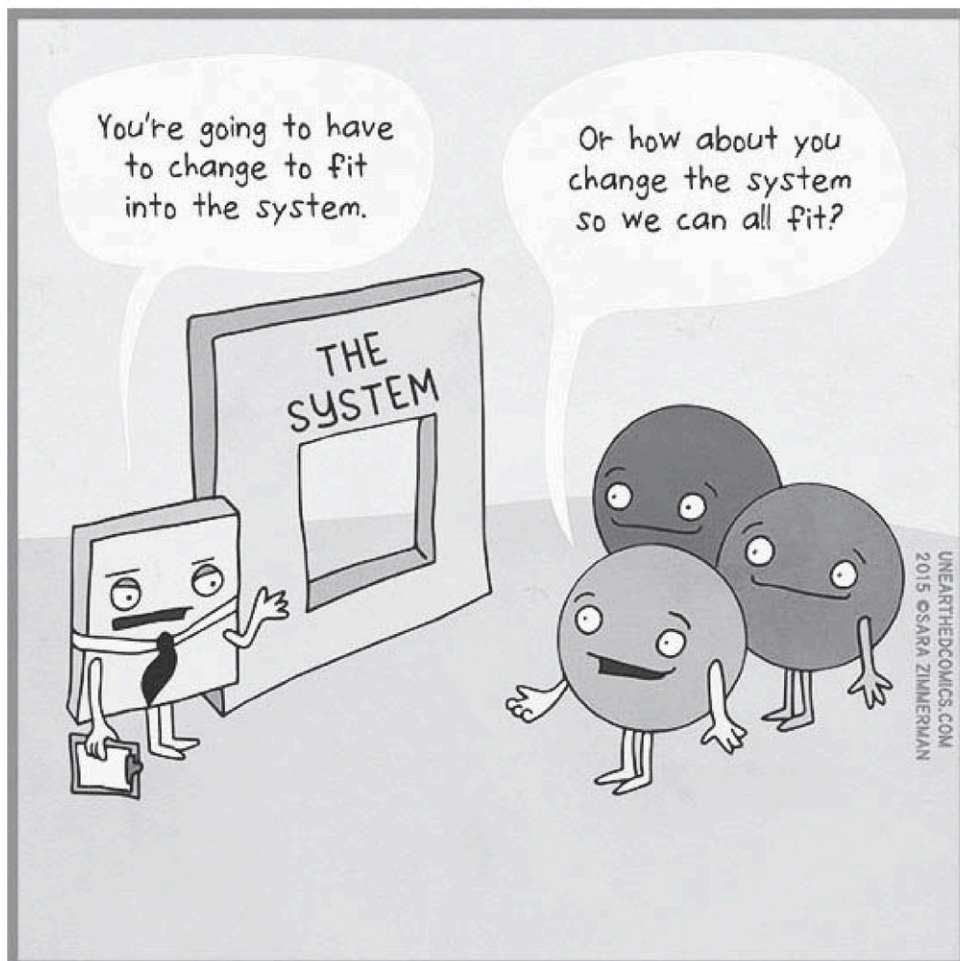
I'm now at 600 words. Suffice it to say that it's pretty discouraging to hear people in positions of power to change

our systems say that there's no systemic discrimination in the RCMP, the many police forces across the country or our corporate boardrooms.

Are enough people listening? What are our individual responsibilities as citizens?

Dian Cohen is an economist and a founding organizer of the Massawippi Valley Health Centre.

Cohendian560@gmail.com



CARTOON BY SARA ZIMMERMAN

The Maple League of Universities launches virtual teaching and learning centre

Record Staff

The Maple League of Universities has announced the launch of the Virtual Maple League Teaching and Learning Centre (V_MLTLC). The centre is a grassroots faculty-led virtual space that supports faculty and staff as they prepare for the design and delivery of courses in Fall 2020 and beyond.

While the concept has been in development since 2018, the global pandemic has exposed the urgency of this centre and its long-term impact post-pandemic.

Launched June 1, 2020, the centre provides a virtual hub of curated and specially created resources tailored to the institutional model shared by the four Maple League universities (Acadia, Bishop's, Mount Allison and St. Fran-

cis Xavier), which includes a focus on small classes, experiential learning and extra-curricular engagement, community-based learning, and relationship-rich learning environments. The virtual learning centre provides pedagogical assistance for faculty with varying needs, challenges, and interests as they prepare for Fall in the light of COVID-19 pandemic.

Programming includes:

1. "Hive Mind" Resource Guide (a dynamic space for sharing resources to alleviate some of the most pressing pain points);
2. "Better Together: Maple League Teaching Support" (a summer series led by professors, staff, and students from the four universities every Tuesday and Thursday);
3. "Maple League Hosts: Conversa-

tions around Quality Undergraduate Education" (a monthly panel with national and international teaching and learning scholars facilitated by the Executive Director and Visiting Jarislowsky Scholar);

3. "Ask Me Anything" sessions (weekly individualized support for faculty/staff who can drop in for help on any course design challenges from the Director of the V_MLTLC);

4. Communities of Practice (with disciplinary and thematic working groups);

5. An Online Course designed by Open Acadia (for faculty across our four institutions, about building community through remote and online learning).

The virtual learning centre will also curate and create professional devel-

opment opportunities synchronously (workshops, modules, brown bags, panels, open office hours) and asynchronously by building "on demand" digital resources (templates, quick tips, videos, course plans).

While the needs of faculty vary depending on disciplinary contexts and programmatic requirements, the key differentiators of Maple League universities – e.g. face-to-face interactions, mentorship, and a holistic approach to a 21st century liberal education – remain at the core of support for faculty as they plan design and delivery for Fall 2020 and beyond.

To learn more about this month's offerings from the V_MLTLC, see the 'June Calendar of Events' on <http://mapleleague.ca/faculty-and-staff/>.

EDITORIAL

Grief is a mysterious emotion. And often it is our private, even trivial grief that awakens us to the broader currents of grief surrounding us.

Finnegan's Wake

By Kyl Chhatwal

A couple months ago, we buried our cat. He suffered from some mysterious kidney disease. He was eating incessantly but still losing weight. By the end, he was a sack of bones.

The vets were stumped. Was it poison? Cancer? A specialist in Longueuil might be able to tell us more. Yet this was peak pandemic. We weren't supposed to leave our houses, much less visit super-vets in the city.

