



Religious group
sues

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Where do we go
from here?

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THURSDAY, AUGUST 10, 2023

Fax machines standing in way of Quebec health system fully adopting AI: report

By Thomas MacDonald
The Canadian Press

The Quebec health-care system's reliance on fax machines, handwritten notes and paper files is standing in the way of the province fully harnessing artificial intelligence, according to a recent report.

And the network's ability to overcome its outdated practices could determine whether it becomes a global leader in health-care AI or languishes behind other jurisdictions, a digital health expert says.

Chief among the obstacles hindering Quebec's adoption of AI is the prevalence of "outdated or inadequate" tools in health-care facilities, says a commission charged with advising the government on issues related to science and technology.

In a report published last week, the commission pointed to the multitude of independent databases within the health

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"It's about letting go"

Local Anglican Deacon speaks on his life in the Townships and religion



WILLIAM CROOKS

By William Crooks

Local Anglican Deacon Sam Borsman sat down with The Record at St. George's Anglican Church to discuss his life in the Townships and all things religious.

"I'm what's called a vocational deacon," Borsman began. The role of deacon and priest has melded together in the Western church, he explained.

All priests must become deacons before they become priests, but, since the 1960s, there has been an effort to bring back a permanent order of deacons.

"The deacon is sort of the public face of the church," he went on. Deacons bring the message of the church to the community and the needs of the community to the church. Borsman's local role is largely in care homes, he added, which he visits and where he

performs services.

"Moving forward, we want to develop more programs for young people," he said. Borsman teaches part-time in the religion department in Bishop's University and is hoping to restart some activities that the church used to offer, like book and film clubs.

Borsman grew up in Victoria, BC, going on to do a bachelor's degree at

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SHOWERS

HIGH 20
LOW 12



SATURDAY:
CLOUDY

HIGH 22
LOW 15



SUNDAY:
SHOWERS

HIGH 21
LOW 13



MONDAY:
CLOUDY

HIGH 23
LOW 14

Remembering good time and tan lines



LINDA KNIGHT SECCASPINA

Everyone used to go to Selby Lake just outside of Dunham, Quebec in my childhood summers. It was the place to go to meet friends, picnic and have a good time. But, Selby Lake still had horrific childhood memories- one of them was called bloodsuckers. I can remember approximately 50 kids from the Parish Of Nelsonville Anglican Church happily running into that water all at once. Five minutes later they all ran out screaming. One of the altar boys was covered in bloodsuckers and standing on the water's edge crying.

Like the television show American Horror Story a large group of parents began to assemble together similar to an angry group of Puritans screaming:

"Someone get the matches! Has anyone got a lighter?"

Using a flame used to be the common but medically inadvisable technique to remove a leech and these parents were gung ho to set this kid on fire.

Because of this story it brought me back to thoughts of Haven Isle that once was also in the Eastern Townships of Quebec. Every year the picnics were held there, and they had an almost identical teacup ride that was at Disneyland. There was a swinging bridge across the river at Haven Isles that everyone had to cross- no if, and or buts. I hated that bridge, but it was the only way to get

to the island that held a snack bar, a beach, and all my friends. So, Linda Knight had to suck in her fear, and go across that bridge.

Sometimes a nasty kid would be on the other end of that suspension bridge, throw me a smirk, and start rocking it. Those were the times I held on for dear life, and then threw up over the side.

Whenever we had a picnic near a lake as a child, we were told to never EVER go swimming for at least an hour. Bottom line was you were going to have cramps and die. There wasn't a minute parents weren't counting down on their watches so that we did not mercilessly bug them. Each time I heard that particular ridiculous information, all I wanted to do was defy the whole big pile of bunk.

Who started all these myths, and why? It certainly wasn't the Canadian Red Cross, except during our mandatory swimming lessons. Other than that there was no specific recommendations about waiting any amount of time after eating before taking a swim. It just seemed to be my Mother and her friends that had this information.

