



(Legal) cannabis comes to Sherbrooke

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THE **RECORD**

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

10th Anniversary of the Stanstead Stone Circle

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THURSDAY, SEPTEMBER 5, 2019

Carrefour Jeunesse Emploi challenging local youth to improve their communities

By Gordon Lambie

What would you do for your community and the environment with \$500? That's the question at the heart of a project by the Carrefour jeunesse-emploi Memphrémagog (CJE), which offers youth employment services in the Memphremagog region. Following a successful first call for project ideas in the fall of 2018, local 18 to 29 year olds in the region are being invited by the CJE to use their creativity to improve their communities and their environment this fall through an initiative known as The Volunteering Project.

According to Sandrine Hébert, project agent with the CJE, this fall's call for projects is different only in that there is now an explicit requirement that the project submitted have some kind of positive environmental impact. "The idea is to promote projects that will have an impact on the

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Sherbrooke Sports Hall of Fame unveils new members



COURTESY

Record Staff

Ten new members were added to Sherbrooke's Sports Hall of Fame on Wednesday. The inductees include athletes, community builders, and teams selected for the honour by the City of Sherbrooke for their accomplishments.

"Once again this year, the Sherbrooke Sports Hall of Fame's selection commit-

tee worked very hard and we are glad to welcome our new inducted members," said Jean Perrault, chairman of the Sherbrooke Sports Hall of Fame's board of directors, in a recent press release. "All of Sherbrooke and Quebec will be happy to learn about these extraordinary people's achievements."

"I want to congratulate all the recipients and the Sherbrooke Sports Hall of Fame committee for all their hard work

and I want pedestrians to take a few minutes at the Place du Panthéon to stop and reconnect with the past, as well as appreciate the great accomplishments of fellow Sherbrooke residents," said Denis Custeau, the event's honorary president, speaking of the commemorative plaques located along the Lac-des-Nations promenade in downtown Sherbrooke.

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Weather



TODAY:
SUNNY

HIGH OF 19
LOW OF 6



FRIDAY:
MIX OF SUN
AND CLOUD

HIGH OF 19
LOW OF 9



SATURDAY:
CLOUDY

HIGH OF 18
LOW OF 10



SUNDAY:
PERIODS OF
RAIN

HIGH OF 15
LOW OF 5



MONDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 19
LOW OF 3

Progressives and pleasure-ways



ROSS MURRAY

During our stay in New Brunswick, Deb and I camped at an oceanfront campground. Unfortunately, the oceanfront was primarily reserved for RVs and trailers while our tent was relegated to what wasn't so much "front of ocean" as "back of sewage plant." These are the wafting risks you take when you stay at a municipal campground.

Packing the prime real estate of the campground were dozens and dozens of camper vans known as Pleasure-Ways. The park was in fact hosting a Pleasure-Way rally, with Pleasure-Way owners from across Canada and the U.S. coming together to meet and discuss, I guess, Pleasure-Ways.

I can't imagine being so excited about any mode of transportation that I would want to meet other equally enthused owners. But they happen all the time. When lovers of classic cars get together, it's called a cruise night. When owners of loud four-wheelers team up, it's called a bloody public nuisance.

"Do you know of the Pleasure-Way?" I imagine our ralliers saying. "Come, friend, let me show you the Pleasure-Way..." Sounds positively lascivious until you look around and realize it's probably been some time since these folks enjoyed the Pleasure-Way.

Yes, the Pleasure-Way appears to be the way of mostly older folks, retirees who have freed themselves from the shackles of job and home for the joys of the open road and sleeping in glorified parking lots.

If I were writing a comprehensive memoir of my life, the chapter covering the times I've stayed at campgrounds heavy on the RVs and retirees would be entitled "Old Men Pooping." Apart from hanging out clever banners ("It's Wine O'Clock Somewhere") and polishing their RVs, this seems to be one of the driving activities - storming the facilities like the beaches of Normandy, preparing not to free Europe but last evening's prime rib. There are no atheists in men's stalls.

This is all crude, ageist and generalizing, of course, and most of all disconcertingly close to home. Looking around the campground, I thought to myself, "Wow, there are a lot of older campers here." Then I looked in the mirror of the very men's room I had fled to myself and realized: le vieux, c'est moi.

As I mentioned last week, Deb and I hiked abundantly during our time away, hustling up hills, negotiating rocks with relative ease and nary a broken hip. Even after spending the night on an air mattress, we remained flexible the next day - following a strong cup of coffee and a little quiet time.

But my body is slowly betraying me, and I don't even want to think about my mind. This past week, I got my first set of progressive lenses, and I am now a person who has to look directly at his feet when going down the stairs. I've always wondered why old people walk so slowly, and now I know it's because two-thirds of what they see is out of focus at any given time. It's like being drunk but

with none of the Pleasure-Ways.

Right now it's my eyes, but I also need a crown on a molar, and my family will rejoice the day I get hearing aids - and I will actually be able to hear the rejoicing for once. At this point, I'm spacing out the work like they were home renovations, though my resale value is the pits and everybody knows my plumbing is shot.

I acknowledge that the majority of people reading this are older than me, and I expect little sympathy. It's not like I stuck a flag in middle-age and declared I discovered it. I don't even like talking about it that much.

And yet here we are.

Consciously I'm aware that age is a mental game and that if you start thinking you're old, you'll start feeling old. Increasingly, though, I find myself, despite myself, comparing aches and pains with peers in similar periods of life - whose knees are doing what wonky thing, whose hips have a mind of their own, so-and-so's ordeal with digestion, and all the things we can no longer eat, drink, do or do quite as much or for as long.

And now I realize: aging is my Pleasure-Way.

I'm in the club of people with greying hair and failing parents. Our membership is huge! And increasingly into naps!

We all just want to connect. It's a beautifully human thing, especially at an age when making new friends becomes so difficult. And so we cling to what we have in common to get us through the years, whether it's comparing your Plateau XLMB (with the innovative Murphy bed) to your neighbour's Plateau XLTD (with the multifunctional rear dinette) or talking at length about gas. It never gets old.

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Association for children with cancer

Ben by Daniel Shelton

Panel 1: A woman says "UH, YEAH...BYE." and hangs up. A man asks "EVERYTHING OKAY?"

Panel 2: The man explains to a friend: "MY FRIEND KIM ALWAYS ENDS A CONVERSATION WITH 'I LOVE YOU'... IT MAKES ME A BIT UNCOMFORTABLE - WE'RE NOT THAT CLOSE! IT SEEMS TO TRIVIALIZE THE MEANING OF THOSE SPECIAL WORDS..."

Panel 3: The friend replies: "I AGREE. SOME PEOPLE SAY IT TOO LIBERALLY, WHEREAS OTHERS..."

Panel 4: The man says "I LOVE YOU." The friend replies "HMM... ER..."

LOCAL NEWS

"This nomination will allow us to have a person responsible for the environmental projects in the City"

Sherbrooke selects new director for environment bureau

Record Staff

The City of Sherbrooke announced this week that Ingrid Dubuc will serve as the director of the new Bureau de l'environnement, created in the spring. The selection committee chose Dubuc for the role after receiving over 40 applications.

Dubuc holds an MBA degree and graduated in physical education and sports management. She is currently pursuing a master's degree in environmental studies at the University of Sherbrooke. She also served as the Sports and Events Division manager for the City of Sherbrooke for eight years. She will take office with the Bureau de l'environnement as of September 23.

"This nomination will allow us to have a person responsible for the environmental projects in the City. She will be able to further large current dossiers, like the fight against climate change, protecting our natural habitats, water quality in rivers, and waste manage-

ment," explained Karine Godbout, president of the environment committee, in a recent press release. "The Bureau de l'environnement's implementation aims to coordinate and increase municipal action for environmental issues, as well as favour dialogue with the population, our partners, and all levels of government."

Before the creation of the Bureau de l'environnement, matters relating to the environment were overseen by four municipal services: the land management and planning department, the urban infrastructure department, the maintenance and roads department, and Hydro-Sherbrooke.

The new structure, under the supervision of the Development and Partnerships Directorate, will be responsible for strategic environmental planning for the entire municipal organization. It will include environmental preservation and waste management teams. According to the City of Sherbrooke, implementing an inter-service committee

Sports Hall of Fame

CONT'D FROM PAGE 1

The Sherbrooke Sports Hall of Fame has inducted seven athletes in 2019.

Volleyball player Pierre Bélanger, who was part of the Canadian Olympic team in 1976, was recognized by the City yesterday, nearly seven years after he was inducted to the Quebec volleyball Hall of Fame in 2012.

Rachèle Béliveau was part of the 1984 Canadian Olympic volleyball team in Los Angeles and was also inducted in 2009 at Du Phare high school and the University of Sherbrooke, where she played volleyball in her youth.

Doran "Duke" Doucet was recognized for his prowess in golf, as he joined professional golfing in 1968. He won the Quebec Club Professional Championship in 1972 and also won nine of 10 tournaments on the professional Quebec golf circuit.