Then one Sunday morning, Finnegan hobbled home with a broken hind leg. The break was clean through the upper femur. It also broke our hearts, watching him limp around, dragging the leg as though it was already dead. What had caused such an awful trauma? A car? A fall? Had, god forbid, someone kicked him?

Again, a Montreal specialist was invoked. But the prognosis in either case—major fracture, debilitating kidney disease—did not look good.

Euthanasia was gently recommended. It could be done then and there. We were not, however, ready for such a step. Not yet. So we took Finn home, with plenty of painkillers, and made him comfortable and happy for his final few days of life.

The morning of his euthanasia appointment, I called the vet, because I had forgotten to ask what they did with the body. Mass cremation, it turned out. This was a hard image to reconcile: Finn, lifeless, on some cold conveyor, among other blameless animal casualties.

I was warned about a by-law against burying dead pets in your yard. Still, this is what I decided to do. (City Council, if you're reading this, cut a mourning pet owner some slack...)

On that unseasonably warm April morning, I dug Finn's grave, wide and deep, while he catnapped in my office, dreaming his pain-killer dreams. I fabricated a grave marker: wooden post, trellis for vines and creeping flowers, a place to nail his red collar. And then I went and lay with him, until his appointed hour arrived.

As I write this brief memoir of loss, Quebec has just recently surpassed 5000 dead from coronavirus. The

global death count is nearing half a million. In the United States—unlucky recipient of a quarter of those deaths—the public is also convulsing with grief over the vile murder of yet another black man at the hands of police. With all this tragedy in the world, it might seem in bad taste, insulting even, to fixate on the death of my cat. But grief is a mysterious emotion. And often it is our private, even trivial grief that awakens us to the broader currents of grief surrounding us.

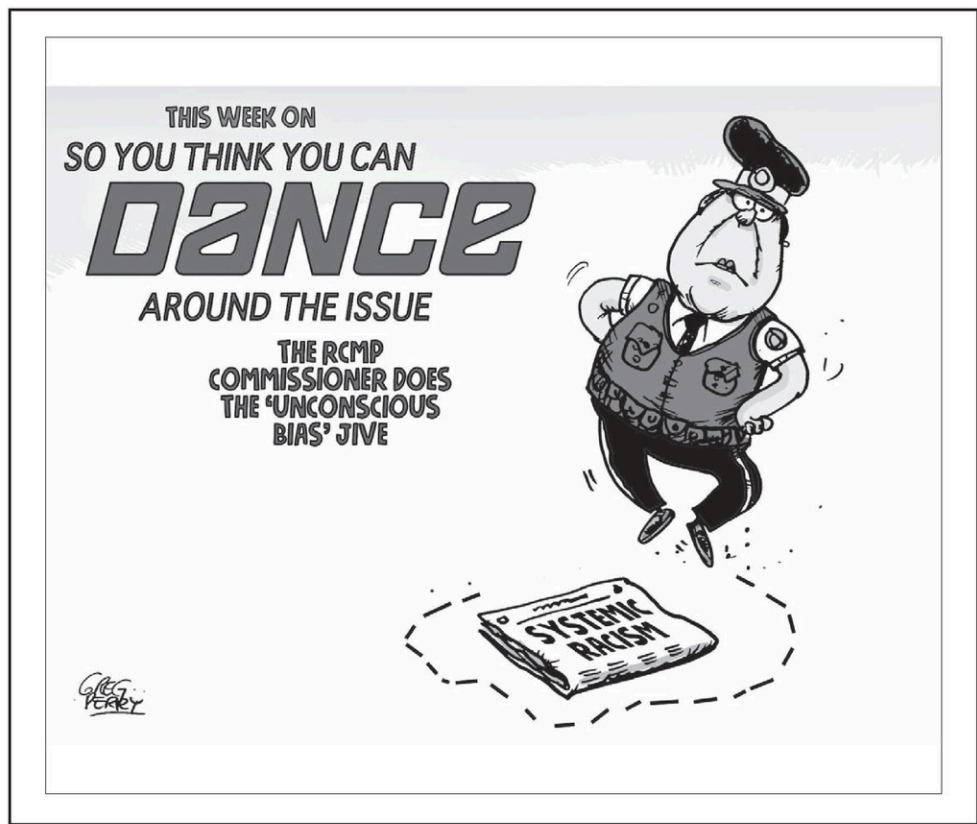
In these pages, Record columnist Rev. Carole Martignacco recently wrote about something she calls "good grief" (and no, she does not mean Charlie Brown's famous catch-phrase). For Martignacco, good grief is that which wrenches us out of our opaque subjective bubbles, and challenges our devastating capacity to remain numb to mass tragedy.

Good grief, if experienced sincerely, can put us in touch with that most difficult yet human of emotions: empathy for those we do not know, and will never know. Or as Martignacco puts it: "it widen[s] our range of feeling, open[s] our hearts... to all in the human family whose suffering is akin to and intricately interwoven with our own."

In some ways (and I realize that this sounds a little crazy), it took the grief over the death of my cat for the brutality of 5000 dead in this province—and 100 times that figure around the world—to really begin to register for me. I'm not suggesting that I understand the weight of so much tragedy and all its attendant pain and loss. I don't. I mean simply that we are emotional animals, with grim economies of feeling. Time, and dimming memory, blunt the crippling impacts of grief. This is how it must be. How else could we ever carry on with life?

Yet when others grieve, we have only our dull memories of distant pain to nudge us towards productive compassion. And this is why so many of us rarely get there. But there is nothing, I have discovered, quite like the sharp immediacy of recently lived grief—even of the most insignificant variety—to shake us out of this emotional stasis.

So, this is how I've come to rationalize Finnegan's death. In the grand scheme, it does not matter, not to anyone



beyond our household. Yet it has served a special, albeit temporary function. It has reacquainted me with the bloom of human sympathy, so difficult to cultivate on my own. And that, if you think about it, is no insignificant achievement at all—especially for a cat.

Letters

Minority-language education rights: BC & Quebec

As an Anglo Quebecer, concerned with minority-language education rights, I was also pleased with the Supreme Court ruling regarding the French public education system in British Columbia. ("Townshippers' Association pleased with Supreme Court of Canada ruling," The Record, June 15)

However, I was not so pleased to read that Anglo groups such as the Quebec English School Boards Association and the Quebec Community Groups Network are hoping the ruling "will bolster" their case against Quebec's Bill 40 which modernizes our public school system to better serve our students.

The decision in B.C. is relevant to B.C. and has little, if anything, to do with Quebec. Let's analyze.

