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MONDAY, JUNE 6, 2016

## Anyone need a Jumpstart?

By Matthew McCully  
SHERBROOKE

Anyone who shops at Canadian Tire is familiar with the routine at checkout. Shoppers get their receipt, along with a few Canadian Tire bills, depending on the amount of the purchase.

For those who don't collect and use the money, there is a handy dandy box on the way out of the store to donate that money or any other spare change.

The Record made some inquiries to find out where that money goes.

According to Canadian Tire communications advisor Julia Wilkinson, the money that is collected in those donation boxes goes towards Canadian Tire Jumpstart Charities (Bon Départ in French), a national charity that helps kids aged four to 18 from financially disadvantaged families participate in sports and physical activities by helping to cover the costs associated with registration, equipment, and/or transportation.

Wilkinson explained that June is Canadian Tire Jumpstart Month, and Canadians are encouraged to show their support by donating at their local Canadian Tire store to give kids the gift of play.

The Record asked Wilkinson how funds generated in-store translated regionally.

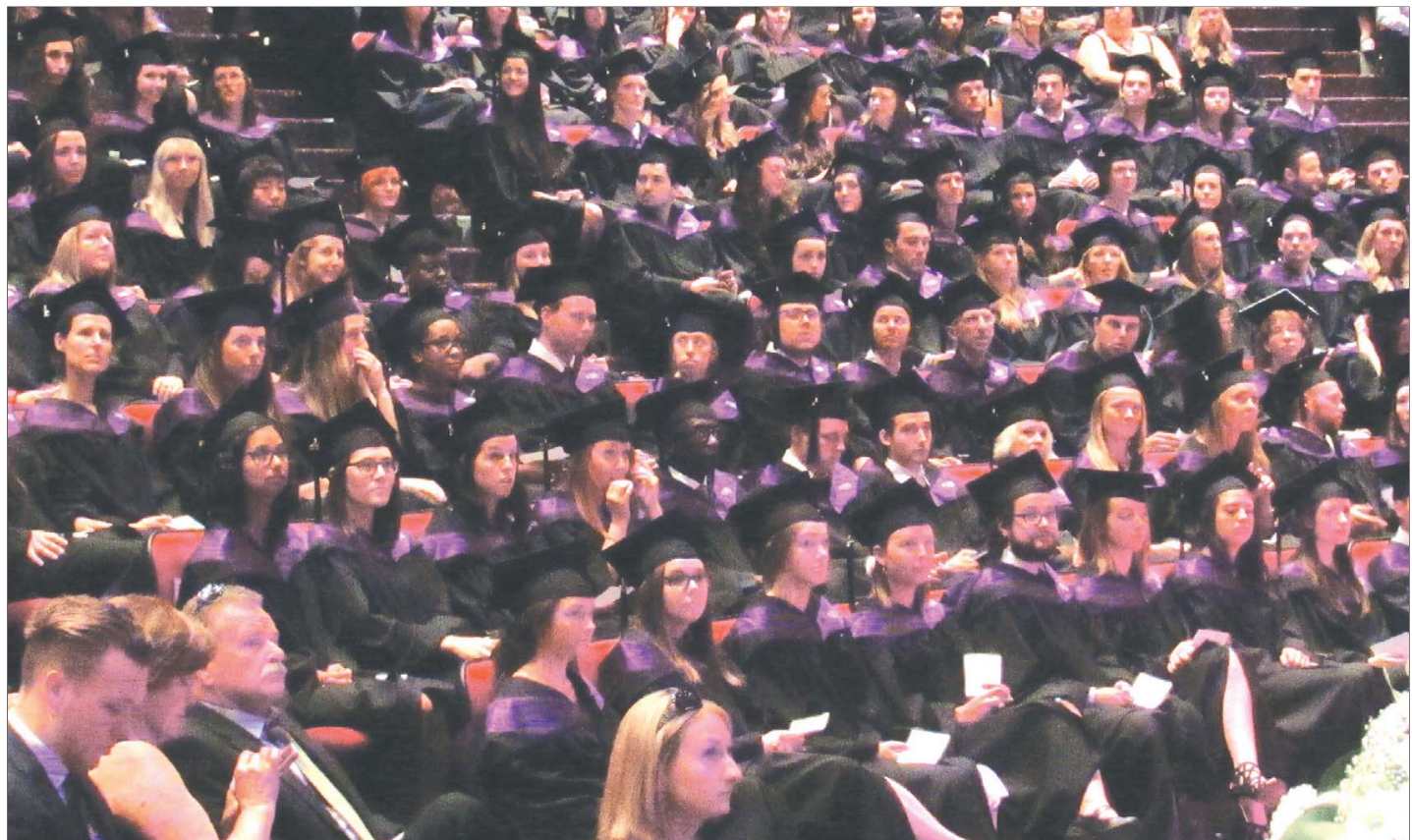
"One hundred per cent of all customer donations made to Jumpstart stay within the community in which the donation was made to help local kids," Wilkinson said.

"Sherbrooke is part of the Sherbrooke-Fleurimont Jumpstart Chapter," she explained. "In 2015, more than \$50,000 was disbursed to families in the

CONT'D ON PAGE 3

## Convocation Weekend

Graduates encouraged to find their path



RACHEL NEWCOMBE

It was a sea of purple as students waited eagerly to receive their diplomas, and listened to the distinguished speakers.

By Rachel Newcombe  
Special to The Record

This past weekend, Bishop's University students participated in three convocation ceremonies spread over two days. The ceremonies were a symbol that this was the last time most of these individuals would be students.

The Saturday morning ceremony was for students receiving Bachelors of Arts and Bachelor of Education de-

grees. Brian Levitt, the Chancellor, officially opened convocation, and offered up some words of wisdom to the packed Centennial Theatre.

"Find something to do that you feel passionate about," he said. "You have a lot of time ahead of you to accumulate experience". He added that they should be prepared to make many course corrections on the road to finding happiness and success.

Before the students received their degrees, two individuals were given honorary degrees. Monique Gagnon-Tremblay and Xavier Dolan both received an honorary doctorate in Civil Law.

Gagnon-Tremblay was Quebec's Deputy Premier and Minister of International Relations. She served as a member of the National Assembly for Saint-François for 27 years, and had a

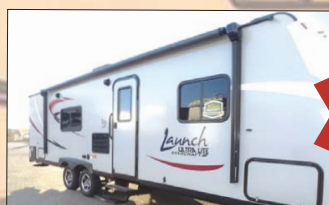
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LOW OF 6



THURSDAY:  
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SHOWERS

HIGH OF 13  
LOW OF 7



FRIDAY:  
60%  
SHOWERS

HIGH OF 17  
LOW OF 9

# Lennoxville Remembers the Normandy landings

By Gordon Lambie  
LENNOXVILLE

As has become tradition, representatives of the Army Navy & Air Force Veterans in Canada (ANAF) Unit 318 gathered with members of the public in Lennoxville's Civic Park on Sunday afternoon to commemorate the 5,500 Canadians who were killed on D-Day, June 6, 1944. Samuel Gratham Street was closed between 1pm and 2pm to make room for the ceremony, although the whole gathering was finished by 1:15.

It has been 72 years since the allied forces crossed into Nazi-held France by sea and by air over the Normandy coast in what is generally seen as the beginning of the end of the Second World War in Europe.