The late Jean Lessard was recognized by the Sherbrooke Sports Hall of Fame for becoming the first French-Canadian

alpine ski champion. He also founded the Mount Sutton skiing school in 1960.

Frédéric Niemeyer is a remarkable tennis player who is particularly known for having beaten one of the best players in the world, Spain's Felix Mantilla, in the first round at the 2003 Wimbledon tournament. Niemeyer made his way to the 2004 and 2008 Olympics and was also the number one player in Canada in 2005. He was inducted to the Coupe Rogers Hall of Fame in 2013.

Marc Quessy was recognized for his excellent performances as a Paralympian. After a tragic accident when he was 19, Quessy lost the use of his legs. He participated in three Paralympics and accumulated eight medals in wheelchair marathons.

Mathieu Turcotte was a member of the national short track speedskating team from 1996 to 2008. He won many gold medals at several world cups and participated in the 2002 Olympics in Salt Lake City, where he won a gold medal at the 5,000-metre relay and a bronze

Carrefour Jeunesse emploi

CONT'D FROM PAGE 1

environment," she said, explaining that projects must also have a community impact and usefulness, occur within the Memphremagog MRC, and take place in the fall of 2019.

Last year the CJE funded two projects based on six proposals; a community fridge in Saint-Etienne de Bolton and flexible seating plan classroom for the local adult education program. Hébert said that based on last year's results, she

is optimistic that the response to this year's return of the initiative will be even better.

While not strictly required, the project agent said that it would be beneficial for proposed projects to be original, based on local needs, involve community partners, promote a by-youth-for-youth approach, promote social diversity, and be something that could be duplicated or sustained.

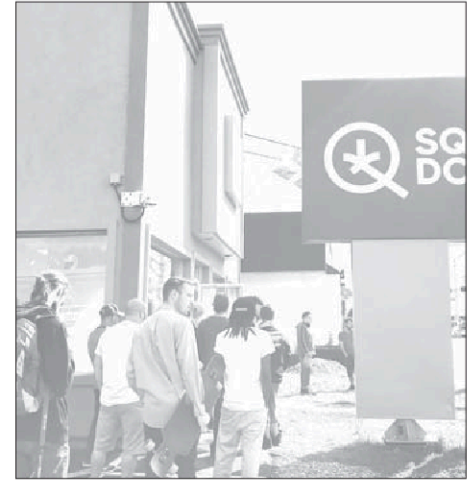
The Volunteering Project is funded through the Quebec government's Se-

(Legal) cannabis comes to Sherbrooke

Record Staff

The Sherbrooke outlet of the SQDC, Quebec's distributor for legal cannabis products, opened its doors for the first time on Tuesday. As has been the case with other openings since the enterprise got off the ground last October, a lineup of excited customers trailed out the door at 1681, King Street West.

Although the SQDC offers online ordering and delivery through its website, the closest physical locations to Sherbrooke for legal cannabis sales prior to the opening of the Sherbrooke shop were in Granby and Drummondville.



TAYLOR MCCLURE

under the supervision of the Bureau de l'environnement will also allow for a stronger coherence, which will multiply the impact of the City's environmental actions and create significant synergy.

The Bureau will regularly monitor environmental questions that are relevant to the City and will ensure the execution of municipal policies and the development of external partnerships with or-

ganizations and all levels of government. The Bureau de l'environnement is made up of its new director, Ingrid Dubuc, as well as a project engineer in environmental engineering, two environmental project leaders, three project officers, a secretary, and a technician.

medal during the 1,000-metre relay. In the 2006 Olympics in Torino, he won the silver medal at the 5,000-metre relay. Turcotte also holds the Canadian record in short track speedskating in the 1,500-metre relay.

Georges Laurent was recognized as a community leader for his involvement in soccer in the Sherbrooke area. After moving to Canada from France in 1966, he helped create the Association régionale de soccer de l'Estrie in 1970 and helped coach teams from 1970 to 1976, winning seven regional championship titles. In 1973, he helped create the Volontaires du Cegep de Sherbrooke's soccer team, which he directed until 1984. Under his supervision, the team won 16 championship titles, including three provincial AAA championships. Laurent also coached the University of Sherbrooke's Vert et Or soccer team from 1987 to 1992. He coached a total of 53 teams in Sherbrooke, and was inducted into the Quebec Soccer Hall of Fame in 1999.

The 1995 Mistral Estrie senior men's soccer team and the 2003-2005 University of Sherbrooke's Vert et Or women's volleyball team, were both also recognized on Wednesday. The soccer team for winning the gold medal in Winnipeg at the Canadian Soccer Championships in 1995; the first time that a Quebec soccer club won the gold medal at these championships since 1961, as well as the first Canadian championship title for an Estrie team. The women's volleyball team was honoured for being the first Quebec team to win the Canadian University Championships title in 2003. In 2005, the team won the Championships again, led by Mélissa Raymond who was named best athlete of the tournament in 2003 and 2005.

The names and photographs of the new Sports Hall of Fame inductees will be printed on a new commemorative plaque which will be placed alongside the others on the north shore of Lac des Nations.

crétariat à la jeunesse, and aims to increase opportunities for youth engagement and local ownership through involvement in a community-based initiative.

All interested parties can submit a project individually or as a team. With the help of the project agent, they will be able to develop and implement an idea for a volunteering project that challenges them within the Memphremagog's community. Funding of up to \$500 will be granted to encourage commit-

ment to the selected project.

To submit a project, you must complete the online form (found at <https://forms.gle/6GS5fj9vLB11xZQt5>) before September 30, 2019.

For more information or help with the application form contact Sandrine Hébert, Project Agent, at Carrefour jeunesse-emploi Memphremagog by email: volontariat@cjemm.com or by phone: 819-843-3007 extension 229

The Border Report

"He was eager to put it together quickly but things don't happen overnight."

10th Anniversary of the Stanstead Stone Circle

By Taylor McClure
Special to The Sherbrooke Record

In 2009, the Town of Stanstead was gifted with its very own stone circle. Installed on the Autumn Equinox, which takes place every year between September 21st and 23rd, the stone circle has served as a significant place in the lives of many ever since. With its 10th anniversary quickly approaching, The Record recently sat down with Kim Prangley, the instigator of the project, to discuss the role the site has come to play in the community.

Prangley, who describes herself as a landscape artist, was born in Newport, Vermont but has always lived in Stanstead. For twenty-five years, she worked at the Haskell Library and Opera House before leaving in 2005. After leaving her job, she headed over to the United Kingdom and Wales to travel and take some time off. That is when she discovered what she called the healing powers of the earth.

"I was always interested in stone circles. I ended up going over to the United Kingdom in 2005 and I had an extraordinary experience standing on a Neolithic stone creation," Prangley recalled. "It was a very healing place and I thought we needed one like this in Stanstead. I've been over a few times now and I always visited sites that involved sacred stones."

While spending time in the U.K., she continued to experience the earth's energy and what it had to offer. "While I was there I had a wonderful month long experience. On the eve of the summer solstice, I was standing on a sacred burial chamber. As I was standing on the tomb, I looked to my right and the sun was setting and I looked to my left and the moon

was rising. It's like I was holding the sun in the moon in my hands. That's when I went oh my god we don't have this in Stanstead but we need it, I need it!"

After returning home from her trip, she started to look around for the perfect location for her very own stone circle but she didn't have any formal plans. What started off as a personal project became something much greater.

Before starting her project, Prangley familiarized herself with stone circles by attending workshops that were held by Ivan Macbeth, who has created stone circles throughout the world by hand, in Massachusetts.

After returning home from a workshop in 2008, her friend approached her with some exciting news. "When I got back from that workshop, my friend told me that he found me a place to put my stone circle and got me free rocks!" The quarry in Bebe had gone bankrupt and her friend, Bashar Chbib, approached them about using their stones to build the stone circle.

"He was eager to put it together quickly but things don't happen overnight."

Other people joined in on the project as well. "I had someone come forward to fund the project and they are Gabriel Safdie and Eva Juul. Christian Ouellet agreed to put the stones in the ground. It was the three of us."

She was allowed to choose her own rocks for the stone circle and she accomplished this through dowsing. "Dowsing taps into your energy and the energy of the world. You can ask the world questions using a pendulum."

She went on to explain that the pendulum is like a necklace with a stone attached to it and it answers your questions



TAYLOR MCCLURE

depending on the way it moves. "I got the permission of the stones for the stone circle. Everything on the planet has an energy, it's a very complicated topic."

In the fall of 2008, she went to the Colby Museum where she sat on the ZigZag Sculpture, created by Kate Pond, during the equinox to help her navigate what she wanted her stone circle to represent. She explained that Stanstead is located on the 45th parallel and that is why this sculpture was placed in Stanstead. At the time of the equinoxes, their shadow marks the passage of the sun along the pipe on the ground.