For years, the Federation of Francophone parents and the French school board of B.C. complained that chronic underfunding of their elementary and high schools constituted a violation of the Canadian Charter of Rights and Freedoms. They said minority-language education rights were not being respected and, as a result, their children were not being treated fairly.

The Court was informed of long bus journeys, schools without libraries and gymnasiums or with gymnasiums too small for some sports, and others that are poorly heated where children have to exercise while wearing their coats. Educational programs, including computer and carpentry classes were offered elsewhere, but absent from their own schools.

Interestingly, parents also argued that the under-funding accelerated the assimilation of Francophones because the situation prompted many parents to choose English-language schools rather than French-language schools for their children, and this jeopardizes the vitality of the Francophone community.

Meanwhile, in Quebec, many English-speaking parents choose French-language schools for their children, which contributes to the under-utilization of many English-language schools.

At any rate, after a decade-long struggle, the Court finally ruled that children who study in French in B.C. must receive the same quality of education as those who study in English. All children deserve the same chances of success and ordered the province to pay millions of dollars to eventually build new French schools, fix up old schools and adequately fund school bus transportation.

That said, minority rights in B.C. have nothing to do with the situation in Quebec. The issue is not under-funding of English schools (the minority); the issue is about a more efficient, effective, and fair system of governance of public education.

It's been my experience working with successive Quebec governments that they generally recognize our minority-language education rights under the Charter.

CHRIS EUSTACE, RETIRED TEACHER
MONTREAL

THE RECORD
6 Mallory, Sherbrooke, Quebec J1M 2E2
Fax: 819-821-3179
E-MAIL: newsroom@sherbrookerecord.com
WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER (819) 569-9511
MATTHEW McCULLY MANAGING EDITOR (819) 569-6345
GORDON LAMBIE ASSOCIATE EDITOR (819) 569-6345
SERGE GAGNON CHIEF PRESSMAN (819) 569-4856
JESSE BRYANT ADVERTISING MANAGER (450) 242-1188

DEPARTMENTS
ACCOUNTING (819) 569-9511
ADVERTISING (819) 569-9525
CIRCULATION (819) 569-9528
NEWSROOM (819) 569-6345

KNOWLTON OFFICE
5B VICTORIA STREET, KNOWLTON, QUEBEC, J0E 1V0
TEL: (450) 242-1188 FAX: (450) 243-5155

PRINT SUBSCRIPTIONS
For print subscription rates, please call 819-569-9528 or email us at billing@sherbrookerecord.com

| ON-LINE SUBSCRIPTIONS | | | | | |
|-----------------------|---------|--------|------|-------|-----------|
| QUEBEC: | 1 YEAR | 108.72 | 5.44 | 10.85 | \$ 125.00 |
| | 1 MONTH | 9.78 | 0.49 | 0.98 | \$ 11.25 |

Rates for out of Quebec and for other services available on request.
The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.
PM#0040007682
Return undeliverable Canadian addresses to The Record, 6 Mallory Street, Sherbrooke, QC J1M 2E2

Member
ABC, CARD, CNA, QCNA

Covering water: a poor man's guide



ON THE HOOK

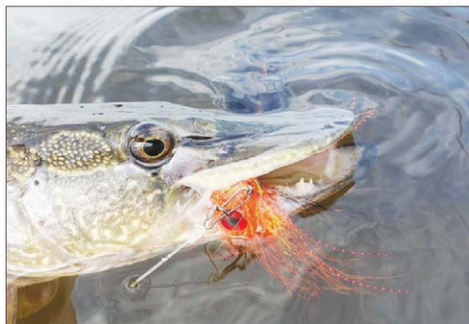
ANDREW HOWARTH

On my angling calendar, the beginning of June spells the end of spring river fishing—apart from some sporadic stream trout action. In late June, the opening of bass fishing everywhere marks the official, and full commencement of warm water season. Admittedly, I'm much less comfortable navigating the vast open waters of our many eastern lakes, where—in contrast to even our largest rivers—wading boots are replaced by watercrafts, and contour maps take the place of polarized glasses.

In the absence of more sophisticated lake fishing tools like fish finders and trolling motors, I've developed some technical solutions to the difficulties of economy lake fishing. Strategically, anglers are often biased towards lure selection and technique, and in the absence of other variables to play with, this makes perfect sense. Under the typical 'fish pond' scenario, where finding unpressured fish is not an option, anglers with good technical versatility reliably come out on top.

Without knowing it, anglers with a very wide variety of skill attempt to compensate for limited mobility—and in some cases, decreased fish abundance—with gear innovations that allow them to target whatever fish are available more effectively. However, experience tells me that when finding more active fish is an option, it's better to go looking for activity, instead of trying to inspire it. Put simply, it's often easier to find an active fish that will bite anything, than it is to persuade a stubborn or inactive fish. Understanding this approach becomes critical when targeting apex hunters and other predator fish that feed during very short windows, seldom congregate with members of the same species, and distribute themselves sparsely across very wide areas. Even if you're limited to the proverbial fish pond, take advantage of whatever mobility you may have and cover the water—most fish will avoid your bait if you're 'beating them over the head with it.'

Assuming you're not amphibious, the first big step in covering water will be getting your hands on a small boat or alternative. At the low end of watercrafts, belly boats provide great function, but limit the average angler to areas of water roughly the size of one football field. Smaller inflatable crafts with oar/paddle options multiply opportunities, but can be difficult to control under even slightly suboptimal conditions. For inflatables, I suggest avoiding mid-priced models, because of their susceptibility to puncture. Bite the bullet on a boat with an elite design and top-of-the-line materials (drift boats designed to run



The higher the level of predator, the wider its territory. Covering more water means inserting your lure or fly into the territories of more predatory fish.

rapids possess such qualities), or buy something inexpensive that won't leave you deflated after it does the same. Smaller 'hard' vessels like canoes and kayaks are very mobile, but despite the recent advent of fishing-specific models, they can be difficult to fish from. Consider HOW you'll be fishing when you evaluate options: a canoe works wonders if you plan to flip spinners for back lake brook trout, but provides little support to a fly angler throwing big pike streamers. If your brand of fishing requires standing—musky fishing, for example, requires the ability to 'figure-8' to a following fish—that must factor into your decision. Small jon boats referred to commonly as 'car-toppers' round out the higher end of economy options on the belly boat to bass boat spectrum.