Once a month, we used to drive down to St. Albans, Vermont for the day. After lunch, like clockwork, the whole "no swimming after eating for an hour" conversation began. I sat there quietly, waited for about ten minutes, and then told everyone I was going to gather shells by the water. My father was always too busy to notice, sitting on his lawn chair in bliss smoking his American Winston cigarettes and eating Wise Owl Potato Chips. In the distance, however, I heard my mother, the drill sergeant scream,

"Linda, don't you dare go into that water!"

When life gives you pineapples, you make pina colodas. Sporting a sinister smile, I knew I was going to defy the laws of nature that day. I would prove to the world this myth was wrong- for science. Truth be told, I was a little scared as I inched my toes into the water. Suddenly I was

up to my ankles, and immediately felt a huge stomach pang. Maybe they were right, I thought, and backed out of the water quickly. Two inner voices started telling me what to do.

One said, "Go in!"

The other said, "You're going to die!"

Ahh, to heck with it, and with that, I inched my way into the water up to my knees. Suddenly there was a huge commotion, and people were running towards me in the water. Good old Vermont 911 rescue was on the way for a young boy that was just inches away from me screaming in the water.

The roar of noisy moving water, and my mother "having a cow" in the distance, brought me back to the shore pretty darn quickly. The boy was carried out immediately, and people were saying it was probably because he went swimming right after eating. There was my mother, arms akimbo, with a stern look on her face and said,

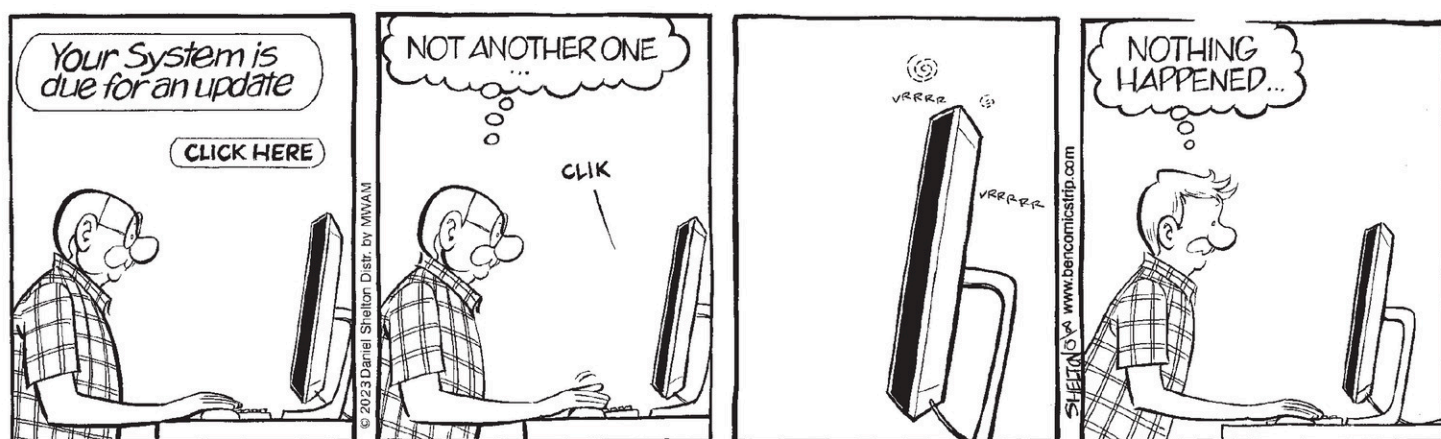
"You see what happens if you go swimming after you eat?"

Since the kid's family was eating next to our picnic table I think it was more the beans he ate with his sandwiches that caused his intestinal dilemma. I mean, a great healthy eating choice, but not for swimming horizontally. Well, whatever it was; it deep ended him.

According to Snopes, I am debunking this myth right now. It's actually a bit dramatic. You will not die if you go swimming right after lunch. You might throw up, but you won't die. Always remember there will be times in your life when things defy logic and seem crazy- especially to your mother. When that happens, listen to your instincts and ignore everyone and everything else- except for those warm egg salad sandwiches. Now that is an immediate death waiting to happen.

Good times everyone, and remember and remember, there is no graceful way to get on a pool float!