After this experience, she decided she wanted to have her stone circle align with the equinox. "The equinox is the balance point between light and day. Day and night are of equal length. It's about halfway points; the fact that our community is half Canadian and half American and that Stanstead is located on the 45th parallel which is halfway between the equator and the North Pole. It's also about peace."

As the ball started to roll, the project kept being delayed due to the weather that caused many inconveniences for the installation process. When Prangley finally received a phone call from Ouellet telling her to mark her calendar for the installation, she couldn't believe the day it fell on. "It landed one year to the day that I sat on the equinox."

Prangley explained that stone circles align with the constellations, making it a difficult task when it came time to position the stones. Prangley, Safdie, and Ouellet worked together to install the stone circle down to the very last detail.

The installation of the stone circle took two days to complete and it was a grand affair. "People came from all over to participate and people brought different items."

When installing the first rock, there happened to be an equinox sunrise and Prangley's friend Ivan suggested marking that spot to put a stone there in the future. It just so happened that when they finished installation, they had an extra rock leftover and it was added last minute to align with the sunrise.

She had to wait for another equinox to determine whether this stone was in the correct position. "I didn't know if the stone on the ridge was in the right place so I needed to wait for another equinox." In the days before the March 21st equinox, she calculated that the stone was a little off which resulted in Prangley marking the spot where she thought the stone should be. On the day of the March equinox sunrise, it was confirmed

that her mark was correct and represented the moment the sun rose above the horizon. However, as the sun continued to rise it looked like it was sitting on top of the stone that sat in its original position. "I knew that was supposed to happen and everything fell into place."

She ended up keeping the stone in its original spot. "The sun was sitting right above the large stone. I've never seen it line up that way again. What we saw was quit exceptional. It is very connected to the equinox and that was my intention from the beginning."

While the stone circle involved lots of hard work, it was defiantly meant to be. "The universe wanted it there. Every time I came in contact with an issue everything worked out. That's working with the earth as well."

In terms of the stone circles impact on the Stanstead community: "Everybody reacts to it differently. Some feel a really strong energy and some see a huge beam of light. It depends on the person and their awareness. Part of it is to be out in nature and see the stars. Being in contact with nature, that's what we desperately need. We need to go back to a more peaceful time when we were connected to the universe."

Since its installation, there are stone circle celebrations that are held by Prangley and some by the Town of Stanstead. "I usually do something for the summer solstice and the equinox in September. The day the stone circle was put in is close to the United Nations Day of World Peace so what I've been doing is dances of universal peace on the weekend of the equinox. They are just wonderful. We need to give more of our energy to the energy of peace."

This years celebration will take place on the Autumn equinox around September 21st or 22nd and if people want to know more about this upcoming event or future events that will be taking place at the stone circle, you can always add your name to the event list by sending an email to stansteadstonecircle@gmail.com. By adding your name to the event list, you will also be kept up to date about any changes involving the event that is taking place. This is event is free with a donation option and if it is raining it will be held at an alternate location.

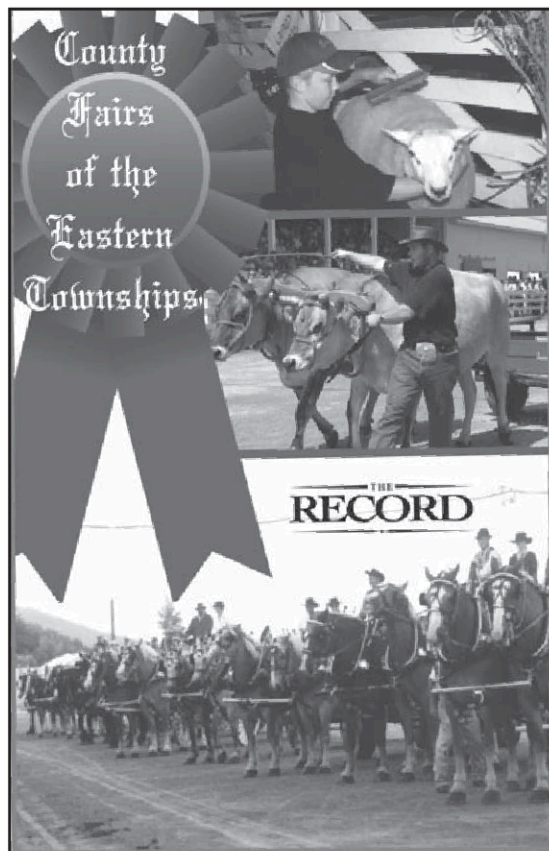
If you would like to visit the stone circle and experience its beauty and energy, it is located on Notre Dame Boulevard in Stanstead and it is advised to bring your passport since it is located near the Derby Line!

County Fairs of the Eastern Townships Commemorative Book

A commemorative book of photos and recollections of County Fairs in the Eastern Townships for nearly 200 years.

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3 great reasons to volunteer!

**PHELPS AIDE
PHELPS HELPS**

By Phelps Helps

September is a hectic time for everyone! It is time to shake off those summer days and get back into routine. This year we ask everyone to consider adding some volunteering to their weekly or monthly routine.

At Phelps Helps, we have noticed the impact that volunteering has had on both our kids and our volunteers and wanted to share the three top benefits we have seen:

1) You're needed! As a volunteer, you are a valuable gem that is truly appreciated. Giving your time saves the organization money and truly is a donation toward change.

2) Wellbeing booster! Believe it or not, giving your time for a good cause does

wonders for your physical and mental health. Stress levels can be reduced and mood may improve. By focusing your efforts on others, you're more likely to lift your emotions and decrease your tension-producing patterns.

3) A learning road. Volunteering helps you learn different things about people and cultures, leading to your personal and professional growth. Volunteers often discover their hidden talent or passion which directly improves their self-confidence.

So, if you have already been thinking about volunteering we hope that this list will inspire you to take the leap of kindness and decide to volunteer!

Phelps Aide Phelps Helps was founded in 2012 and has grown organically from a single high school tutoring program to six unique programs, providing the Stanstead area with free educational and career support. For more information or to volunteer, please email us at info@phelpshelps.ca, visit our website www.phelpshelps.ca or call our offices at 819-704-0799.



FRONTIER ANIMAL SOCIETY

Featured pet: Franni

Franni, is a beautiful and friendly 2 year old Chocolate lab mix who weighs in at about 50 pounds. She is a really nice dog who loves to be with people and seeks attention. She loves to run and chase her ball in our fenced in dog park and she enjoys her walks in the woods. Franni does pull a little but she isn't big or strong and with a harness she is very easy to walk. Although an adult, Franni has some puppy-like qualities and when you first meet her it's likely that you'll quickly understand what we mean. With an adopter who provides her with the exercise she needs and who is willing to invest some time training

her, Franni will be a fabulous companion.

Franni is dog social but lacks some play etiquette so she can be a little too much for some dogs. For now, we don't consider Franni an ideal candidate for your local dog park. Although she is super friendly, at this stage of her development, Franni is best suited to a home with older kids. She is clean in her kennel overnight. Unfortunately Franni cannot live with cats.

To inquire about adoption, please give our adoption coordinator Brenda a call at 819.876.7747 any day of the week between 8 a.m and 8 p.m.



Stanstead begins process to become 'Age-Friendly Municipality'

By Steve Blake
Special to The Record

A steering committee has begun the process to make Stanstead an "Age-Friendly Municipality" (MADA). The committee, comprised of English and French Stanstead residents, and various local service centres, hosted a bilingual public consultation at the Pat Burns Arena Thursday, August 29. About 50 seniors broke into focus groups to discuss issues they would like to see improved upon to make their town more age-friendly.

The meeting was facilitated by Project Manager Lucie Hebert and Helene Hamel, a town councillor and member of the steering committee.

The next step is for Hebert to take the ideas from the seniors and create an action plan to make them a reality. If the council approves the plan it will send it on to the Quebec government. The council will consider the plan as it works on the budget.

MADA (Municipalite amie des aines), Hebert said, is a formal commitment by the municipality to seniors. The policy, which requires a three-year action plan, is recognized by the government.

Hebert and Hamel began the meeting with a PowerPoint presentation of the demographics of Stanstead. The population of 2,788, according to the 2016 Census,

is 2.4 per cent lower than it was in 2011. Seniors make up 24 per cent of the population. Forty-five per cent are 55 or older, and 180 people 65 and older live alone.

The average income for Stanstead residents is lower than the Quebec average. Twenty-three per cent of those 65 or older live below the poverty level.

The mission of the Stanstead policy is to improve the environment and quality of life for seniors by "developing a framework of reference and intervention for the municipal administration," Hebert and Hamel said. The action plan will consider seniors' values, accessibility, autonomy, participation, quality of life, respect, and inclusion. The policy will recognize that seniors are full citizens, regardless of their language, they said. They are the builders of society, and they contribute to society.

The themes for the focus groups included transportation, support services, communication and information, social participation, housing, and outdoor spaces and buildings.