If you've spent enough time watching your favourite fishing show host work from the deck of a bass boat, you've probably adopted some illusions about your ability to control a boat, and drastically underestimated the role that a bow mount trolling motor plays. In belly boats and small pontoon rafts, swimming fins allow you to orient yourself without putting your rod down, but this requires sitting very low to the water, which poses problems for certain fishing styles.

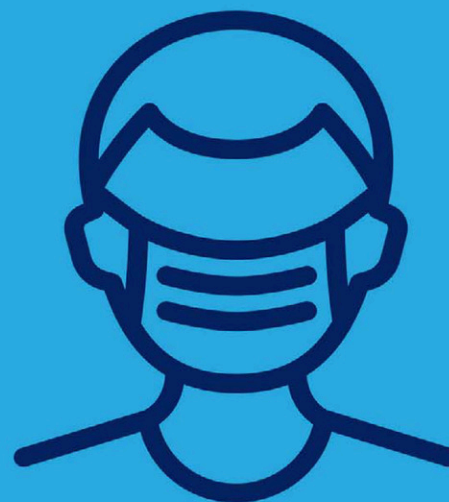
Without a method of passive locomotion, you're very literally at the mercy of the wind—this is problematic on very calm and very windy days.

Wind and current will both help you cover water, but in most instances require you to understand and adjust to them. In the most extreme conditions, selective anchoring may be your only option, but an optimized drift allows you to cover water more effectively. Small drift socks can be fashioned from household materials or purchased inexpensively, as can small anchors and drag weights for use in strong current. Keeping a variety of these tools allows you to slow your drift to a speed which allows you to fish optimally. After surveying the speed and direction of wind or current, choose a fishing spot—such as a weed flat or series of humps—that can be drifted effectively under present conditions. Ideally, you'll want to move out into the wind and/or current first, and allow it to push you back over your fishing spot and toward the takeout area.

Mastering 'big water' grows your potential as an angler, and creates fishing opportunities that might have previously appeared more exclusive. The effectiveness and luxury of a fully-outfitted fishing boat are undeniable, but there is much knowledge and ability to be gained by making the wind and water work in your favour.

To stand up to the virus, wear a mask:

at the grocery store, in shops, on public transit.



Let's keep at it.
Let's continue to protect ourselves.

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

1 877 644-4545

Votre gouvernement

Québec

Death



**BRUNTON,
Clayton
1933-2020**

Passed away peacefully at the B.M.P. Hospital, on June 11th,

2020 in his 88th year. He was the devoted husband to Mildred "Millie" Mac Phee, loving father to Lewis and Patrick (Genevieve) and proud grandfather to Ashley. He was the son of the late Volney and Flossie Brunton, he is survived by his sisters, Joan and Evelyne and brothers, Bob (Sandra), Doug and Ricky (Gail) and by his sister-in-law, Anna Buck (late Louis). He was predeceased his brother Lawrence (Nellie) and sister Geraldine (late Ron).

A celebration of his life will take place at a later date. The time and place will be announced later.

The family wishes to thank all the staff of the B.M.P. Hospital for the wonderful care he received while a patient there. As expressions of sympathy, donations may be made to the B.M.P. Hospital Foundation (www.bmpfoundation.ca) and/or a charity of your choice.

Arrangements entrusted to:

DÉSOURDY FUNERAL HOMES
101 Jean-Besré, Cowansville QC
PHONE: 450-263-1212
FAX: 450-263-9557
info@desourdy.ca
www.desourdy.ca

Death



**Yvan
Ledoux
1924-2020**

Mr. Yvan Ledoux passed away at the CHLSD Memphremagog, on June 11, 2020 at the age of 95. Beloved husband of Gloria Patterson.

Besides his wife, Mr. Ledoux leaves to mourn his children: Hélène (René Lussier), Suzanne, Louise (Alain Bergeron), Philippe (Lucie Bessette), Ron (Nathalie Baroud); his 7 grandchildren, his 6 great-grandchildren as well as his brother Vincent. He was predeceased by his brothers Paul, Gilles and Roland and sister Claire. He also leaves his sisters-in-law, many nieces, nephews, cousins, other relatives and friends.

A private graveside service will be held at a later date.

The family would like to thank the caregivers on the 3rd floor "Hébergement" of the CHLSD Memphremagog for the wonderful care given to Mr. Ledoux over the past years.

As a memorial tribute to Mr. Ledoux, donations to the Magog Hospital Foundation, 50, rue St-Patrice Est, Magog, QC, J1A 3X3, would be appreciated by the family.

CASS FUNERAL HOMES
Stanstead & Ayer's Cliff
545 Dufferin St., Stanstead QC
PHONE: 819-876-5213
FAX: 819-849-3068
info@salonfunerairecoaticook.com
www.casshomes.ca

Datebook

TUESDAY, JUNE 16, 2020

Today is the 168th day of 2020 and the 90th 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: "I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world." - 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 last quarter moon (June 12) and new moon (June 20).



WETLANDS ARE DISAPPEARING
Protect them. Become a member today.

www.ducks.ca
1-866-384-DUCK



It's the soap, not water temperature, that kills viruses

ASK THE DOCTORS by Eve Glazier, M.D., and Elizabeth Ko, M.D.

Hello, dear readers, and thank you for joining us for the continuation of our monthly letters column. We received so many questions related to the coronavirus and COVID-19 that we needed to address them.

- A reader from Great Barrington, Massachusetts, asked if water temperature plays a role in killing the virus when we wash our hands. "I have been diligently washing my hands, but sometimes I don't wait for the water to come out hot," he wrote. "Does washing with cold water and soap kill the germs, or does the water have to be hot?"

The answer is that the water you wash your hands with can be any temperature at all. Although warm water may be more comfortable, it's

the properties of the soap - not the water temperature - that breach the outer coating of the virus and kill it.

- Along those same lines, a reader from Santa Rosa, California, urged people to consider turning off the tap during the 20 seconds they are lathering up. "Hand washing is critical for health now, but water conservation never fails to be significant," she wrote.

- A reader from Arkansas asked if using the microwave is a good way to destroy virus particles on surfaces. "I feel that the best way for the virus to invade my home in this rural and isolated area of Arkansas is through the mail and newspaper, and I have been running them through the microwave for 30 seconds," he wrote. "Is the microwave killing the virus?"

A microwave oven works by exciting the water molecules in a food or beverage, which raises its temperature.

The actual radiation doesn't have a direct effect. Since viral particles are made up of proteins and fats, the microwave will not destroy them.