Georges Beaulieu, the Past President

of the ANAF Dominion Command, said that the annual ceremony was planned not just as a way of remembering the sacrifices of those who fell in combat between June 5 and June 7, 1944, but also as a way of keeping the community in touch with the spirit of remembrance throughout the year.

"Remembrance Day is a good ceremony and lots of people come out, but what about the rest of the year?" Beaulieu said. "We should still remember them the whole year, not just for one event."

The Past President said that despite a light rainfall this year's event was well attended, possibly as a result of its being the only ceremony of its kind in the city.

"It's not done everywhere," Beaulieu said. "It should probably be done more than it is."

Despite that feeling, however, Beaulieu said that even if Sherbrooke were to start doing its own, larger ceremony commemorating D-Day every year, he would still want to see Lennoxville go ahead with its own event. Though he recognized that Lennoxville is a part of Sherbrooke now, the past President said that the distinct histories of remembrance in the communities are important parts of their respective personalities.

"We were the first to have a cenotaph in the area after the First World War," Beaulieu said, pointing out that while the Sherbrooke war memorial dates back to 1928, the Lennoxville one is from 1923. "They got into an argument in Sherbrooke about where they were going to put it."

## Convocation

CONT'D FROM PAGE 1

distinguished career.

Upon receiving her degree, Gagnon-Tremblay spoke to the graduates, saying she was humbled to receive such an honour.

"This convocation day will be ingrained in your memory forever," Gagnon-Tremblay said. She spoke many encouraging words to them about their future. "I sincerely wish you surpass yourself always," she stated.

Dolan is a 27 year old actor, film director, and writer who has several feature films to his name. A Cannes Film Festival favourite, Dolan has won several awards, and is in the

process of creating his first English-language film, *The Death and Life of John F. Donovan*. The cast includes Natalie Portman, Jessica Chastain, and Kit Harington.

Dolan, who is self-taught, was very complimentary of the graduating class. "I am before you, very intimidated," he said. Dolan discussed his decision to discontinue with his schooling. "I didn't feel in my place."

He remarked on the fact that he was even there receiving such a honour. "Because I'm a dropout, I always thought the chances of me standing on one of these

stages wearing one of these robes was rather thin," he said.

"I feel very young and confused and lost very often," Dolan remarked, relating to the students. His speech was sincere, and the assembled crowd gave him a standing ovation.

In a post ceremony talk, Dolan explained the message he hoped he conveyed to the graduates about being a part of the society. "We must create that place. It isn't there waiting for us," he said, adding, "I tried to humbly tell them they needed to cease that place."

Other speakers at the ceremony included valedictorian Alexander Roy, whose speech moved the graduates to stand on their feet and sing a rousing rendition of the school song.

Finally, Principal Michael Goldbloom shared some of his favourite memories that he has experienced at Bishop's, and told the graduates to go forward and still remember the community they will always be a part of.

Raise a toast, graduates. You deserve it.

## Accused child lurer free on conditions

Record Staff  
SHERBROOKE

Having been declared fit to stand trial, a young Sherbrooke man accused of child luring has been released under strict conditions.

Jonathan Lacasse, 19, who used a picture of Batman as his profile picture on Facebook, is accused of multiple counts related to computer luring.

Quebec Court Judge Claire Desgens imposed a series of conditions before releasing him on Thursday at the courthouse in Sherbrooke.

In addition to all the conditions applicable to sex crimes to protect minor victims, Lacasse is prohibited from accessing the internet and must continue to follow up with a psychiatrist and take the medication prescribed to him.

He has also pledged to respect these conditions with a deposit of \$1,000 to transplant the courthouse of Sherbrooke. Lacasse has spent a week behind bars.

He appeared on May 25 to be charged with computer child luring, invitation to sexual touching, and for presenting sexually explicit material for the purpose of producing child pornography.

CONT'D ON PAGE 5

## Ben by Daniel Shelton



# LOCAL NEWS

The CIUSSS Estrie - CHUS won two mentions at the Ministry of Health and Social Services (MSSS) Awards Thursday for projects supporting clients.

## CIUSSS Estrie – CHUS honoured for client service programs

Record Staff  
SHERBROOKE

The CIUSSS Estrie - CHUS won two mentions at the Ministry of Health and Social Services (MSSS) Awards Thursday for projects supporting clients.

### The Recovery Shop

For over 25 years, users living with moderate to severe mental health problems have attended the recovery work-

shop at the Hôtel-Dieu de Sherbrooke.

Each year, the group recovers more than 372 000 kg of cardboard, 78,000 kg of organic material, 35 000 kg of paper, 9500 kg of recyclable material, and 43 000 cell phone batteries. They also give a second life to over 1,000 greeting cards and hundreds of office products. Besides making eco-friendly actions, these clients become one step closer to recov-

ery, which may mean a possible return to the labor market for some.

### Quicker youth autism diagnoses

In 2011, a new diagnostic path for the autism spectrum disorder among clients aged 0 to 17 was introduced in the Sherbrooke and Val-Saint-François local service networks.

The benefits are many: providing an easier path in the network, a tested and

efficient screening tool, diagnosis in adequate time, and support throughout the episode. In short, children are directed quickly to the right program. This path has so many benefits that it was spread throughout the Estrie region in January 2015. It should also be extended soon to the La Pommeraiie and Haute-Yamaska regions.



COURTESY

Of the Recovery Workshop: Marco Lemay, Andrée Duquette, Benoit Laliberté, Sylvain Gaudreault, Martine Dubé, Kim Houle, Annie Laliberté, and Dr. Stéphane Tremblay.



COURTESY

Of the Youth Autism Project: Chantal Richer, Christian Gauthier, Eveline Tremblay, Mario Morand, Caroline Hamel, and Dr. Stéphane Tremblay.

## Jumpstart

CONT'D FROM PAGE 1

Sherbrooke-Fleurimont chapter to help 1,429 kids get into activities like football, soccer, biking and sport camp. Since 2005, the Sherbrooke-Fleurimont chapter has helped 8,792 kids," commented Wilkinson.

In terms of turnaround time for Jumpstart applications, Wilkinson said after a family has applied for Jumpstart funding, there is typically an eight week time period between the application being submitted and the cheque being received by the payee.

Wilkinson went on to say that Jumpstart works with local community partners to help identify in-need kids and

disburse funding.

She provided the list of partners with the Jumpstart program in the Sherbrooke-Fleurimont chapter, which currently includes no English schools or community organizations.

- Baseball Sherbrooke
- Canadian Tire #096
- Carrefour accès loisirs
- Centre jeunesse de l'Estrie
- CLD Val St-François
- Club de soccer Le Sprint
- Comité Loisir de la MRC du Haut-Saint-François
- Commission scolaire-Région de Sherbrooke

- CSSS-IUGS
- École 4-Vents
- École de La Montée - Pavillion St-François
- École Internationale du Phare
- École Le Monarque
- École Mitchell
- École Primaire De la Sainte-Famille
- École primaire Quatre-Vents
- École secondaire de la Montée - Pavillon Le Ber
- Fondation pour les élèves de la CSRS
- Loisirs Acti-Famille
- MRC des Sources
- Municipalité Régionale de Comté de Coaticook

According to Wilkinson, applicants can apply for Jumpstart funding through a community partner, or online ([jumpstart.canadiantire.ca](http://jumpstart.canadiantire.ca)) or by calling 1-844-YES-PLAY.