Street maintenance and better sidewalks were issues brought up under more than one heading Thursday – transportation and outdoor spaces. Someone raised the idea of a shuttle service and transportation for emergencies and medical appointments, which, like having easy access to a doctor, also came up under support services.

The seniors suggested a walking club and a coffee club might be offered by existing service organizations, as well as shopping trips, Bingo, and a variety of activities like painting lessons.

Under housing, they proposed a service that would help them stay in their own homes, and adaptive lodging.

It seems like Stanstead's seniors enjoy being outside. They would like to see more benches on the bike paths, and perhaps use the tennis court used for the fast-growing sport of pickle ball.



STEVE BLAKE
About 50 Stanstead seniors broke into focus groups to develop ideas to help their town become more age-friendly.

EDITORIAL

There are definitely a lot of voters out there with less than charitable feelings towards minorities but not all of them are racist.

All your election questions answered



TIM BELFORD

awake once Mr. Sheer starts to speak. It's not so much what he is saying but his oratorical style which is somewhere between a Sunday sermon and an ad for prescription drugs. Your best bet is to go on line and google: "Andrew Sheer, what did he say?"

Dear Tim: Why are people so concerned with NDP leader Jagmeet Singh's turban? Are Canadians a lot more racist than we admit?

Angry in Ascot

Dear Angry: There are definitely a lot of voters out there with less than charitable feelings towards minorities but not all of them are racist. On the other hand, it seems a bit odd to me that anyone would believe that being religious requires wearing what is basically a 15th century head piece, not cutting or shaving your hair and carrying a ceremonial dagger. I can't speak for everyone but personally I wouldn't vote for a nun wearing a traditional habit or a priest who campaigned in his collar either.

Dear Tim: Is the Green party set to win more seats this time around?

Wondering in Woburn

Dear Wondering: Since the Green Party in Prince Edward Island managed to double its seats in the provincial legislature during the last election, environmentalists across the country have sensed a political shift that they feel will soon spread across the country. Don't hold your breath. First, the nation's smallest province has only about 800 vot-

Dear Tim: Do you think we can trust Justin Trudeau's Liberals to keep all of their campaign promises?

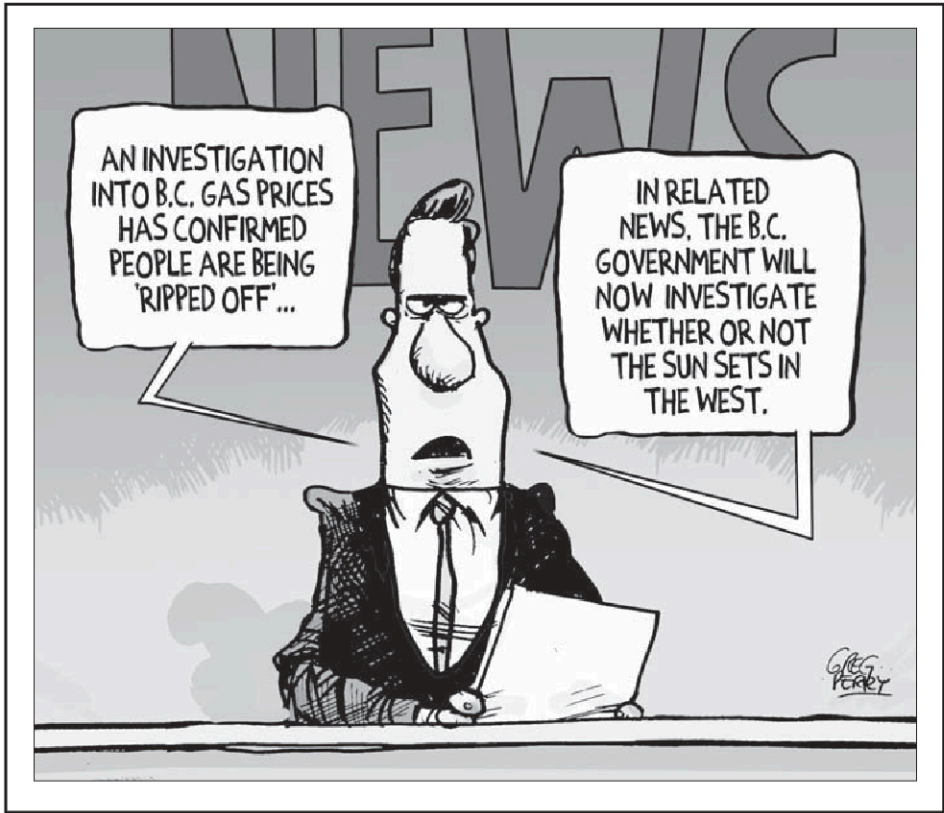
Leery in Lennoxville

Dear Leery: Why not? After all they kept their last election promises. Well, except for bringing in proportional representation, new fighter jets for our aging air force, more open government (remember SCN Lavalin), a new fleet of destroyers for the navy, a solution for our oil pipeline problems, an increased presence in the Arctic, better relations with the aboriginal communities and a chicken in every pot.

Dear Tim: I don't trust the Liberals any more but I'm not sure what the Conservative platform is. What exactly do Andrew Sheer's conservatives stand for?

Confused in Compton

Dear Confused: This is a difficult question to answer and one that is on the minds of everyone following this election including most journalists. The problem is that only the most harden political junkie can remain completely



ers to begin with so it's more like an Angus Reid poll except that it's not valid nineteen times out of twenty. The goal of a greener nation is a good one but to make any major breakthrough Elizabeth May will have to convince Canadians to give up their love affair with the automobile. Not going to happen.

Dear Tim: I'm thinking of voting for Maxime Bernier's new People's Party. What do you think?

Bold in Bury

Dear Bold: Rule number one when it comes to picking a political movement: Never vote for any party with "People" in its name. You can be sure it has nothing to do with the every day Joe or Jane. Witness the People's Republic of China and

the Democratic People's Republic of Korea to name just two. At least Maxime Bernier has learned to keep his important papers under his pillow and not on his girlfriend's bed side table.

Dear Tim: Will the Bloc Quebecois make a recovery?

Upset in Ulverton

Dear Upset: Members of the Bloc have been so busy fighting amongst themselves since the last election that they haven't had much time to even check their mail. Right now you would have to be a French-speaking, pure laine, Quebecois with a serious interest in politics to even name the Bloc's leader. But you never know.

Quebec grants over \$293,000 for roads in Orford

Record Staff

Orford MNA Gilles Bélanger announced over \$293,000 this week for road work projects in the municipalities in his constituency.

"Quebec's local road network program will financially support the municipalities who have to overcome many challenges, like managing a roadway system that is constantly developing, whether it be to improve or build new

municipal roads," explained Bélanger, who made the announcement on behalf of Quebec Minister of Transport, François Bonnardel. "It is a direct injection of funds that will benefit these communities."

Potton will be obtaining the largest grant, with just under \$35,000 going towards the municipality's road network. Magog, Canton de Stanstead, Ste-Catherine-de-Hatley, and Ogden will be receiving allocations between \$20,000 and

\$30,000. Meanwhile, Austin, Bolton-Est, Bonsecours, Eastman, Hatley, Canton de Hatley, Orford, Ste-Anne-de-la-Rochelle, Saint-Étienne-de-Bolton, and Stukely-Sud will be receiving amounts between \$10,000 and \$20,000. Finally, the MTQ will be granting Ayer's Cliff, Lawrenceville, North Hatley, and Stanstead funds that stand over \$5,000 for the repair and construction of roads in the municipalities.

THE RECORD

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

<p>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</p> <p>DEPARTMENTS</p> <table border="0" style="width: 100%;"> <tr> <td>ACCOUNTING</td> <td>(819) 569-9511</td> </tr> <tr> <td>ADVERTISING</td> <td>(819) 569-9525</td> </tr> <tr> <td>CIRCULATION</td> <td>(819) 569-9528</td> </tr> <tr> <td>NEWSROOM</td> <td>(819) 569-6345</td> </tr> </table> <p style="text-align: center;">KNOWLTON OFFICE 5B VICTORIA STREET, KNOWLTON, QUEBEC, J0E 1V0 TEL: (450) 242-1188 FAX: (450) 243-5155</p>	ACCOUNTING	(819) 569-9511	ADVERTISING	(819) 569-9525	CIRCULATION	(819) 569-9528	NEWSROOM	(819) 569-6345	<p style="text-align: center;">PRINT SUBSCRIPTIONS</p> <p>For print subscription rates, please call 819-569-9528 or email us at billing@sherbrookerecord.com</p> <p style="text-align: center;">ON-LINE SUBSCRIPTIONS</p> <table border="0" style="width: 100%;"> <tr> <td>QUEBEC:</td> <td>1 YEAR</td> <td>108.72</td> <td>5.44</td> <td>10.85</td> <td>\$125.00</td> </tr> <tr> <td></td> <td>1 MONTH</td> <td>9.78</td> <td>0.49</td> <td>0.98</td> <td>\$11.25</td> </tr> </table> <p>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.</p> <p>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</p> <p>Return undeliverable Canadian addresses to The Record, 6 Mallory Street, Sherbrooke, QC J1M 2E2</p> <p style="text-align: center;">Member ABC, CARD, CNA, QCNA</p>	QUEBEC:	1 YEAR	108.72	5.44	10.85	\$125.00		1 MONTH	9.78	0.49	0.98	\$11.25
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Letters

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

Local Sports

Sherbrooke, Quebec's Jamie Laroche has had a very successful year thus far in the Creative Counters / Vermont Solid Surface Late Model Series

Canadian drivers head to speedway 51 this weekend

Record Staff

A trio of Canadian drivers will be headed to Speedway 51 in Groveton, New Hampshire this coming Saturday night, where racing will resume after a weekend off for the Lancaster Fair. Three Canadian drivers have been competing at Speedway 51 all season long and are bringing lots of race fans with them.