Ben by Daniel Shelton



Religious group sues Quebec government for blocking event over abortion concerns

The Canadian Press

A Christian group announced Wednesday it is suing the Quebec government after the tourism minister cancelled a religious gathering last June at a publicly owned convention centre because she assumed the event would promote anti-abortion views.

British Columbia-based Harvest Ministries International filed a motion in

Quebec Superior Court against Minister Caroline Proulx, the convention centre and Quebec’s attorney general.

The court filing, dated Aug. 2, argues that the cancellation of the “Faith, Fire and Freedom” rally was a violation of the group’s Charter rights to non-discrimination and to freedom of religion, expression, opinion, and peaceful assembly. The group is asking for more than \$200,000 in compensation

for moral and material loss, and for punitive damages. It is also asking for a declaration that its rights were unjustly interfered with.

In early June, Proulx cancelled a 10-day event at the Quebec City Convention Centre by Harvest Ministries International only weeks before it was set to begin. Proulx explained her decision by stating that the event would promote anti-abortion views, which she said are

contrary to the core values of Quebec.

The Justice Centre for Constitutional Freedoms, which filed the lawsuit on behalf of Harvest Ministries International, said the religious group is claiming damages for “ending the rental agreement without notice, and for the unconstitutional and unjustified infringement of its Charter freedom of expression and its right to be free from

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Quebec health system AI

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network that lack robust metadata built-in descriptors that help software navigate and interpret information. Without this data, the province can’t deploy AI at scale because to do so computers would need to pull from vast, interconnected pools of uniform information, the commission said.

It also found that, in many instances, health professionals continue to rely on paper files, handwritten notes and scanned documents.

In a statement, Quebec’s Health Department called modernizing the health network a “colossal task” involving “more than 10,000 technological systems supporting the work of hundreds of thousands of people.”

Work is underway, it said, to “optimize workflows and reduce, if not eliminate, the use of paper and fax machines.” It pointed to efforts to digitize health records in select establishments, end the use of faxes to send prescriptions to pharmacies, and create a digital appointment-booking platform.

But the commission encouraged Quebec to go further. John Kildea, a McGill University medical physics professor and leader of the Quebec SmartCare Consortium, agrees.

Kildea, whose group advocates for better medical data sharing, said “if Quebec is not able to step up soon and to address the shortcomings of the data access in the health-care system, I think we risk falling behind.”

That could mean missing out on some of the potential benefits of artificial intelligence, which the commission said could include the automation of administrative tasks, diagnostic assistance, prognostic modelling and illness prediction.

Analog data systems aren’t only a Quebec issue: “the problem is universal” among health networks in Canada, explained Alexandra Greenhill, a Vancouver-based physician and co-editor of “AI in Clinical Medicine: A Practical Guide for Healthcare Professionals,” recently published by Wiley-Blackwell.

Canadian health care, she said, is “two decades now behind all the other

sectors of our society and economy” in digitization efforts. “That has to change.”

Effectively upgrading health systems will require an expert workforce. In its report, the Quebec commission said the province will have to invest in IT expertise to prime the health network for AI. Among its recommendations are more funding for IT training and more emphasis on IT in university medical programs. It also said the province should prioritize the acquisition of user-friendly digital technology.

“Most physicians feel that the boat has sailed and they will not understand” AI, Greenhill said. “And so we have to invest in upskilling of the workforce so that they are ready to start using these amazing tools.”

A final challenge for Quebec as it equips its health network with AI will be to ensure the technology’s application is responsible and accessible. The commission warned that artificial intelligence could exacerbate inequalities in health care by alienating patients who are unfamiliar with digital technology, such as seniors, low-income

people and rural residents.

If these populations are unable to use the digital tools that power AI solutions they could become under-represented in medical data, thus skewing AI results in such a way that ignores their needs, the commission said.

Greenhill and Kildea said health networks must privilege human input in AI integration to avoid such a scenario.

“If the government goes ahead and tries to implement” the commission’s recommendations “by themselves, without involving the people who it matters to the most,” Kildea warned, “they’re in danger of achieving a solution that doesn’t work for everyone.”

He’s nevertheless optimistic Quebec will be able to successfully mobilize AI tools in the health network and said the province is well poised to become a trailblazer in the field.