"An organization can become a community partner by reaching out to a Jumpstart representative, such as the Jumpstart Regional Manager or a member of the administration team," Wilkinson said. Interested groups can email [jumpstart\\_admin@cantire.com](mailto:jumpstart_admin@cantire.com) for more information.

## Assisted dying information session at La Maison Aube-Lumiere

Record Staff  
SHERBROOKE

On Wednesday, June 8, Sherbrooke's end-of-life hospice care centre La Maison Aube-Lumière is holding a public a briefing on the Bill 2 on end of life care, including palliative sedation and medical help to die.

The information session will be held from 3-4:30 p.m. in the centre's Salle Canada Life (3071 12th Avenue N., Sherbrooke). The entrance is through the back.

Since December 10 of last year, Bill 2 concerning end of life care came into effect in Quebec. And as of February 1, La Maison Aube-Lumière has made medical help to die available for people with cancer in late life hosted at the centre.

The session, hosted by La Maison's Executive Director Marie Bécotte, will focus on palliative care at La Maison Aube-Lumière and on the highlights of Bill 2 on end of life care.

No reservation is required to attend.

## Coaticook man sentenced for abuse of former spouse

Record Staff  
SHERBROOKE

A Coaticook man has been sentenced to three years behind bars for the sequestration, assault, uttering threats, and sexual assault against his former partner.

Patrick Élément settled his accounts with justice after pleading guilty to the charges stemming from events that occurred March 22, 2015. With time served, Élément will spend another two years less a day in a provincial detention center.

Élément went on the run following the incident and a warrant and a search notice were issued and the Sûreté du Québec thought they had found him

barricaded inside his residence on Bachand St. in Coaticook. Neighboring homes had to be evacuated to ensure the safety of others. An SQ SWAT team intervened late in the evening, but no one was found on the premises. He was finally captured in August 2015 and has been held ever since.

Élément also pleaded guilty to break-ins in Union St. in Coaticook as well as Saint-Joachim-de-Shefford. He also pleaded guilty to numerous break and enters.

The sentence was imposed by Quebec Court Judge Claire Desgens following a joint suggestion of the attorneys involved.

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# Clean-up bee abuzz with volunteers in Potton

## THE SCOOP



MABLE HASTINGS

On Saturday, May 28, between 40 and 50 citizens, Municipal Councillors and employees gathered at

the Manson Park in the heart of Mansonville to have breakfast together and organize various teams for cleaning ditches while improving the beauty of the township and its roadsides. Armed with gloves and plastic bags, volunteers walked the roadsides on Schoolcraft, Peabody, Vale Perkins, Owl's Head, Laliberte and Leadville roads picking up trash. Additional volunteers from their respective associations in the Sugarloaf, Ruiter Brook and Mount Owl's Head areas also joined in to do their part.

The event was organized by the Municipality and organizers assured that vehicles equipped with water patrolled the roads so that volunteers would remain hydrated and energized in the

sweltering heat. Loading the many bags of trash collected along the way also kept the trucks busy throughout the day.

"There is always a sense of accomplishment in doing this kind of thing," said one volunteer. "Doing it along with others also makes it a lot of fun."

At lunch, the group gathered back at the park feeling a real sense of accomplishment where they shared a light lunch while participation prizes were drawn at random. Several of the volunteers left with gift certificates from local businesses as well as notebooks and pens made of recycled paper that were generously donated by the Cascade company, a pioneer in recycling and sustainable development in Quebec. The company

wished to encourage the initiative in Potton and were happy to contribute the prizes.

"The activity was a big success and will certainly become an annual event," said Alexandra Leclerc, Environment Specialist, who is in charge of waste management and protection of the water sources in Potton.

Claire Alger, Administrative Secretary at the Municipality was pleased to see such a great turnout.

"Heartfelt thanks go out to all of the volunteers," she said. "It was a great day with some great people and our roadsides in those areas look much better."



Two pick-ups all piled up with the day's work.

COURTESY



Volunteers for the day.

COURTESY

## LAMRAC laments lack of wildlife rehabilitation resources

Record Staff  
SHERBROOKE

The Cherry River Marsh Association (LAMRAC) is raising the alarm about a lack of facilities for the rehabilitation and release of orphaned or injured wild animals in Quebec.

Although the rehabilitation of wild animals is a provincial responsibility, no financial assistance program exists to support the activities of the few refuges present in Quebec, the association says, and organizations have to rely on a team of passionate volunteers and public donations to operate.

Many rehabilitation centers provide access to the public in order to raise

funds supporting their operations but only those animals that can't be rehabilitated are used for this purpose. The animals to be released cannot be shown to the public and organizations must use all available means to limit their contact with humans to avoid domestication. This explains the extreme rarity of organizations that can help you if you find an injured or orphaned animal.

"In the Eastern Townships, no organization is able to rehabilitate animals in need," says LAMRAC Director General Stéphanie Houde. "However, you can bring them to the SPA for euthanasia or contact the Department of Wildlife Man-

agement in the Estrie, Montreal, the Montérégie, and Laval at 819 820-3883 for advice. It is important to note that it is illegal for anyone to undertake such unlicensed rehabilitation without authorization from the appropriate government authorities."

LAMRAC, Houde says, is not a shelter or a rehabilitation center. It doesn't have the facilities or the resources to collect injured, lost, or orphaned animals and, although it is a wildlife observation center, the only animals it features on the site are those that will never be released because they have physical or adaptation problems that make them dependent on

humans.

Aware of this glaring and unfortunate lack of resources to help wild animals, both in the region and in Quebec, and to help those who have found an animal in distress, the organization has placed a reference document on the home page of its website that contains information on how to intervene and especially about situations that do not require intervention, as is the case in the vast majority of cases. It is imperative to learn before doing anything to avoid unintentionally, making a bad situation irreversible.

For more information, visit [www.maraisauxcerises.com](http://www.maraisauxcerises.com)

## Child lurer

CONT'D FROM PAGE 2

A psychiatric assessment of his ability to appear was requested. After reading the report, Desgens declared him fit to face the charges.

Lacasse victimized at least three teenagers over a period of several months between January 1, 2015 and February 25, 2016. His alleged victims are teenage boys from Sherbrooke,

Saguenay, and Lévis.

The reasons supporting the search warrant, which led to his arrest, reveal that he approached at least two young boys in Lévis and Saguenay. He had one 13 years-old send photos of his arms and legs in exchange for free movies. He asked the teen to shave his arms and legs and offered a video game console in ex-

change for a sexually explicit video. He also sent the teenager a picture of his penis via the popular app Snapchat.

In Saguenay, a 13 year old was targeted in June, 2015. The accused had repeatedly asked his victim for videos of his arm and leg hairs. He also asked him to make a sexually explicit video.

A perusal of the accused Facebook ac-

count shows that the 19 year-old was very active on social media sharing several posts daily.

Child luring via computer is punishable with a minimum twelve-month sentence.

# EDITORIAL

*"You don't want patients who are potentially terminal, or certainly suffering, to have to go running around trying to find some doctor somewhere that's prepared to deal with this."*

## Doctors, officials tackle assisted dying challenges in rural communities

By Jennifer Graham  
The Canadian Press  
REGINA, SASKATCHEWAN

Nestled in south-central Saskatchewan, surrounded by fields of mustard plants, is the town of Gravelbourg, a bilingual community that calls itself "a touch of Europe on the Prairies."

It has 1,120 residents, give or take, and three doctors.