Sherbrooke, Quebec's Jamie Laroche has had a very successful year thus far in the Creative Counters / Vermont Solid Surface Late Model Series as he currently sits just outside the top five in the season long point standings in sixth position. Laroche has had a couple of strong outings this year and is looking for another one this weekend. The driver of the #50 is looking for a breakout weekend for all of his crewmembers and fans alike.

North Hatley, Quebec veteran Mike Giroux will be returning after a race absence due to mechanical problems. Giroux who has raced at Speedway 51 in the past, drives truck for a living and his work schedule didn't allow him to pre-

pare his car for the previous race. Giroux has always been a solid racer and would like nothing more than to come up with a solid weekend. The #36 Late Model team is all ready to go, and very anxious to get back on track.

The third regular from north of the border is 12 year old Makita Giroux from North Hatley, Quebec. Giroux was the Daredevil Youth Racer champion in 2018, and has moved up to the Sportsman Tiger division for 2019, taking over the helm from his dad, Mike Giroux. Makita has taken his time graduating to being competitive and last week sat on the pole for the feature event. Makita is showing great improvement each time out and will be a strong competitor in the near future. The young man is currently sitting 10th in one of the most competitive divisions at the Speedway.

It will be a full night of racing for all divisions as the Late Models will race for 75 laps in their next to last point race for 2019. The card will also feature the Tiger Sportsman, Street Stocks, Daredevil Youth Racers, the wildly exciting Bone Stocks and the Annual Kids Pit Tour.

The grandstands open at 4 p.m. for a

6 p.m. race. In case of a rainout on Saturday, the race will be held on Sunday, September 8th at 1p.m.. Speedway 51 is located at 78 Craggy Road in Groveton, New Hampshire. For more information

visit their website at www.speedway51int.com, or contact Dick Therrien at 802-274-8823, or by e-mail at dprdick@gmail.com.



36 Mike Giroux battles 11 Terry Reil

PICTURES COURTESY



50 Jamie Laroche holding off the 1 Corey Mason



36 Makita Giroux and 2 Mike Clark battle after a restart

18th edition

Le Rendez-vous d'Howard

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AN ELECTRIFYING DECADE
(1929 TO 1939)
ARTS, CULTURE AND HISTORY**

**ON SEPTEMBER
6, 7 AND 8th 2019**

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f Instagram

Death



Muriel Mildred JOLIFFE
1946-2019

Muriel Mildred Joliffe passed into the presence of the Lord on August 19, 2019, at the age of 73.

She is the beloved daughter of the late Lloyd Joliffe and his late wife Bernice Wright. She and her cheerful disposition will be missed by many.

Relatives and friends are invited to Hope Church, 102 Queen Street, Sherbrooke (Lennoxville), on September 9, 2019, to celebrate her life. There will be a time of visitation at 1:00 p.m. followed by a memorial service at 2:00 p.m.

Interment will be at the Malvern Cemetery after the service.

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

In Memoriam

LOWRY, Roland James: 1928-2003. In loving memory of my dear husband, our children's father, a grandfather and now a great-grandfather. On September 1, 1956, we exchanged our marriage vows and on September 5, 2003, the sad day "till death do us part" became a reality.

*Memories of days long gone by,
But in our hearts you are always there.*

**With our love,
Your wife THEDA
AND OUR FAMILY**

**BECOME A
VOLUNTEER:**

1-877-356-3226

**MAKE A
DONATION:**

1-800-418-1111



Canadian Red Cross
Quebec Division

Datebook

THURSDAY, SEPTEMBER 5, 2019

Today is the 248th day of 2019 and the 77th day of summer.

TODAY'S HISTORY: In 1774, the First Continental Congress convened in Philadelphia.

In 1836, Sam Houston was elected the first president of the Republic of Texas.

In 1882, the first U.S. Labor Day celebration was held in New York City.

In 1975, President Gerald Ford survived an attempt on his life when Secret Service agents tackled would-be assassin Lynette Fromme.

In 1986, Pan Am Flight 73 was hijacked at the Jinnah International Airport in Karachi, Pakistan.

TODAY'S BIRTHDAYS: Jesse James (1847-1882), legendary outlaw; Arthur Nielsen (1897-1980), market researcher; Darryl F. Zanuck (1902-1979), film producer; John Cage (1912-1992), composer; Bob Newhart (1929-), comedian/actor; Raquel Welch (1940-), actress/model; Werner Herzog (1942-), filmmaker; Freddie Mercury (1946-1991), singer-song-

writer; Cathy Guisewite (1950-), cartoonist; Michael Keaton (1951-), actor; Rose McGowan (1973-), actress.

TODAY'S FACT: In 1957, Jack Kerouac's "On the Road," a defining novel of the postwar generation, was published by Viking Press.

TODAY'S SPORTS: In 1960, boxer Muhammad Ali (then known as Cassius Clay) won the gold medal in light heavy-weight boxing at the Olympic Games in Rome.

TODAY'S QUOTE: "Television won't be able to hold on to any market it captures after the first six months. People will soon get tired of staring at a plywood box every night." — Darryl F. Zanuck

TODAY'S NUMBER: 12 — colonies represented at the First Continental Congress in 1774. Georgia declined to send delegates.

TODAY'S MOON: First quarter moon (Sept. 5).

**Do Just
One Thing**



By Danny Seo

Fresh flowers are a nice and easy way to keep your home cheery. But when the flowers begin to wilt, what do you do with them? Whether you grew them yourself or brought them in from the store, all flowers are fully compostable. But one thing isn't: The water used in the vase. That little packet of flower feed that came with your store-bought flowers is actually a biocide that kills bacteria in water, and that chemical can kill the good bacteria in your compost. It's best to pour that water mixture down the drain.

Coaticook area Senior Citizen's Club

On May 21, 2019 we had our meeting at the Elie-Carrier Center. Penny Fowler welcomed everyone and mentioned we had a group of speakers coming after lunch. She started right away with members having their birthday in May, James Bailey and Ernestine Whipple.

The participation prizes were won by Eileen Dezan and Penny Fowler. Door prizes went to Mary Cutler, Mary Lessard, Lydia May, Laura Mayew, DUSTINE Mayhew, Ellie Bailey, Ruth Charleau, Ed Bryant and Ernestine Whipple. Lunch was preceded by Ruth Charleau saying the Grace.

The speakers explained the various services they can provide and gave us pamphlets and cards to reach them easily. I'll list them with some information to make it easier.

Mental Health Estrie in Sherbrooke,

819-565-3777, and they have a facebook page (Recovery of hope and Hope of recovery). They can help with: Finding a psychologist or psychiatrist; Connecting with your local CLSC; In times of crisis calling 811 option 2 to speak to a social worker; Hospitalizations; Peer support groups and To file a complaint (CAAP Estrie - 819-823-2047); Suicide prevention center from anywhere in Quebec, dial 1-866-APPELLE.

CSSS de la MRC-de-Coaticook, 819-849-4876 ext. 57344, or 811 evenings, weekends or holidays. For further information about health care and services, visit santeestrie.qc.ca - this is all through the 'Centre intégré universitaire de santé et de services sociaux de l'Estrie - Centre hospitalier universitaire de Sherbrooke'.

Arrimage Estrie, the address of the

office is 6 Wellington South, office 204, Sherbrooke, 819-564-7885, www.arrimageestrie.com, facebook page. Group meetings - eating disorders and accepting yourself. (www.nedic.ca). National Eating Disorder info center.

Our next meeting will be September 17, 2019 (11:30 a.m.) at the Elie Carrier Center. The meal will be served at noon as usual and the main course will be pork chops. You will be receiving a call from one of our members to confirm your presence. We hope you had good summer and we are looking forward to seeing you.

*Submitted by
Penny Fowler, President
Suzanne Martin, Secretary*

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: clas-sad@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.