“If the government and the (Department) of Health are willing to step forward and to work on this, I think we have a chance to leapfrog” other jurisdictions, he said.

Borsman

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McGill in western religion and the bible. He then completed a master’s degree at Harvard Divinity School on East-Asian and Western Buddhism. “One thing that really interests me is the coming together of Buddhist contemplative practices with Christian contemplative practices,” he said. He believes these practices to be a very valuable resource that the church can provide to people, given the stresses and strains of contemporary life.

“To put it into two words,” he said, commenting on the overlap between the religious practices, “it’s about ‘letting go.’” Most world religions agree that it’s very important to let go of all the thought patterns and habits we acquire over a lifetime, he explained, and be present and listen to the divine.

Borsman did not grow up Christian; his parents are not religious. For him, the Anglican tradition is a great combination of all the riches of the

Catholic tradition, “with a sprinkle of some Protestant religion on top.” The liturgy and hymns are gorgeous, he noted. He also likes how broad the Anglican tradition is; he doesn’t feel forced into any particular theological position.

The motto on the Deanery of St. Francis website is a quote from Irenaeus of Lyon: “The glory of God is a human being fully alive.” Borsman thinks the Christian tradition offers people a place for human transformation, an open and inclusive place for people to work on themselves.

Borsman has taught in universities across Canada and spent five years in Japan, during which time he studied Zen Buddhism. His wife is Japanese. He says the Eastern Townships, compared to everywhere he has been, has a great sense of community. “Everybody seems to know each other in the Eastern Townships.”

Borsman said that according to recent polling he has seen, mainstream

Western Christianity is in decline. “A lot of our churches have closed,” he noted, because of increasing financial burdens and diminishing congregations. But, he insists, there is a silver lining to that: “The people who come actually want to be here.” The social obligation to attend church is gone, he admitted.

Borsman thinks another challenge facing Christianity is regaining the trust of the young population. It’s not a matter of belief, but trust, he reiterated. Issues of human sexuality figure prominently in young peoples’ reasons for distrusting the church, he added, amongst other things.

He is committed to showing today’s youth that the church can be an open and accepting place.

There is a popular perception in the West that Eastern religions are (more so than Western religions) about peace, harmony and personal wellness, Borsman continued, but this is likely people reading their own agendas and culture into those

religions. Moreover, Western religions are not anti-intellectual, as evidenced by his achievements and the education and work of other local ministers in the Anglican church. Aspects of contemporary secular culture (hyper-individualism, consumerism, and materialism) work against any form of religion, he said.

Borsman ministers from as far south as Fitch Bay to as far north as Drummondville, and to the eastern and western limits of the Eastern Townships. In the near future, St. George’s Anglican church is planning to host a Ukrainian group that is looking for a place to gather.

“Everybody has a spiritual dimension in their lives,” Borsman said, which people connect to in different ways. We all have a deep longing for something greater than ourselves, he insisted. He hopes that, going into the future, people find the Anglican church to be a place where those longings are fulfilled.

Sharing is caring when it comes to the road

By Trevor Greenway
Madeline Kerr
Local Journalism Initiative

Editor's Note: This article was first published in *The Low Down to Hull and Back News* and appears thanks to the Local Journalism Initiative, which allows local newspapers to keep an eye on what's happening in other communities across the province.

For a cyclist on the road, a little bit of compassion can go a long way.

This is the message Andy Ball, co-chair of SAFE Chelsea – a group for Hills residents to share experiences and ideas related to active transportation in the community – wants to send to drivers on regional roads this summer.

Ball said he wanted to help address misconceptions and negative stereotypes about cyclists that continue to be prevalent on social media.

SAFE stands for Sustainable,

Active, Fun, and Equitable and Ball is one of the founding members of the group, which got its start five years ago.

According to Ball, rhetoric on Facebook is sometimes dehumanizing of cyclists, and this has the potential to make motorists less likely to recognize the humanity of cyclists they encounter while driving. Although he said he believes it is a small minority of individuals engaged in conflict online, he finds the trend worrying.

“No cyclist is out there trying to bother drivers – that’s not their intention,” he told the *Low Down* recently. “These are our friends and neighbours,” he said, adding that “cyclists are people who just want to get home safely.”