One of those physicians is Dr. Intheran Pillay.

As president of the Saskatchewan Medical Association and a rural doctor for 23 years, he is more familiar than most with the challenges doctor-assisted dying is creating for the medical community, especially in small-town Canada, where access to care is already an issue and choice of provider isn't always an option.

"We're aiming to try and figure out how to help patients that seek it out in a community where, say for instance, a physician is a conscientious objector, where there would be mechanisms in place that the patient can seek that care elsewhere," says Pillay.

Shanaz Gokool, the CEO of Dying With Dignity Canada, says there are concerns about access, especially if the only doctor in a community opposes providing an assisted death.

"There has to be accommodations that don't involve undue hardship on the person who's already very ill and could potentially be dying to have to travel themselves," Gokool says. "So I think there will have to be accommodations to make sure that they can access assisted death in their community."

In a report last November, a provincial-territorial expert advisory group on physician assisted dying said the challenges already associated with delivering adequate health care in parts of the country "will present themselves with the introduction of physician-assisted dying as well."

The group recommended a publicly

funded co-ordination system to link patients with doctors willing to help a terminally ill person die.

It said such a system would ensure that people in rural and remote communities have equitable access to physician-assisted dying, perhaps through physician visits or telemedicine.

Saskatchewan is still trying to figure out which doctors will provide the service.

"We don't expect that we will see the service available in every community, but we certainly expect that there would be broadly based accessibility in a number of health regions, so it won't be available only in the big centres," says Pauline Rousseau, executive director of the strategy and innovation branch with Saskatchewan's Ministry of Health.

Medical regulators in every province have issued guidelines instructing doctors how to proceed with assisted dying.

The College of Physicians and Surgeons of Saskatchewan policy says physicians can follow their conscience when deciding whether to provide the service. However, the college also says doctors must not abandon a patient who makes the request.

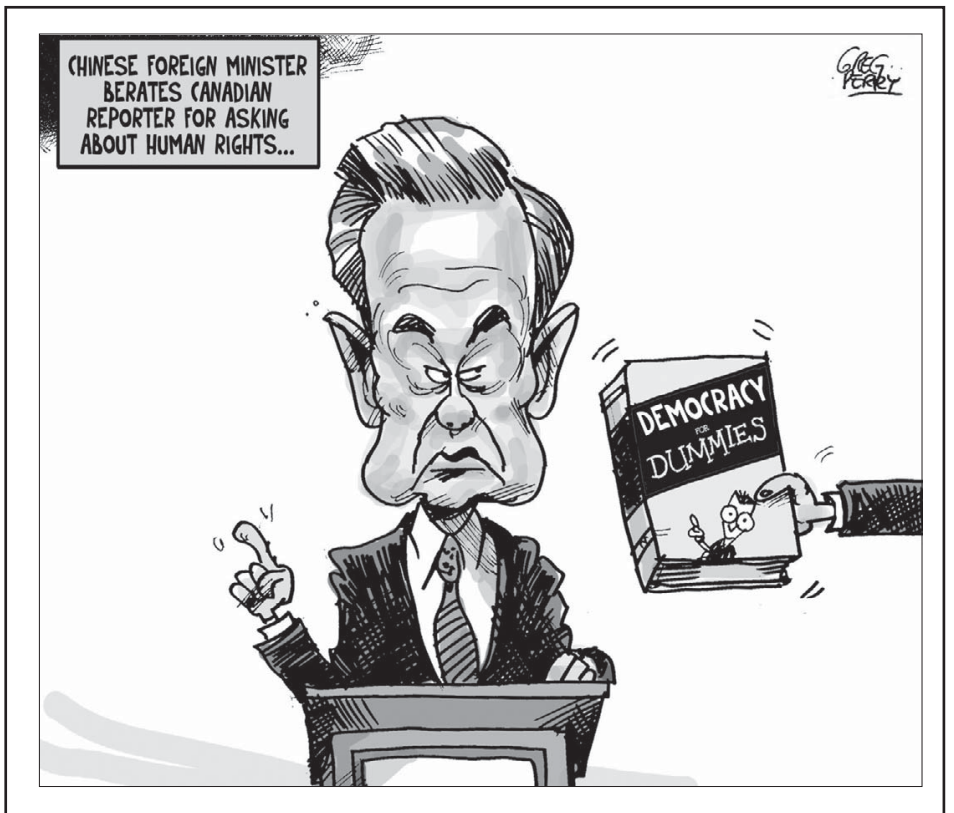
"You don't want patients who are potentially terminal, or certainly suffering, to have to go running around trying to find some doctor somewhere that's prepared to deal with this," says Bryan Salte, legal counsel for the college.

"And at the present time, we simply don't have a handle on who is willing to assist and where those people are."

Salte says with smaller numbers of physicians in some communities, it's entirely possible that nobody will be prepared to undertake the assessment, the prescribing or the administration that would allow a patient to access medical aid dying. But he notes that patients in rural areas often have to travel to bigger cities for major operations.

"The reality is that certain things can be delivered in small communities and certain things can't," added Salte.

The federal legislation puts forward



two possible approaches to assisted dying: Physician administered and physician prescribed.

Physician administered could mean the doctor delivers an injection. Physician prescribed is sometimes referred to as the Oregon approach, where patients get prescriptions for lethal doses of medication that they can take at home on their own.

"That would be another vehicle through which there would be broader access," says Rousseau.

Gokool noted that the proposed federal legislation would also allow nurse practitioners to support and provide an assisted death.

There are other workarounds too, such as conferring with a second doctor via telemedicine, she says.

"I think that's going to be especially important in very remote communities," says Gokool.

Pillay doesn't think living in a rural area will be an obstacle.

"I don't think firstly, that it's going to be a common, everyday thing that patients are going to be seeking this out," he says.

"But what we would like to see is that we have a robust framework in place that's pan-Canadian, that will be amenable to offering equitable care no matter where you live in Canada."

## Letter

DEAR EDITOR,

While many of us remember Muhammad Ali as a prizefighter, a social activist, and a civil rights icon, there is one title that is often overlooked.

Following the September 11, 2001, attacks by the Islamist terrorist group Al-Qaeda on the United States, a sadly shaky Ali, who suffered from Parkinson's disease made an emotional appeal for tolerance, on behalf of fellow Muslims.

At a Telethon of Stars, 9/11 event, which featured the biggest film, television and musical stars, Ali spoke of how the Muslim faith does not allow for terror and murder.

In a halting voice, he said:

"I am a Muslim. I have been a Muslim for twenty years. I am against killing and violence and all Muslims are against it. I want the world to know the truth about Islam.

Islam is peace and against killing and murdering. I wouldn't be here to represent Islam if it was the way terrorists made it look.

And the terrorists and people doing that in the name of Islam are wrong. I think all people should know the truth, come to recognize the truth... Islam is peace."

Trembling, Ali who spoke slowly but with unmistakable resolve, concluded his remarks by saying:

"And if I had a chance I would do something about it."

No question, his short inspirational and educational talk, defines the man, not only as a pacifist, but also a great teacher.

CHRIS EUSTACE

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	3 MONTHS	36.16	1.81	3.60	\$41.57

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QUEBEC:	1 YEAR	71.50	3.58	7.13	\$82.21
	1 MONTH	6.49	0.32	0.65	\$7.46

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# Local Sports

With many years of provincial race organizing experience under their belt, organizers promise to provide a circuit that will challenge the nation's best in one of the province's most vibrant cities.