NEA Crossword Puzzle

ACROSS

- 44 Jug
- 46 Newspaper type
- 51 Noted sci-fi writer
- 54 Badminton target
- 55 Repeal
- 56 Oscar nominees
- 57 Laments loudly
- 58 Arrange, as hair

- 1 Human herbivore
- 6 Ecuador's capital
- 11 Rio Grande town
- 12 Caught some rays
- 13 Held to the mat
- 14 Pawned
- 15 Rest
- 16 Perform perfectly
- 17 Row
- 19 "Fatha" Hines
- 23 Magazine execs
- 26 Declare
- 28 Stage prompt
- 29 Out of bed
- 31 Fixes a sock
- 33 Inch along
- 34 Dots in a river
- 35 Gear tooth
- 36 Lhasa —
- 39 Curly letter
- 40 Stepped on
- 42 Berlin single

DOWN

- 1 Rockies ski resort
- 2 Sea eagle
- 3 Cowboy — Autry
- 4 Skillful
- 5 High sign
- 6 Je ne sais —
- 7 Dad's brother
- 8 Printer's supply
- 9 Kickoff stand
- 10 Out of the ordinary
- 11 DJ's platters
- 12 Stock holding

Answer to Previous Puzzle

	D	I	N	E			E	L	U	D	E	
J	U	R	I	E	S		N	A	P	K	I	N
A	P	O	L	L	O		A	U	G	E	R	S
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				C	O	R	A	L				
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G	L	O	O	M			C	O	P	E	D	
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	M	A	T	T	E	R		I	N	E	P	T
				O	P	T	I	C				
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B	O	L	E	R	O		E	P	I	L	O	G
E	S	T	E	E	M		D	A	M	A	G	E
G	O	O	D	S			L	E	N	A		

- 16 Ariz. neighbor
- 18 Fleming of 007 fame
- 20 Ranch measure
- 21 Undersized pups
- 22 Minus
- 23 Slip-up
- 24 San — Padres
- 25 Compass pt.
- 27 Hwys.
- 29 Bank dep.
- 30 Pollution control org.
- 32 Malt brew
- 34 Charged particle
- 37 Irritate
- 38 Polite word
- 41 Wicked one
- 43 Decree
- 45 Stir fry pans
- 47 Bohemian
- 48 Superstar
- 49 Trevi Fountain coin
- 50 Lubber's eye
- 51 Clumsy vessel
- 52 Meet, in poker
- 53 — got it!
- 54 Univ. degrees

	1	2	3	4	5		6	7	8	9	10	
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51	52	53						54				
55								56				
57								58				

Your Birthday

THURSDAY, SEPTEMBER 5, 2019

Participation will make the difference this year. Engaging in new adventures, learning and directing your energy into things you enjoy will pay off. You have plenty to gain but also to lose if you neglect personal responsibilities. Manage your temper, finances and consumption with care.

VIRGO (Aug. 23-Sept. 22) — If you don't pay enough attention to what's going on behind the scenes at home or with your finances, you'll be forced to backtrack. Take control before you suffer a loss.

LIBRA (Sept. 23-Oct. 23) — Doing research, relying on experience and expanding your knowledge will help you adjust to the changes going on around you and will encourage you to assess your lifestyle and goals.

SCORPIO (Oct. 24-Nov. 22) — Having a face-to-face conversation with someone will give you a much better read on the situation at hand. Know with whom you are dealing before you commit.

SAGITTARIUS (Nov. 23-Dec. 21) — Emotions will spin out of control if you get into conversations that touch on sensitive issues. You should listen more than talk, and intervene only if someone is offering false information.

CAPRICORN (Dec. 22-Jan. 19) — Settle any unfinished business. Negotiate and draw up new contracts, or discuss what you want to happen and find out who is on board with your plans. Romance is encouraged.

AQUARIUS (Jan. 20-Feb. 19) — Don't let

the actions of others throw you off-guard. You should follow your plan and stick to your standards. Joint ventures are discouraged.

PISCES (Feb. 20-March 20) — Emotional meddling is apparent. Stick to what you know and to people whom you can trust. Keep your life simple, activities reasonable and spending minimal. Avoid indulgent situations.

ARIES (March 21-April 19) — Look at all aspects of a situation before you get involved. You should focus on listening, learning and exploring the possibilities. Time is on your side, so slow down and think the matter through.

TAURUS (April 20-May 20) — Look, see and do. Let your imagination take charge and your intelligence help you develop what you want to pursue. Success will follow if you take action and chase your dream.

GEMINI (May 21-June 20) — Look for the good in everyone, but don't let someone who is a smooth talker take advantage of your kindness and generosity. If someone is manipulative, recognize what's happening and walk away.

CANCER (June 21-July 22) — Spending time with family and using your talents to reach your personal and professional goals should be your priorities. Don't wait for someone else to make the first move. Be proactive.

LEO (July 23-Aug. 22) — Expand your interests, but don't get into something that is beyond your means. Know your limitations and boundaries before you proceed. Question someone's motives.

THURSDAY, SEPTEMBER 5, 2019

Backpedal with balanced hands

By Phillip Alder

When was this speech given? "So I come before you with a budget that is honest in its discussion of our challenges, creative in its possible solutions, compassionate in its commitment to our most vulnerable and balanced on the bottom line."

In bridge, we have balanced and unbalanced hands. The latter tend to be more productive because of their long suits, but it is usually necessary to have a fit with partner. Balanced hands have more losers, which is not good.

In today's deal, North was excessively optimistic. His two-no-trump response promised four-plus spades and at least game-forcing values. South jumped to four spades, which purported to show a minimum with no singleton or void. South correctly imagined his heart holding as king-doubleton. Then North, with a six-and-a-half-loser hand, should have passed. Instead, he pushed his partner into six spades.

What should South do after the diamond nine or club jack lead?

In each case, South will draw trumps, discard two diamonds on dummy's hearts, then hope to avoid two club losers.

After the diamond lead, South will

		North	09-05-19
		♠	K Q 8 3
		♥	A Q J
		♦	A 6 2
		♣	Q 7 6
West		East	
♠	9 7	♠	J 6
♥	10 7 4 2	♥	9 8 6 5 3
♦	9 8 7	♦	K J 10 3
♣	J 10 9 2	♣	K 4
		South	
		♠	A 10 5 4 2
		♥	K
		♦	Q 5 4
		♣	A 8 5 3
		Dealer: South	
		Vulnerable: Neither	
South	West	North	East
1♠	Pass	2NT	Pass
4♣	Pass	4NT	Pass
5♥	Pass	6♣	All Pass
Opening lead: ♦ 9 or ♣ J			

have to divine the club position, which he is most unlikely to do.

The normal start, though, is the club jack. But that would tell South that East has the king, which he will successfully hope is singleton or doubleton.

The introductory piece was said by James H. Douglas, Jr., some 85 years ago. He was an assistant secretary of the treasury for both President Herbert Hoover and President Franklin Roosevelt.

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.

" ZYTDEN JYRVYEV WVJSDGV
 GXVDF KMCZGJ ... YF AXMFAGVF
 WVKVAGJ DJ GXV RYJG SYUVFKCZ,
 ZYTDEN GXDEN BYC AME WY."
 - LFDJGVE HVZZ

Previous Solution: "When you can do anything you want, you're really responsible to do something great. And that's scary." — Ashton Kutcher
 TODAY'S CLUE: A sjenbe g

REALITY CHECK



HERMAN



"Your honor, before the jury retires to reach a verdict my client wishes to present each of them with a little gift of jewelry."