However, the most recent research shows that the major source of transmission of the novel coronavirus is through respiratory droplets, which are emitted while breathing, sneezing, coughing, speaking or laughing. And while viral particles have been found to persist on paper for up to 24 hours and on plastic for up to three days, the risk is quite low. There are no documented cases of that kind of transmission. If you're still worried, you can use hand-washing or gloves to protect yourself until 24 hours have passed.

- A reader from Indiana, who, like so many of us, is running low on hand sanitizer, asked about going DIY. "Will the homemade wipes be as effective in killing germs as the

prepackaged brands?" she wrote. As long as the alcohol content in your formula is at least 60%, the minimum needed to kill most germs, your home brew will be effective. The only way to achieve this is by using isopropyl or rubbing alcohol that is 99% alcohol volume. Be sure to rub all hand sanitizers into your hands until they are completely dry, from 30 to 60 seconds.

Thank you again to all of our readers for your kind thoughts and well wishes. We hope you and your families stay safe and well.

Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health.

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:

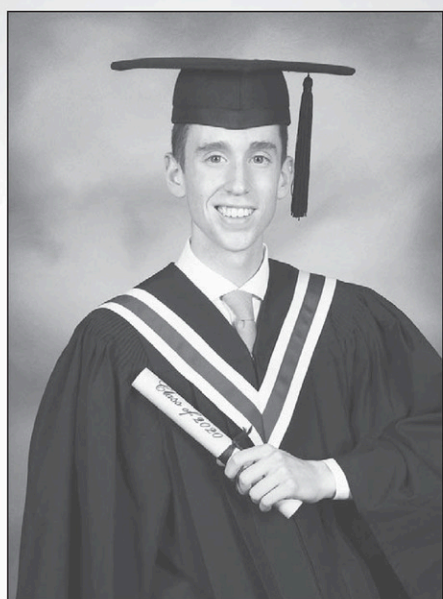
\$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

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: classad@sherbrookerecord.com - They will not be taken by phone.

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.

Coombs Graduation



Congratulations to our dear eldest grandson, **Fraser Michael Coombs**, son of Michael and Sharron (Noble) Coombs, on successfully graduating Grade 12 at Markham District High School, Ontario.

Fraser will be studying Biochemistry at York University this fall.

Very proud grandparents are Jack and Frankie Noble of Lennoxville, QC.

92nd Birthday wishes

**Happy 92nd birthday to
Barbara Stevenson Smith,**
an inspiring mother, grandmother & great-grandmother.

*Mom, we are so grateful for your unconditional love,
guidance, support and wisdom. Words cannot express
how much we admire, cherish and love you.*

Residing at Grace Village.

TOWNSHIPS' CRIER

ONLINE

Townshippers' Association presents CHEP Video Conference: Wednesday, June 17, 10 a.m. to 11:30 a.m. Coping with Arthritis During Social Isolation. Online conference through zoom; phone-in option available. To register, contact: Lisa Payne (lpayne@townshippers.org) or Marie-Lisa Jolin (mlj@townshippers.org).

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

ONLINE

Townshippers' Association presents Looking Ahead: Estate Planning. Friday, June 19, 10 a.m. to 11:30 a.m. Free online Townshippers activity. To reserve, email: mlj@townshippers.org.

Dear Annie

TUESDAY, JUNE 16, 2020

Dear Annie: Throughout the coronavirus pandemic, my husband doesn't cough or sneeze into his arm. He sometimes coughs into his hand. No matter how hard I try to instill in him how he could be affecting everyone in the household, he argues that it's bull.

His excuses include that he doesn't want to get his shirt sleeve or bare arm messed up, or that he forgets. Is there any way you can put in print how important this is? Thank you.
- Mind Your Manners

Dear Mind Your Manners: Your husband might say that your requests are baloney, but it sounds like he is being the bully here. Sneezing into his hand is disgusting and affects everyone around him. Continue to tell him to knock it off, and if need be, schedule a call with your medical doctor, who can go over the importance of using a tissue or sneezing into your elbow. Tell your husband that if he has to sneeze, he should excuse himself and get as far away from everyone as possible. You might also want to invest in a good, old-fashioned handkerchief.

Dear Annie: This is regarding the woman who had a problem with her sister's husband, who refused to come into the house to a gathering because he would have to take off his shoes. You are probably right that he is a stubborn louse.

But here is another thought that people who have historic wood floors in a house surrounded by gravel should consider. They can acquire shoe coverings in several sizes, like the ones house tours sometimes require, and offer them to visitors if they are uncomfortable in their stocking feet for whatever reason.

My sister has those. She bought them because I have had major reconstructive foot surgery on both feet, which means that I have no natural padding in my heels. I only wear tie shoes with supportive inserts to support and cushion my feet. If I were to have to go just with socks on a hardwood floor, I would gingerly hobble to the nearest chair and sit there the whole party.

To avoid ever having to do this, I keep a few of the coverings from my sister in the car so I can go back and get them if need be. However, I have never had to get them, because my other friends are tolerant of my shoes, even though they and other guests are in stocking feet.

People who have never had such foot problems may not realize the torture that going in stocking feet could be causing someone else. - A Sister With Extreme Foot Problems

Dear Foot Problems: Disposable booties are a great suggestion. Thank you!

"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.

15 Minutes of Fun

Take 15 minutes a day to learn with your family.



#4 Tell knock-knock jokes together while doing the dishes.

Learning can happen at any time. For more great ways to share 15 Minutes of Fun with your family, visit FamilyLiteracyDay.ca



49% of Quebecers have serious difficulty reading

Help us help them!