## Sherbrooke among hosts for Cycling Canada 2017 Championship Series

Record Staff  
SHERBROOKE

Sherbrooke has been chosen as one of the sites for the 2017 Championship Series, in which Canada's top cyclists in all cycling sports will be treated to top-notch venues and experienced organizers throughout the entire series.

Besides confirming the 2017 Canadian Championship host venues, Cycling Canada has also announced a new multi-year partnership with Lexus Canada, which will see Lexus become the official presenting sponsor of all Canadian Road and Track Cycling Championships events. The partnership will present Lexus with unique and exclusive customer engagement opportunities at each of these major events.

The Global Relay Canadian Road Championships presented by Lexus will return to Ottawa and Gatineau from June 24-28, 2017. Organizers will build on their experience from 2016 as riders from across the country are welcomed to

the National Capital Region during Canada's 150th anniversary celebrations. The 2017 Road Championships will showcase the para-cycling, junior and elite categories over five consecutive days of racing in both provinces.

Panorama Resort in B.C. will provide the backdrop for downhillers looking to clinch the Canadian Championship title at the 2017 edition of the Canadian Downhill Mountain Bike Championships. The event, scheduled for July 15-16, will bring riders to one of Canada's most iconic mountain villages, offering accommodation, restaurants, and entertainment just minutes from the lift. With Panorama serving as a recent staple in the Canada Cup DH Series, riders should expect the same level of fast, technical courses they have come to expect for the big event.

Canmore, Alberta will host the 2017 & 2018 Canadian Mountain Bike Cross-Country Championships. The Championships will take place from July 22-23 at the Canmore Nordic Centre in the

heart of the Canadian Rockies. Taking place just one week before the 2017 Canada Summer Games, this event will provide an excellent opportunity for some of the country's best athletes to test their form before heading to Winnipeg.

BMXers will once again gather in Calgary for the Canadian BMX Championships, which will take place from August 25-27 and also serve as the Canada Cup BMX Series Finale. Building on the excitement of the 2016 Canadian Championships, this event promises to be one of Canada's marquee BMX events for 2017, attracting the nation's top athletes. The track in Calgary is located just minutes from the city's vibrant downtown, abundant amenities, as well as the Calgary International Airport.

Sherbrooke will return as the host of the 2017 Canadian Cyclocross Championships. Hosted by the Club Cycliste de Sherbrooke, the 2017 event will take place in Jacques-Cartier Park in the heart of the city. With many years of provin-

cial race organizing experience under their belt, organizers promise to provide a circuit that will challenge the nation's best in one of the province's most vibrant cities.

Milton, Ontario's Mattamy National Cycling Centre will once again play host to two exciting weekends of racing for the 2017 Canadian Track Cycling Championships presented by Lexus. Junior and U17 riders from across Canada will gather for an early-season Championship event scheduled for spring 2017 while Elite, Master, and Paracycling athletes will hit the boards in fall 2017. Having played host to the hugely successful Pan American Games in 2015, the legacy track cycling venue will provide a world-class stage for athletes of all ages to showcase the best in Canadian track cycling.

The date and location of the 2017 Canadian Championships for Road Masters and Marathon Mountain Bike will be announced at a later date.

## No Canada: Americans, Finn prospects top NHL draft class

By John Wawrow  
The Associated Press  
BUFFALO, N.Y.

First, Canada's seven NHL teams were shut out of playoffs. Now, the nation's prospects are taking a backseat in a draft class top-heavy with international talent.

"I think it's going to be a curious side note as to when the first Canadian will actually be taken in the draft," NHL Central Scouting director Dan Marr said at the weeklong pre-draft rookie combine that closed in Buffalo on Saturday. "But I think these things do go in cycles so I don't think it says anything. There's just good players that come from everywhere."

Step aside, Saskatchewan. Hello, Scottsdale, of all places.

Two of the top-five-ranked prospects — Auston Matthews, who is projected to go first, and Matthew Tkachuk — are from the Arizona city. Another two are Finnish-born forwards, Patrik Laine and Jesse Puljujarvi.

Rounding out the list is Quebec-born Pierre-Luc Dubois for the draft, which will be held in Buffalo on June 24-25.

"That's hockey right now," Dubois said. "It's really fun to see these places that we wouldn't expect guys to be

## Relay for Life a big success

Record Staff  
SHERBROOKE

The Canadian Cancer Society (CCS) has announced that the 11th Sherbrooke Relay for Life held last Friday night raised more than \$305,568 for the fight against the deadly disease.

Some 150 volunteers, 906 participants, and 172 cancer survivors and their caregivers contributed to this success, as did the 3,100 light fixtures that lit up the course.

"The Relay for Life made us live a vast campaign of solidarity. When illness strikes alone can do nothing, but together we can defeat it. Thank you to everyone for their generosity and commitment. I'm proud to be with you to save more lives underlines François Fouquet, president of the organizing committee."

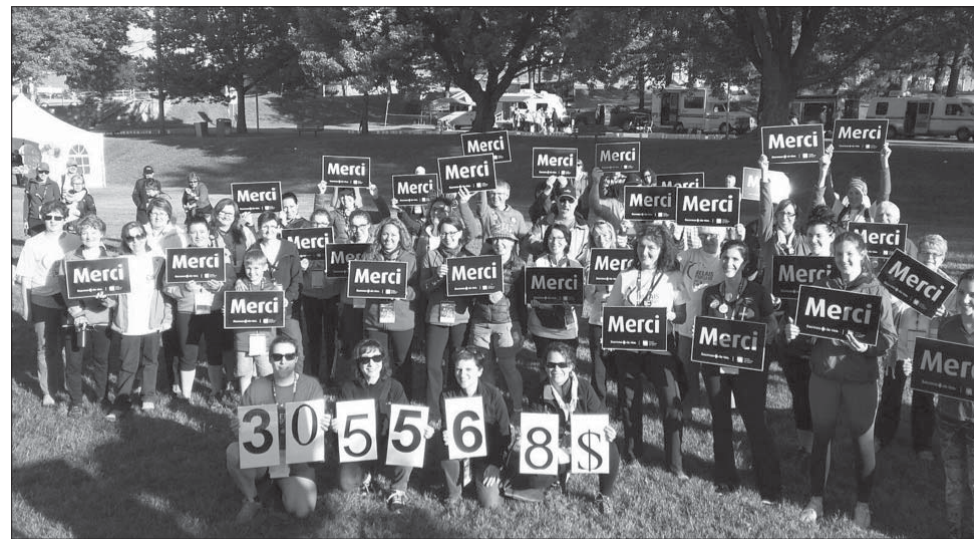
drafted in the first round. They're coming."

Matthews has an opportunity to become the first U.S.-born player selected first overall since 2007, when Chicago selected Patrick Kane. Should the Toronto Maple Leafs, who have the top pick, select Laine, he would become the first Finnish-born player to go No. 1.

Whether it's Matthews or Laine, it would mark just the second time in nine years a Canadian wasn't selected first.

Canada has produced five or more top-10 selections in nine of the past 11 drafts. Last year's draft was a significant exception, when just three Canadians were among the top-10 selections. The United States had three, with four others from Europe.

No one is suggesting Canada is losing its grip as the world's top hockey power.



The Sherbrooke Relay for Life team Friday.