ALLEY OOP



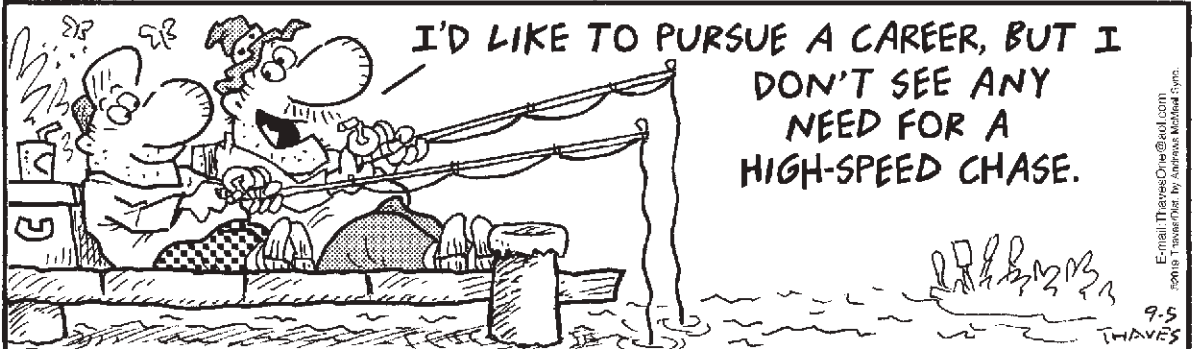
ARLO & JANIS



THE BORN LOSER



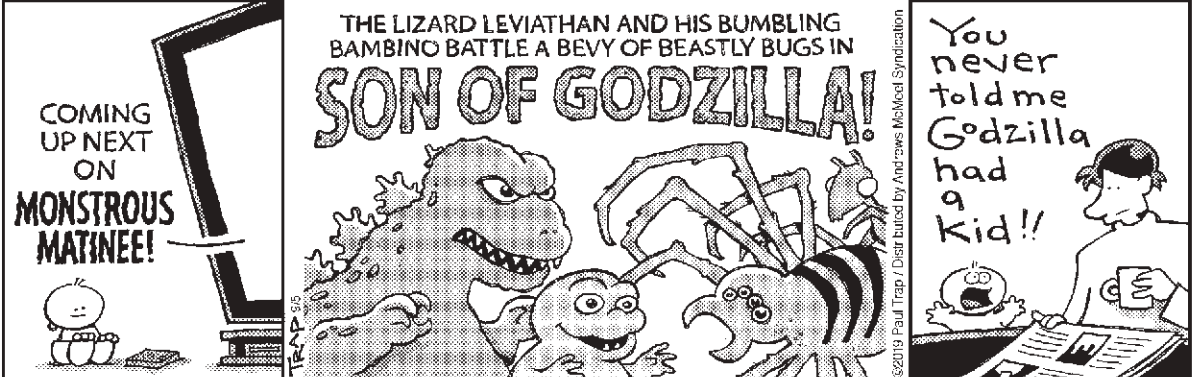
FRANK AND ERNEST



GRIZWELLS



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 When you choose products with the Health Check symbol, it's like shopping with the Heart and Stroke Foundation's dietitians, who evaluate every participating product based on Canada's Food Guide.
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www.diabete.qc.ca

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 E-MAIL: classad@sherbrookerecord.com
 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

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

CLASSIFIED



FUNDRAISER AUCTION
for the NORTH HATLEY LEGION
95 Jackson Heights, North Hatley
on Saturday, September 7 at 10 a.m.
Viewing: Sept. 6 at 5 p.m. and Sept. 7 at 9 a.m.
TO BE SOLD: Collectibles, silverware, frames, antiques, tools, sporting goods, toys plus much more. **View full listing** on our Facebook page: NorthHatley.Legion.7
 Something for everyone. All welcome. Canteen.
Info: 819-842-2933 after 2 p.m.

240 Fruits and Vegetables 340 Garage Sales 340 Garage Sales

MACDONALD'S FARM - Open **Saturday**, September 7 from 9 a.m. to 5 p.m. Squash, beets, carrots, tomatoes, garlic. 696 MacDonald Road. 819-820-8494.

AYER'S CLIFF MOVING SALE. Small hand tools, garden tools, lawn mower, ladders, air compressor, power washer, vintage water skis, life jackets, cross country skis, office furniture (2 desks, matching credenza and round board table with chairs, one computer desk), vinyl albums from 60's and 70's (country and dance music), vintage stereo system with 4 large speakers, cabinet, glass coffee table, wood coffee table, sewing machine, household items, dishes. **Saturday, September 7, 9 a.m. to 4 p.m., at 3035 Round Bay Road, Ayer's Cliff.**

NORTH HATELY Barn Sale Fundraiser for the Piggery Theatre, 215 chemin Simard, Ste. Catherine de Hatley, J0B1W0, on **Saturday, September 7** from 8 a.m. to 2 p.m., and **Sunday, September 8** from 10 a.m. to 4 p.m. Pyrex, furniture, toys, household items, Christmas decorations and much more. piggery-media@gmail.com.

275 Antiques

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DIFFICULTY RATING: ★★☆☆☆

9			6			7		
	6		3	9				
3			8	2	7			1
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	8			1				7

PREVIOUS SOLUTION

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

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

Canadian Legion will be having their Terry Fox Brunch that morning! Looking forward to see many of you!

AYER'S CLIFF

Fall Brunch at Beulah United Church, 967 Main Street, Ayer's Cliff on Sunday, September 15 from 11 a.m. to 1:00 p.m. Come and enjoy a delicious meal of ham, sausage, bacon, scrambled eggs, homemade baked beans, pancakes with real maple syrup, toast, fruit salad, coffee, tea and juice. All are welcome.

LENNOXVILLE

Hope Community Church invites the community to attend their Grand Opening Service on Sunday, September 8 at 10:30 a.m. to celebrate the newly renovated facility located at 102 Queen St., Lennoxville.

LENNOXVILLE

Hope Community Church, 102 Queen St., Lennoxville, invites the community to attend their Annual Community Block Party on Sunday, September 8 from noon to 3 p.m. There will be music, kids activities, barbecue and bouncy castles. Everything is completely free of charge. For more information contact us at 819-822-2627 or email info@hcclennoxville.ca

BURY

The members of the Bury United Cultural Center invite you to two 500 card parties on Mondays, September 9 and September 23, at 2 p.m. at the Center. Admission charged; usual lunch and prizes included. Then on October 19, from 10 a.m. until 3 p.m., join us for the annual painting exhibition where local artists exhibit their talents, at two places, the Bury United Cultural Center and the Armoury Cultural Center. Lunch will be available at the Bury United Cultural Center for a modest cost. Please join us for these activities.

NORTH HATLEY

The Smartest Voice in the African Room: How food security and climate change offer a chance for environmental renewal (if only we learn how to listen to women). Awa Ba and Jonathon Ellison from our team at WaterforAfricanWomen.org will recount a recent meeting where they invited development experts from around the world to meet with the residents of one of the most underserved villages in Senegal, West Africa. Douglas Coutts (retired, UN World Food Program for Africa) will comment on the experts' response, versus the comments of a hilarious-grandmother-with-attitude. How is it that food security indicators are going in the wrong direction, while a handful of women's gardens are exploding with food? Sunday, September 8 at 10:30 a.m. (bilingual). UUEstrie, 201 Main St., North Hatley (upstairs). Info: 819-842-4146, www.uuestrie.ca, Facebook UU Estrie. All are welcome.

RICHMOND

Tea & Talks. Tuesday, September 10. Invited speaker: Céline Delorme from DIRA-Estrie. 2 p.m. to 4 p.m. at RRHS (375 rue Armstrong). A social afternoon for seniors to get together. And talk! Bring a friend to make it double the fun. Free refreshments.

LENNOXVILLE

The I.O.O.F. Sawyerville Odd Fellows are hosting a Mechoui on Saturday, September 14 at 5 p.m. at the A.N.A.F. Unit 318 "Hut," 300 St. Francis Street, Lennoxville. Adults \$20, children 5-12 \$10. For tickets call Jerry Coates at 819-570-6385. Tickets are limited.

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 and District Community Aid will be holding a Blood Pressure clinic on Tuesday, September 10 at 164 Queen Street, Suite #104, from 1:30 p.m. to 2:30 p.m.

NORTH HATLEY

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Friday, September 6 at the Library, 165 Main St. North, from 10:00 a.m. to 11:30 a.m.

LENNOXVILLE

You are cordially invited to join us for the 18th Music Achievement Awards Jam and Celebration at "The Hut," A.N.A.F Unit 318, 300 St. Francis, Lennoxville on Saturday, September 28 from 3 p.m. to 9 p.m. The recipients are Willie Fisk and Bubba Lacroix.

LENNOXVILLE

St. George's Parish Guild and Evening ACW invite you to enjoy refreshments when attending the Lennoxville Quilters' annual Quilt Show from 10 a.m. to 5 p.m. on Friday, September 6 and Saturday, September 7 from 10 a.m. to 4 p.m. at St. George's Church Hall, 84 Queen St., Lennoxville. Door prizes and raffle of hand-made quilt. Admission charged and everyone welcome.

STANSTEAD

Fall Leaf Fair on Saturday, September 7, 9 a.m. to 11:30 a.m., at Christ Church Hall, 548 Dufferin, Stanstead. Sales tables, crafts, attic treasures, homemade goodies. Please join us for coffee and treats. Everyone welcome. Thrift Shop open.

BURY

Centre Communautaire de Brookbury. There will be a Fundraiser Bingo Game at the Brookbury Hall on September 6 at 7 p.m. The address is 571 Route 255, Bury. Everyone is welcome. Come and have a fun evening. Information: Brenda 819-884-5984.

LENNOXVILLE

Annual Quilt Show, sponsored by the Lennoxville Quilters, on Friday, September 6, 10 a.m. to 5 p.m., and Saturday, September 7, 10 a.m. to 4 p.m., in St. George's Church Hall, 84 Queen St., Lennoxville. Admission \$5. Refreshments by the Parish Ladies. Prizes, courses (beginners and advance quilters).

SHERBROOKE

Bowling. Are you up for something new? Come join us. Men and women needed. No experience necessary. Small balls - 10 pins. A fun adult league. September to April, Thursday nights 6:30 p.m. to 9 p.m., at Centre Multi-Loisirs Sherbrooke, 1010 Fairmount Street, Sherbrooke. Call Everett Boynton 819-822-0286.