Online giving:
www.fqa.qc.ca/en/
or 1-800-361-9142

CELEBRITY CIPHER

by Luis Campos

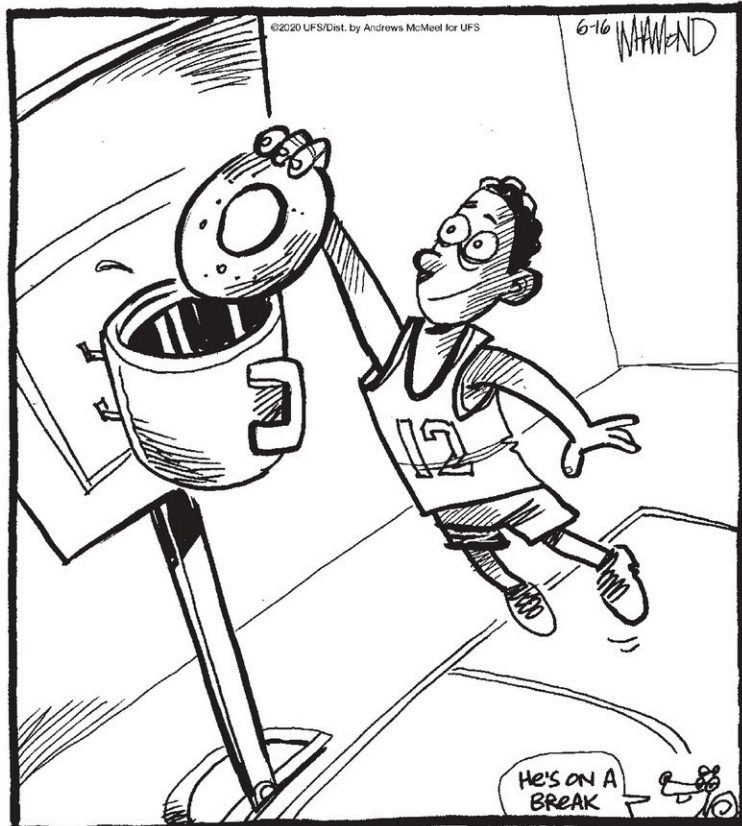
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"LB FWPDP VH FWP YEDPPH, TP
EIH IAA OAM. KLF XVTH WDPD VH
PIDFW, TP HPPX FV KP PIEW VFWD'Y
TZHCY." — PXXZP DPXSIMHP

Previous Solution: "The challenges and how we deal with them: That's what defines us ... our ability to overcome and transform." — Jared Leto

TODAY'S CLUE: *f 1 s n b e o*

REALITY CHECK

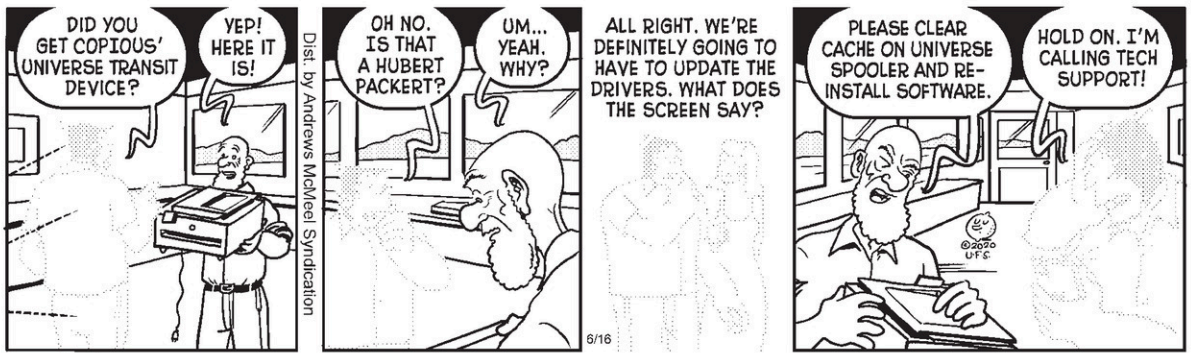


HERMAN



"We're on our second honeymoon. Make sure our rooms are not too close together."