CANADIAN CANCER SOCIETY

"I think Canada is just fine," New Jersey Devils general manager Ray Shero said. "There'll be plenty of good Canadians in this draft."

And yet, the international makeup of this year's top prospects is a reflection that other nations are catching up.

"It's great news for American hockey, and the depth of American hockey," Shero said.

Tkachuk got into hockey naturally, and was born in Arizona while his father, Keith, played for the Coyotes.

Matthews, by comparison, turned to hockey at a young age and eventually gave up playing baseball.

"I was always really hockey first. I'd always miss baseball games or practices for hockey," Matthews said.

Finland has enjoyed a transformation since 2009, when its hockey federation

began committing more resources to youth player development and hiring full-time coaches.

"That was the start of something good," Finnish-born Columbus general manager Jarmo Kekalainen said. "That's definitely paid some dividends with medals and some of the individuals we're developing right now."

Finland has won bronze medals in each of the past two Winter Games. The nation won the 2011 world championships, and finished second in 2014 and '16. And Finland's world junior team in January won its second title in three years.

Ranked 12th among North American prospects, forward Michael McLeod is the top player listed from Canada's most populated province of Ontario.

## Datebook

MONDAY, JUNE 6, 2016

Today is the 158th day of 2016 and the 79th day of spring.

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

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

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

In 1982, Israel invaded Lebanon.

In 2002, President George W. Bush

proposed consolidating 22 federal agencies under a single, Cabinet-level Department of Homeland Security.

**TODAY'S BIRTHDAYS:** Diego Velazquez (1599-1660), painter; Nathan Hale (1755-1776), soldier; John Trumbull (1756-1843), painter; Alexander Pushkin (1799-1837), poet; Karl Braun (1850-1918), physicist; Thomas Mann (1875-1955), author; V.C. Andrews (1923-1986), author; Robert Englund (1947- ), actor; Harvey Fierstein (1952- ), actor; Bjorn Borg (1956- ), tennis player; Jason Isaacs (1963- ), actor; Paul Giamatti (1967- ), actor; Natalie Morales (1972- ), TV jour-

nalist.

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

**TODAY'S SPORTS:** In 1946, the Basketball Association of America, which would later become the National Basketball Association, was founded in New York City.

**TODAY'S QUOTE:** "Time cools, time clarifies, no mood can be maintained quite unaltered through the course of hours. In the early dawn, standing

weapon in hand, neither of the combatants would be the same man as on the evening of the quarrel." — Thomas Mann, "The Magic Mountain"

**TODAY'S NUMBER:** 73 — seasons Shankweiler's Drive-In, the oldest drive-in movie theater in the United States, has been in operation, since opening in Orefield, Pennsylvania, in 1934. The first drive-in movie theater opened in Camden, New Jersey, on this day in 1932.

**TODAY'S MOON:** Between new moon (June 4) and first quarter moon (June 12).

## Kinnear's Mills Women's Institute

May meeting of the Kinnear's Mills Women's Institute was held on May 16, 2016 at the home of Dorothy Bolduc.

Snowflakes were in the air when Dorothy greeted us with a delicious noon meal. Huguette Blais, President, thanked Dorothy for her hospitality and for holding the meeting. Members repeated the Salute to the Flag, Collect and Oath of Citizenship.

Helen Lowry was the birthday girl this month (May 18) and received a gift.

Motto: A sense of humor is the pole that adds balance to our steps as we walk the tight rope of life.

Roll Call: Bring an item or treasure from your past, show and tell, it was answered by 6 members.

The minutes of the last meeting were read, approved and signed.

Huguette, President was pleased to present a Life Membership Pin and Certificate to Helen Lowry, in honour of her outstanding Service and her note worthy contributions to the Women's Institute. Helen gave her thanks and said she was pleased to receive this honour.

The Q.W.I. newsletter was received and given to each member.

A note of thanks was read from Robert Blais, thanking the members for the quilt used as the main prize at the I.O.O.F. party. A note of thanks from Allison Corrigan, Grand Secretary of the Grand Lodge of Quebec, thanking the group for the meal catered on May 7.

Treasurer, Helen Lowry gave the finance Report.

Conveners Reports:

Agriculture – Audrey Allan. Daffodils should never be mixed with other flowers, as they emit a poisonous gas that will kill other flowers.

Health and Community Living – Pauline Nutbrown. Chocolate milk is an accepted recovery drink after strenuous activity. Chocolate milk helps your muscles recover faster and may prevent fatigue later.

Education and Personal Development – Flora MacNaul. A recipe book "Tastes of the Past, memories for the future" with the participation of Grade 5 and 6 students from St. Patrick's Elementary School, Secondary 1 and 2 students from ASJ High School, parents and seniors from the Community, may be bought at

MCDC or the school.

Publicity and Awareness – Dorothy Bolduc, Queen Elizabeth II is 90 years old 63 years as Reigning Queen (June 2, 1953) was the Coronation as new Queen, after the death of her father, King George. She is the longest reigning Queen ever; there have been 12 Prime ministers, Winston Churchill being the first. There will be new family stamps for this occasion.

The worst fire disaster ever in Fort McMurray thousands of residents had to leave their homes to live in other towns or provinces, with family members or hotels. The Red Cross is there to help with clothing, money and shelter

Huguette Blais said her son Frederic had travelled to WHAPMAGOOSTVI, North of Quebec a Cree Indian Reserve to an interview as a teacher.

Being no further business, the meeting was closed, to meet in June at the home of Pauline Nutbrown.

Following the meeting the county meeting was held.

Submitted by  
Audrey Allan

## Don't flush unused drugs down the drain

### ASK DOCTOR K

By Anthony L. Komaroff, M.D.

**DEAR DOCTOR K:** I've heard that some people dump their unused medicines into the sink or toilet, which then gets into our drinking water. Is this true, and could it affect my health?

**DEAR READER:** Unfortunately, it's true. There is increasing concern about chemicals from unused medications making their way into our drinking water.

Drugs can get into the water in a variety of ways. As you say, some people flush unused or expired drugs down the toilet or pour them down the drain. More surprising, some nursing homes and hospitals do the same. Drug manufacturing facilities contribute to pharmaceutical pollution. Agricultural waste is another issue of growing importance. Poultry and livestock are often given antibiotic- and hormone-laced feed.

Sewage treatment plants and water treatment facilities remove live bacteria and many impurities from our drinking water, but they are not designed to remove pharmaceuticals. As a result, some pharmaceutical pollution does wind up in the water we drink.

So far, only trace amounts of drugs have been found in drinking water, far below levels thought to affect humans.

It's possible that ingesting even tiny amounts of these drugs could, over time, affect our health. But for now, there's no evidence that drugs in the water are harming us.

The drugs we pour down the drain, however, could be affecting fish. For example, water sources polluted with estrogen and estrogen-like chemicals (from birth control pills and hormone treatments) contain more fish of ambiguous sex. They have both male and female characteristics — when they should have only one or the other. The impact of this on fish breeding is unclear.

New guidelines encourage responsible drug disposal for hospitals and nursing homes. And we can do our part as well:

— **Limit bulk purchases.** Big bottles of expired pills are more likely to end up in the water.

— **Do not flush unused medicines or pour them down the drain.** This is the most basic thing that we all can, and should, avoid.

Instead, throw medications into the trash. Medications disposed of this way are incinerated or buried in

landfills. This isn't ideal, but it's preferable to flushing or pouring them down the drain.