RICHMOND

Summer is waning and fall schedules are starting up. Join others at Richmond 50+ Club, meeting for the new season on Monday, September 9 starting at 1:30 p.m. at the Richmond Melbourne United Church, 247 Principale St. South. Military Whist will be enjoyed that day. For more info, please contact Bev at 819-826-3832.

RICHMOND

The Richmond Terry Fox Walk for cancer research will take place on Sunday, September 15 at 9 a.m. It will start at the corner of Craig and Principale streets! Everyone from 2 to 98 years old is welcome to show support for Terry Fox! The Richmond

THE RECORD
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Fan of fasting

Dear Annie

THURSDAY, SEPTEMBER 5, 2019

Dear Annie: I cannot tell you how elated I was to read the letter from "Eating and Satisfied." I, too, found success with intermittent fasting – even to the extent of losing more than a hundred pounds.

The experts have found that going without food for 16 to 18 hours straight will facilitate faster weight loss by using up your glycogen stores. Unless you are an athlete, which most of us are not, one of the worst things you can do for your weight is to eat every few hours.

I found success with the two most common forms of fasting: the 18-hour fast and the 24-hour fast. One month I will do the 18-hour fast, where I will finish eating for the day by 6 p.m. and not eat again until noon the following day. I can then eat as much as I reasonably want (the key is "reasonably") between noon and 6 p.m. The cycle starts again after supper and continues on a daily basis.

The following month I switch to a 24-hour cycle, where I will eat whichever meal I choose, generally lunch, and then not eat again until I reach that meal hour 24 hours later – but only twice a week. My fasting during that cycle amounts to only eight to 10 days for the whole month total.

Intermittent fasting has become the silver bullet that has killed my lifelong struggle with weight loss. The residual positives are that my cholesterol and blood pressure have gone down, my HDL's have shot up, and my LDL's have dropped dramatically, along with increased muscle tone and energy. I'm 64 years old, and I now look like I'm 40, and love the admiring looks from both men and women.

Intermittent fasting has changed my life, and if I could stand on the street corner and shout from a pedestal, I would do it. Going without food for 18 or 24 hours is not as hard as you may think. I tried every diet plan available, including all those you see advertised on television that will cost you beaucoup bucks, and something free that was inside of me the whole time was the key to success. Thanks, Annie, for letting me share. – Skinny and Happy

Dear Skinny and Happy: Yours is such a cool story. Thank you for sharing it.

Dear Annie: This is in response to "Brushless." It has been my experience that no amount of educating about disease, long-term damage, pictures or cost of repairs will motivate someone to brush their teeth – until they are ready.

My teenage stepsons had just "listened" to another of their father's lectures on the subject. When it was finished, I asked, "Do you know what that is on your teeth?" I received a grudging, "What?" I answered, "Germ poop." They both went immediately to brush their teeth (after almost gagging!), and they continued to do so on a fairly regular basis. – A Beginning

Dear A Beginning: Congrats on getting your stepsons to brush their teeth. They will truly thank you when they are older. I hope your letter helps other parents who are desperate.

"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.

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2019 Nissan Kicks



On the hunt for young car buyers

PHOTO: D. BOSHOUEWERS



Opting for an economical car no longer has to mean making big compromises, and the Nissan Kicks is Exhibit A. It edges close to being THE ideal vehicle for younger-generation buyers who want advanced tech, eye-catching colours and good fuel economy in a ride that can actually travel beyond city limits. That said, the challenge of attracting sufficient numbers of buyers in a demographic that buys fewer and fewer vehicles is a real one.

Best not compromise

Three trims are available for the 2019 Kicks: the S, SV and SR. In my view, the no-brainer is to go for the SR, which is not that much costlier than the lower trims and comes with quite a few functions, of both the essential and the fun varieties. As it happens, this SR trim is the one I drove for a week.

Impossible not to have your attention drawn first to the two-tone roof Nissan has placed on its crossover, very effective at making the little Kicks stand apart on the road and in the mall parking lot. My tester was decked smartly in a dark blue body/white roof scheme, and it was quite a handsome affair. You can also choose a red, orange or metallic roof.

The standard wheels are 16-inch, and this grows to 17 inches on the SV and SR.

As we've seen with the company's Juke, Nissan offers personalizable accessories through its Color Studio software. You can treat yourself to the Electronics package, for example, and give your Kicks exterior ground lighting, just like the luxury cars have.

The Kicks sits on the company's V platform, also in use for the Versa and Sentra models. Unfortunately this platform is not designed to integrate all-wheel drive, so if you're considering a Kicks know that you're going to make do with front-wheel drive.

The interior

Inside, the environment is not as trendy as you'll find in some rival models, but it's certainly not a disappointment. The ergonomics are solid, construction quality is strong, the seating is comfortable and the relatively boxy shape of the model helps create a roomy space for occupants in both rows. In that respect the Kicks eats competitors like the flashy C-HR for

lunch.

You can opt for things like the remote starter if you like warming up your vehicle before climbing in during the winter, as well as keyless entry. My tester's cabin was all the more welcoming and positive because of the contrasting orange stitching that really pops in the black interior. Sometimes that's all it takes to liven things up... Once inside, attention is drawn to the big data screen in front of the driver; there's also a tablet-like 7-inch touchscreen atop the central console, where you can make use of Apple CarPlay and Android Auto. The front row occupants get four USB ports.

The touchscreen is luminous and I found it nicely reactive. The screen's menus are simple and easy to use, which may well factor in for more than one buyer who's seen some of the older, less-ergonomic systems in place in some other models.

Exclusive to the SR trim is an excellent 8-speed Bose Personal Plus audio system; it can be had with the SR Premium package.

While globally the interior of the Kicks is a positive and well-designed environment, there are a few areas where it loses points. There are, for example, no closed storage spaces in the lower part of the central console, nor is there an armrest for the front passenger. These fall into the irritating-but-forgivable category, given the price point of the 2019 Kicks.

In back, as mentioned there's enough space to welcome two medium-sized adults and keep them happy. In back of them, however, is a bigger positive. As in, the cargo area of this small SUV, which is higher in volume than many competitors. At 716 litres, the back section of the Kicks is simply superior to that of the C-HR and the new Kona, for example.

Safety

The new Kicks features an impressive array of advanced systems that a very short time ago were standard only on premium cars, for example an emergency braking system, blind spot monitor and collision alert. To the two higher trims, buyers can add more functions like the rear transversal alert.

Beyond the tech systems, however, Nissan has also included safety-enhancing features like the upgraded dipped-beam headlights that provide much better lighting than typically found in this price range. And of course the SUV comes with dynamic traction control which helps it recover when skidding or if it starts to lose control on a curve. My tester, the SR, is the only version of the Kicks to benefit from powertrain software with integrated dynamic control to improve the handling and behaviour of the SUV on the road. It includes active engine braking and

active driving control, notably. Another reason not to compromise when choosing the trim you want...

The mechanics

The Nissan Kicks is powered by a 1.6L 4-cylinder delivering 122 hp and 114 lb-ft of torque. That power is sent to the front wheels via a CVT (continuously variable transmission). Don't bother perusing the options list for an all-wheel-drive system, there is none available. This, however, allows Nissan to keep the pricing of the Kicks down and edges fuel consumption down further, plus it's one of the reasons why that trunk space is so generous.

Consumption

Speaking of which, the official numbers are certainly excellent, and a major factor in drawing the interest of the model's target customers: 6.6L/100 km and 7.7L/100 km highway/city. Translated into the real world, I finished my week of city-biased driving with an average of 7.5L/100 km – more than respectable for a model in this category. No complaints here...

On the road

Generally the drive is a comfortable one, although at certain moments it does feel a little stiff (or sporty, depending on how you want to feel about getting bumped around a bit). Let's say the suspension is configured to deliver at least a modicum of pleasure to those who like their driving dynamics energetic, and don't mind making a wee sacrifice in terms of ride comfort.

Ride quality is very good and I found nothing to moan about on smooth road surfaces. Straight-line acceleration is decent, helped by the fact that the Kicks weighs a relatively sprightly 1,215 kg (curb weight of the Toyota C-HR, by comparison, is 1,497 kg; the Hyundai Kona goes from 1,311 to 1,517 kg; and the Kia Niro weighs 1,409 kg).

As mentioned, don't expect a velvety smooth ride from the suspension and relatively stiff body of the Kicks, but in that respect the SUV is also in sync with the crisp, responsive steering.

The 2019 Nissan Kicks edges close to being the ideal vehicle for those working within a budget but who don't want to make any serious compromises touching on safety, advanced tech, cargo space and fuel economy. It helps that it's such a looker as well, if a two-tone roof is something you see as a plus and not a negative.

There's really little buyers have to sacrifice from their wish-list to get this reasonably priced small SUV, unless you count luxury or massive interior space. In which case you wouldn't be looking in this category to begin with. And that's what makes the Kicks a compelling choice; this is a practical and personable city car that can also serve you well when you venture beyond city limits.



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