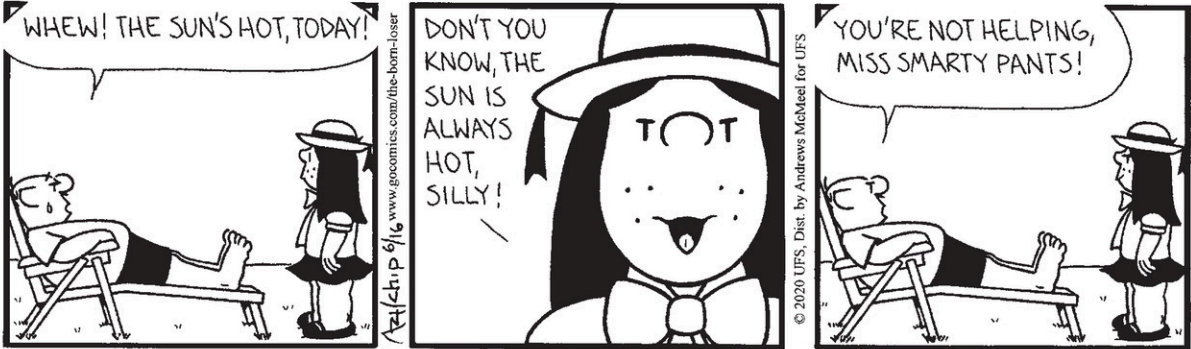
ALLEY OOP



ARLO & JANIS



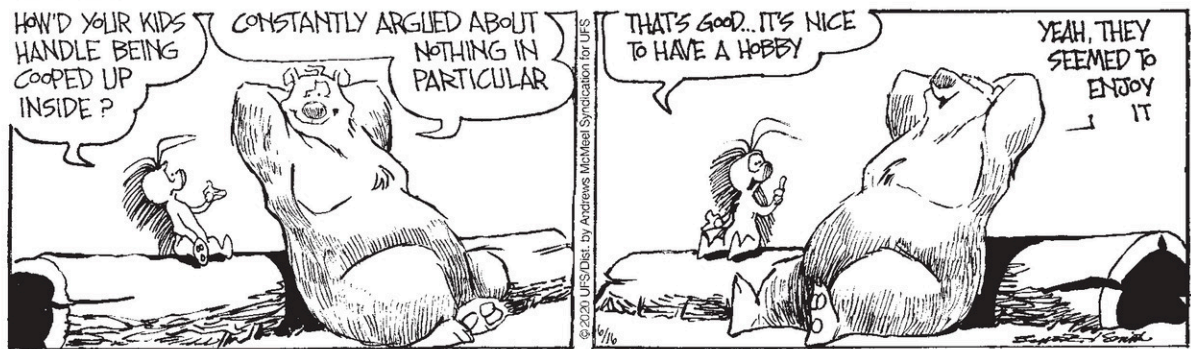
THE BORN LOSER



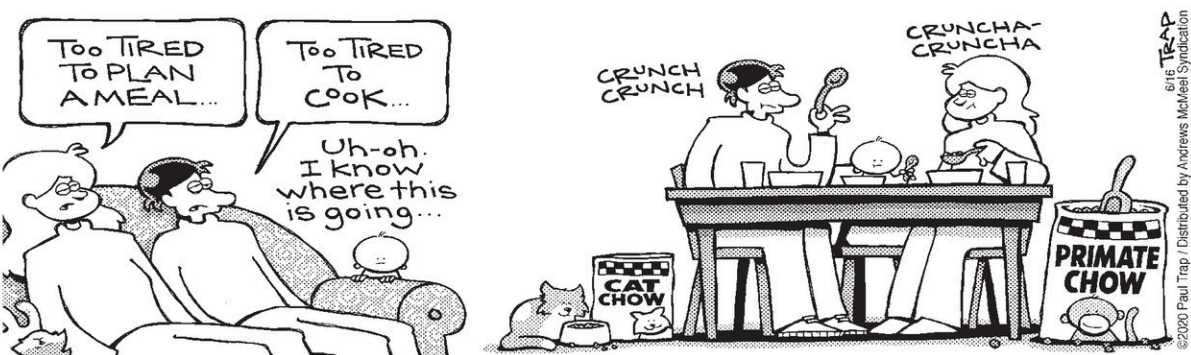
FRANK AND ERNEST



GRIZZWELLS



THATABABY



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.
www.healthcheck.org

Diabetes The New EPIDEMIC
REACT NOW!
Diabetes Québec
Information and donations:
(514) 259.3422 or 1.800.361.3504
www.diabete.qc.ca

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
 The Record, 6 Mallory, Sherbrooke, Quebec J1M 2E2

035 For Rent

5½ FOR RENT IN MANSONVILLE, 3 bedrooms. \$525/month. 1-year lease, then month-to-month. Heat included. Available immediately. Call 819-829-4109.

275 Antiques

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.

100 Job Opportunities

SEEKING LIVE-IN CAREGIVER, assist senior woman in Bromont, Quebec in private household. Keep records of daily activities, provide personal care, accompany to medical appointments, plan, prepare and serve meals, housekeeping and maintain. Room and board, vacation 1 day/month, 1st year 4% / wages. English speaking. Completion of secondary school, first aid and CPR training. Min. two years of experience as full time care giving home support, and related occupation. Temp employment contract of 2 years, 40 hrs/week, \$14.50/hr. Please send cv to sdpr12@gmail.com.

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

Justice
I BELIEVE. I GIVE.
 CANADIAN CIVIC ORGANIZATION FOR Development and Peace
 1 888 234-8533
 www.dev.p.org

THE RECORD
CARRIER NEEDED in Lennoxville
 The Record is currently looking for a carrier(s) in Lennoxville for the following streets:
 • Amesbury
 • Charlotte
 • Convent
 • Queen
 • Warner
 (9 customers)
 If interested, please contact our office by phone at 819-569-9528 or email at billing@sherbrookerecord.com

425 Business Opportunities

MANUFACTURER'S OFFER - Unique and exclusive opportunity, Automatic vending machine routes, Extremely profitable. Customers provided by company. Investment required, funding available. 100% turnkey business project. Toll-Free 1-877-358-3023.

Speak right from the heart.
 A donation in memory of a loved one is a gift of hope.
 It takes just a few minutes. A card will be sent to the bereaved family as a token of your sympathy and generosity.
 1 888 473-4636

NEA Crossword Puzzle

- ACROSS**
 1 Ms. McEntire
 5 "— Miniver"
 8 Hornet kin
 12 Grad school exam
 13 Shoe width
 14 Ibsen's home
 15 Cleopatra's wooer
 16 Foiled
 18 Nighttime noises
 20 Lose traction
 21 Feed for horses
 22 Stretch the truth
 23 Hatfield foe
 26 Stockpiles
 29 Europe-Asia range
 30 Tweety or Sylvester
 31 Dine
 33 Archaeological site
 34 Bulletproof attire
 35 Run the show
 36 Changed into
- DOWN**
 1 — -com
 2 Historical periods
 3 Farm structure
 4 Germ killer
 5 Salt's pal
 6 Stadium noises
 7 Understood
 8 Employee
 9 Italian wine city
- 38 Stirred up**
39 Zurich peak
40 Puppy sound
41 Chenille item
43 Looked good on
46 Staircase part
48 Where to hear Farsi
50 Tied
51 Two-timer
52 Cupola
53 Hardy heroine
54 Advantages
55 Latin I verb

Answer to Previous Puzzle

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

- 10 Vehicle on runners**
11 Seed vessel
17 Korean or Thai
19 Glimmer of hope
22 Plunder
23 Stick-in-the- —
24 Corn storage
25 Parakeet home
26 Firefighter's gear
27 Two
28 Reduction
30 Office sub of Atlanta
34 Dells
35 Dangerous current
37 Abodes in the woods
38 — tai
40 Mongol tents
41 Go crazy
42 Teller's stack
43 John, in Ireland
44 Mythical archer
45 Beaver projects
46 Wager
47 Prefix for dent
49 Once called

SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

6/16 © 2020 Dist. by Andrews McMeel Syndication for UFS

PREVIOUS SOLUTION

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

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

Find the right person for the job in advertising in our **Career Section**
 Many Record readers want a career change and are looking for a new job. Shouldn't your ad be in The Record's Career Section?
 For reservations or further information, please call
THE RECORD
 819-569-9525

| | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | | 5 | 6 | 7 | | 8 | 9 | 10 | 11 |
| 12 | | | | | 13 | | | | 14 | | | |
| 15 | | | | | 16 | | | | 17 | | | |
| | 18 | | | | 19 | | | | 20 | | | |
| | | | | 21 | | | | 22 | | | | |
| 23 | 24 | 25 | | | | 26 | | | | 27 | 28 | |
| 29 | | | | | | 30 | | | | 31 | | 32 |
| 33 | | | | | 34 | | | | | 35 | | |
| | 36 | | | 37 | | | | | 38 | | | |
| | | | | 39 | | | | 40 | | | | |
| | | 41 | 42 | | | | 43 | | | | 44 | 45 |
| 46 | | | | | | 47 | | | | 48 | | 49 |
| 50 | | | | | | 51 | | | | 52 | | |
| 53 | | | | | | 54 | | | | 55 | | |