— **Better yet, use drug take-back programs.** These programs allow you to drop off unused medications at specified locations in your community. Drug take-back programs are organized by state and local governments and also by private institutions, including pharmacy chains.

While we don't know of any harm to humans from the current low levels of old drugs in our drinking water, the truth is that we can't be sure there is no harm. That's why I urge my patients to use these programs. It's just one of many ways to help your fellow human beings, and also the fish!

I'll close as I often do: The reason we don't have better answers about the dangers of medicines getting into the water supply is because we're not investing in the research needed to find out.

(This column is an update of one that ran originally in June 2013.)

Dr. Komaroff is a physician and professor at Harvard Medical School. To send questions, go to AskDoctorK.com, or write: Ask Doctor K, 10 Shattuck St., Second Floor, Boston, MA 02115.

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# Am I unreasonable to think a teenage boy doesn't belong anywhere near his mom's breasts

MONDAY, JUNE 6, 2016

## Annie's Mailbox

**Dear Annie:** My wife and I are expecting our fourth child. She is a firm believer in breastfeeding and plans to do so when our baby arrives. Our oldest child, "Travis," was 3 years old when his first sibling was born. My wife continued to breastfeed him along with the baby, and continued to do so through the birth of our third child, born when Travis was 5. I thought it was a little odd, but I did not object.

Travis is now 13 years old. A few weeks ago, he asked his mom if he could breastfeed like he did when he was little. He told her he remembers it and loved how safe he felt. He said he wants to feel that closeness with her again.

When she told me, I thought she was joking. But she was dead serious and had already told him "yes." I do not agree with this and have expressed my concerns. Travis is a boy in the middle of puberty who has suddenly become girl crazy. I cannot help but feel there is a sexual component to this. I had hoped her obstetrician would side with me, but we asked about it, the doctor replied, "I admit it is unusual to breastfeed a

child at that age, but it is not likely it will harm him."

Am I unreasonable to think a teenage boy doesn't belong anywhere near his mom's breasts? Please help me learn to accept this or to get my wife to rethink it. She has agreed to listen to your advice. — An Unreasonable Husband

**Dear Husband:** The obstetrician was undoubtedly responding solely to the nutritional benefits of breastfeeding. No, the milk will not harm him. But emotionally and psychologically, your wife is setting Travis up for years of psychotherapy.

It's not like your wife has been breastfeeding Travis for the past 13 years. This is a recent request. Yes, of course, there is a sexual component, even if it's subconscious and unintentional. The boy is 13. Girls are on his mind. We guarantee female breasts are on his mind. Mom should not let him practice on her. It can create all kinds of physical sensations and attachments, not only for him, but also for Mom, none of which is emotionally healthy. Mom - if you're listen-

ing, please put your child first. Indulging this request doesn't do either of you any good. It's OK to say "no." Simply tell Travis that he's too old to do what babies do. Surely, you can help him feel safe and loved in a more age-appropriate way. You also can discuss this with Travis' pediatrician, who might have a better handle on a teenage boy's emotional health.

**Dear Annie:** When I eat out, am I supposed to cut a hamburger in half before eating? I have done this, but it makes it so messy to eat. — M.

**Dear M.:** Sandwiches (especially hamburgers) can be eaten whole, unless doing so would require a bib or a larger mouth. Most folks would cut a grilled cheese sandwich, for example, but if cutting a hamburger makes it too sloppy, then by all means, don't do it.

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column. Please email your questions to anniesmailbox@creators.com, or write to: Annie's Mailbox, c/o Creators Syndicate, 737 3rd Street, Hermosa Beach, CA 90254. You can also find Annie on Facebook at Facebook.com/AskAnnies.

## CROSSWORD

### Across

- 1 Single-celled lab specimen
- 6 Sultan of \_\_: Babe Ruth
- 10 Machine-mixed ice-cream beverage
- 14 Sun-bleached
- 15 Pass in soccer but not in football
- 16 Singer India. \_\_
- 17 Enter like a debutante
- 19 Debussy's "Clair de \_\_"
- 20 Focus of psychoanalysis
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- 22 Vinyl collectible
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- 29 Midday snooze
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- 38 Ainer of old films

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- 35 Unpopular spots in school?
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- 44 Asian dish topped with crushed peanuts

- 46 Cereal served hot
- 48 Texarkana daily
- 50 Fish eggs
- 51 Absorbs with bread, as gravy
- 53 Certain red giant
- 54 In \_\_: not yet born
- 55 "Be silent," in music
- 56 "Be silent!"
- 60 Rep on the street
- 61 Website featuring handicrafts
- 63 Angler's lure
- 64 Deeply regret
- 65 NNE's opposite

71 "Peter Pan" girl

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### Down

- 1 Homes for mil. jets
- 2 Female horse
- 3 Flower in a "Sound of Music" song title
- 4 Bovine hybrid
- 5 Wood shaper with a broad blade
- 6 Slalom racers
- 7 Men's dress shoe
- 8 Work onstage
- 9 Boxing ref's ruling
- 10 Teen hanging out among shoppers
- 11 Netherlands Antilles resort island
- 12 Lucy's blanket-toting brother
- 13 Swarms (with)
- 18 \_\_ out: barely make
- 22 Ten-percenter: Abbr.

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### CELEBRITY CIPHER

by Luis Campos

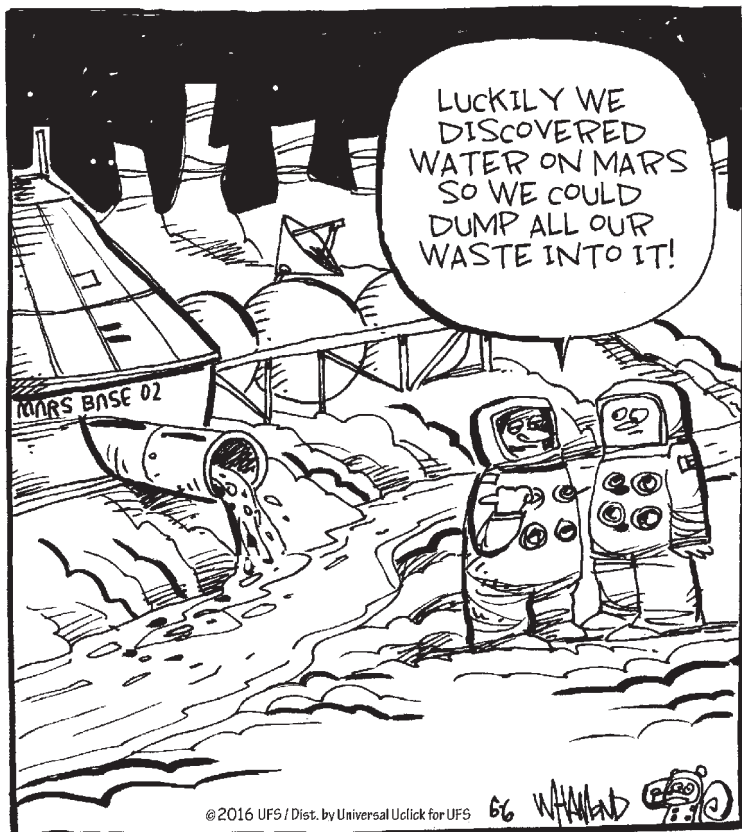
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"MLAC NUGHJMANR AC UPJRRGX JC J  
IAKMNHZ, JRX MLJM'C MLG VJZ AM'C  
FNARF MN SG." — FGR. XVAF LM X.  
GACGRLNVGH, X-XJZ, 1944

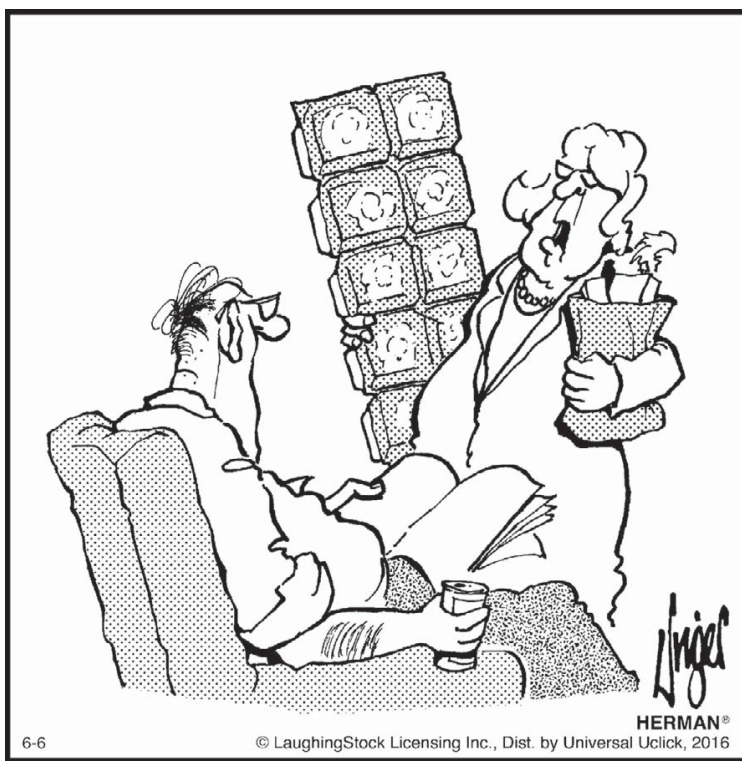
Previous Solution: "I enjoyed my life when I had nothing ... and kinda like the idea of just being happy with me." — Joey Ramone

TODAY'S CLUE: A equals I

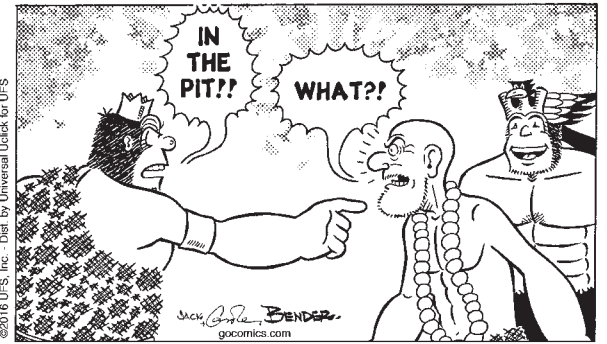
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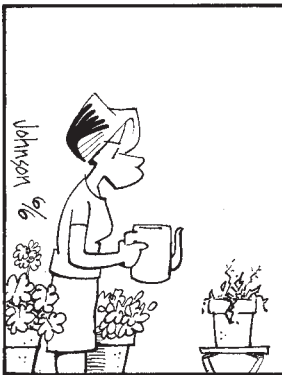
### HERMAN



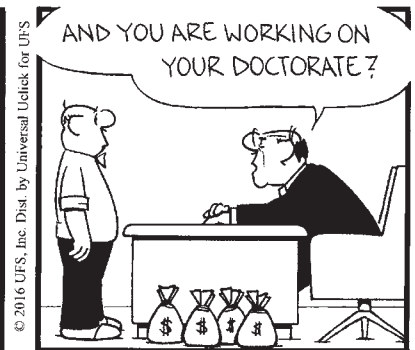
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### ARLO & JANIS



### THE BORN LOSER



### FRANK AND ERNEST



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**100 Job Opportunities**

**100 Job Opportunities**

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## URGENT

**THE RECORD**

is **urgently** searching for carriers in and around **Sawyerville**

**(Routes can be divided)**

Motorized carrier(s) for Ch Sawyerille, Dawson, High Forest, Johnson, Jordan Hill, Laberee, Lachance, Lapointe, Lowry, Luce, Route 210 (26 customers)

Walking carrier(s) for: Bedard, Church, Clifton, Cookshire, de la Station, High Forest, Hurd Hund, J.A. Lowry, Lisée, Principale North & South, Saint-Germain, Randboro (35 customers)

If interested in any of these routes, please contact our offices at **819-569-9528** between 9 and 4:30 or by email at **billing@sherbrookerecord.com**

**190 Cars For Sale**

**CLASSIFIEDS ONLINE!**  
 www.sherbrookerecord.com

**445 Legal Notices**

**CHANGE OF NAME.** Please take note that James-Robert Devlin of 1228 rue Sud, Apt. 1, Cowansville, QC, J2K 2Y8, is applying to the Directeur de l'Etat Civil, to legally change his name to James-Robert Devlin-Demers, in the capacity of his father, as well as Evan Derick-Murray Devlin, to change his name to Evan Derick-Murray Demers. Signed in Cowansville on May 16, 2016 by James Devlin.

**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.

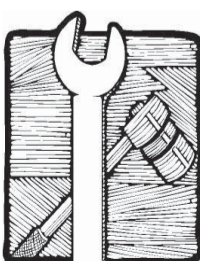
**294 Events**

**CLASSIFIEDS ONLINE!**  
 www.sherbrookerecord.com

**425 Bus. Opportunities**

**SAWMILLS FROM ONLY \$4397.** Make money and save money with your own bandmill - cut lumber any dimension. In stock ready to ship. Free info & DVD: www.NorwoodSawmills.com/400OT. 1-800-566-6899 ext: 400OT.

**Find a deal on a plumber or a plum of a deal in the Classifieds**



(819) 569-9525  
 (450) 242-1188

**It pays to advertise in the classifieds**

## THE RECORD

### SALES REPRESENTATIVES

The Record, the Eastern Townships' only daily English newspaper since 1897 has an immediate need for dynamic, motivated sales representatives to join its sales team on a number of special projects for both its print and online editions.

The ideal candidates will be bilingual, client-focused, results-oriented individuals seeking to forge a successful career as commission-based sales representatives.

**Job Requirements**

- As a sales representative, you will:
- Maintain current customer accounts and relationships
  - Grow an established customer base
  - Work as part of a sales team on special projects
  - Be self-directed with the ability to effectively interact with staff and clients
  - Be creative and innovative to ensure client satisfaction
  - Demonstrate an ability to build lasting client relationships
  - Advertising sales experience is a definite asset

Interested candidates should send a letter outlining their interest and experience to

**Sharon McCully, Publisher**  
 1195 Galt Street East  
 Sherbrooke, QC J1G1Y7  
 or by email to  
 outletjournal@sympatico.ca

**Classifieds**  
 (819) 569-9525 (450) 242-1188

## YOU'VE GOT IT.

## Somebody else wants it!

Got something you no longer use?  
 Sell it in the Classifieds!  
 It may just be the perfect item to fill somebody else's need.

**THE RECORD** **819-569-9525 • 450-242-1188**  
 classad@sherbrookerecord.com

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

## SUDOKU

Difficulty: 2 (of 5)

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

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PREVIOUS SOLUTION

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

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