6-15 © 2020 UFS, Dist. by Andrews McMeel Syndication for UFS

NEA Crossword Puzzle

Your Birthday

TUESDAY, JUNE 16, 2020

- ACROSS**
- 1 P.E. venue
 - 4 Simon or Armstrong
 - 8 Tavern
 - 11 Golfer — Trevino
 - 12 Folktale monster
 - 13 Harp kin
 - 14 Is, to Fritz
 - 15 Forest grazers
 - 16 Clumsy ones
 - 17 Whiskers
 - 19 Wine category
 - 21 — gin fizz
 - 22 Clinton's veep
 - 25 Finding the sum
 - 29 Pale gray
 - 31 TV genie portrayer
 - 34 Creeping vine
 - 35 Hookah, e.g.
 - 36 Ages
 - 37 So-so grade
 - 38 Striped stone
 - 39 Colorful carp
 - 40 Snuggle
- 42 Inventory wd.**
- 44 Memsa-hib's servant
 - 47 Cribbage card
 - 49 Solution
 - 51 Sub — (secretly)
 - 54 Sour
 - 56 Gulf st.
 - 57 Mound
 - 58 Pantyhose color
 - 59 Genre
 - 60 Law (abbr.)
 - 61 Went fast
 - 62 Swimming pool tester
- DOWN**
- 1 Smooth-talking
 - 2 Oui and ja
 - 3 Foundry material
 - 4 Dozed off
 - 5 Self-images
 - 6 Pique
 - 7 Minus
 - 8 Lose — — whisker
 - 9 Playful bark
 - 10 Legal matter

Answer to Previous Puzzle

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

- 13 Loony
- 18 Reddish-brown horses
- 20 Omelet ingredient
- 23 Drought ender
- 24 Observe
- 26 Cut into cubes
- 27 "Blue Tail Fly" singer
- 28 Russian veto word
- 30 Witch's curse
- 31 Mouse alert
- 32 Dire fate
- 33 Tennyson heroine
- 35 Sonnets and odes
- 40 Prefix meaning "recent"
- 41 Came to Earth
- 43 Simple task
- 45 Expect
- 46 Parrot's word
- 48 Outlaws
- 49 Helper
- 50 Tidy the lawn
- 51 Letter before sigma
- 52 Donne's "done"
- 53 Mournful
- 55 Half pint

Making personal improvements, being responsible for your happiness and initiating the steps that will help you reach your long-term goals should be priorities. Let the past help you make better choices as you move forward. Be precise and strive for discipline. Proper fitness and diet will lead to a healthier lifestyle.

GEMINI (May 21-June 20) – Set up a space at home that encourages you to stay fit and to look and feel your best. How well you take care of yourself will affect your emotional well-being.

CANCER (June 21-July 22) – Look for the good in whatever situation you face. A positive attitude will lead to an unexpected response that will help you get what you want.

LEO (July 23-Aug. 22) – Be willing to compromise and you will come out on top. A physical outlet will help get you in shape and lead to a compliment from someone you admire.

VIRGO (Aug. 23-Sept. 22) – Think outside the box. What you come up with will change the way you do your job and take care of your responsibilities. Don't give in to someone who is controlling.

LIBRA (Sept. 23-Oct. 23) – Look at your surroundings, wardrobe and the equipment you use for a hobby you enjoy, and replace anything faulty or worn-out before you end up in a precarious position.

SCORPIO (Oct. 24-Nov. 22) – You can rectify a problem you are facing

with someone close to you. Open up a discussion that will help you both understand each other's needs. Don't let an outsider meddle.

SAGITTARIUS (Nov. 23-Dec. 21) – Be a good listener and observer, and you will stop someone from tricking you into doing something excessive. Change isn't always the best option. Fix what's broken and proceed.

CAPRICORN (Dec. 22-Jan. 19) – Make an adjustment at home that will bring you peace of mind and make you feel good about the way you live and the people you love. A unique opportunity is apparent.

AQUARIUS (Jan. 20-Feb. 19) – Keep your life simple, your plans doable and your outlook positive. Refuse to fall into a situation where you feel obligated to get involved in something you don't want to do.

PISCES (Feb. 20-March 20) – Give and do what you can. You'll do best when helping others. Situations will become emotional if you don't do what's right. Don't overreact or fold under pressure.

ARIES (March 21-April 19) – Keep what's going on around you in perspective. You have so much to gain if you hold firm, work on self-improvement and take care of unfinished business.

TAURUS (April 20-May 20) – You may crave change, but for now, you are best to take baby steps and be observant. Being smart regarding the way you interact with others will help you avoid a setback.

TUESDAY, JUNE 16, 2020

The knowledge expands the brain

By Phillip Alder

Someone wishing to become a London taxi driver must pass The Knowledge. This is a difficult test, requiring the cabbie to know the locations of every street and landmark in London. The driver may not use GPS.

England's most imaginative young bridge player is Steve Root, who passed The Knowledge some years ago. He found an opening lead on today's deal that would not even occur to most players. After South opened and closed the auction with three clubs, what did Root (West) lead?

Described by Andy Robson in his column in The Times newspaper, the deal occurred during the 3rd European Winter Games, which ended on March 6 in Monaco. It was the last major over-the-table tournament. Now there are only occasional top-level events played online.

South's opening bid was debatable with such a weak suit, especially at unfavorable vulnerability. But it does look as though three clubs is cold, declarer losing at most one heart, one diamond and two clubs.

What would West be expected to lead? A low diamond, or perhaps the spade jack. But what did Root choose?

| | | | |
|-------------------------|---------------|-----------|------|
| North | | 06-16-20 | |
| ♠ | A K 10 6 4 2 | | |
| ♥ | K 7 3 | | |
| ♦ | A 10 7 | | |
| ♣ | 10 | | |
| West | | East | |
| ♠ | J 8 | ♠ 9 7 5 | |
| ♥ | A Q 9 6 4 | ♥ J 8 2 | |
| ♦ | K 9 8 3 | ♦ Q 6 5 2 | |
| ♣ | K 4 | ♣ Q J 9 | |
| South | | | |
| ♠ | Q 3 | | |
| ♥ | 10 5 | | |
| ♦ | J 4 | | |
| ♣ | A 8 7 6 5 3 2 | | |
| Dealer: South | | | |
| Vulnerable: North-South | | | |
| South | West | North | East |
| 3♣ | Pass | Pass | Pass |
| Opening lead: ?? | | | |

The heart queen!
 Declarer, confident that East had the heart ace, played low from the board. Then West shifted to the diamond nine. Declarer again played low from the board, but Jonathan Harris (East) won with his queen and returned a heart. Now the contract had to go down one.
 Being successful in The Knowledge supposedly enlarges one's hippocampus, the part of the brain that has a major role in learning and memory.