Ball said he thinks attitudes have changed over the last 20 years and that drivers are generally more respectful when passing cyclists. But, he maintains, there is one common mindset that needs to

change.

“I think drivers have the mentality: ‘Must get ahead of bike,’ but that’s the wrong way to think about it,” he explained, emphasizing the importance of slowing down when approaching cyclists on the road and waiting until the next left lane is completely clear before passing. He said he has seen cars drive into oncoming traffic to get around a cyclist, rather than waiting until it’s safe to pass.

“It will slow you down a few seconds, maybe 30 seconds at the most,” he said.

The Québec Highway Safety Code requires drivers to reduce their speed when approaching someone on a bike and to give at least 1.5 metres distance when passing cyclists on any road with a posted speed limit above 50 km/h. The same code requires cyclists to ride as far to the right as possible and maintain single file when cycling in a group, although Ball said he believes that this is not always possible or safe.

Ball told the *Low Down* that he will occasionally ride his bike in a traffic lane, as opposed to the shoulder, if it means he will be more visible to drivers. He also said he believes that Québec’s rule prohibiting cyclists from riding two abreast is “an outdated law that is detrimental to safety.”

He cites a tweet from Ottawa Police in 2021 that endorses side-by-side riding. According to the tweet, “[riding two abreast] forces vehicles to properly overtake...instead of trying to squeeze by too closely in the same lane. In larger groups, it also allows drivers to overtake the group faster by not having a long line of cyclists in a row.”

It’s important to note that The Ontario Highway Safety Code does not include a single-file rule for cyclists, as Québec does.

Beyond changing hearts and minds, Ball said he believes that local infrastructure in the region has to improve in order to protect cyclists.

“Painted lines on the road don’t keep anyone safe,” he pointed out, adding that he would like to see more protected bicycle lanes like those along Notch Road in Chelsea. Intersections also need to

be redesigned to consider cyclists, according to Ball. He cites the collision of a car and three cyclists at Meech Lake and Kingsmere Roads in Chelsea this spring, which left two of the cyclists injured, one of them seriously.

According to the Société de l’assurance automobile du Québec (SAAQ), 14 cyclists were seriously injured between 2017 and 2022 in the Outaouais, with between one and four per year, as reported by the CBC.

Online, and in the pages of this newspaper, some members of the community have voiced frustration with cyclists, who they say do not comply with road safety rules and put themselves at risk.

The *Low Down* spoke with one resident, Jennifer Hesketh, a cyclist herself, who expressed her concern about groups of cyclists on winding roads such as Highway 105 north of Wakefield. She said that safety needs to “go both ways,” but added cyclists frequently behave like the roads belong to them alone.

“They have the priority, or that’s what they think, at least,” she said.

According to the organization Vélo Québec, the province as a whole has seen an uptick in the number of cyclists in recent years. Here in the Hills, cycling – whether it be road, gravel, or mountain – has long been popular.

Sylvie D’Aoust, founder and president of CyclefitCHICKS in Chelsea, said she hopes to do more to capitalize on the fact that the region is a “destination location” for cyclists by organizing larger, multi-day riding events. She said this could be a boon for the local economy, as visitors will dine, shop, and rent a room for a few nights. But D’Aoust said she feels strongly that the general attitude of the community would need to shift towards embracing group cycling.

Both Ball and D’Aoust expressed that they would like to see the number of cyclists in the Hills continue to grow.

“I encourage people to get out and try it for themselves,” said Ball, adding that he said he feels fortunate to live, and be able to cycle, in a place of stunning natural beauty.

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The Border Report

Hamel thinks local businesses are excited by the festival because it will draw people to Stanstead and put the town "on the map" in terms of tourism.

Standing Stone Symphony

Festimusik festival coming to Stanstead's Standing Stone Circle

By William Crooks

The Festimusik festival is coming to Stanstead's Standing Stone Circle this weekend. The Record spoke with organizer H el ene Hamel over the phone to get the specifics.

"[It starts] Friday [Aug. 11] in the evening," she began, and the site opens around 5 p.m. There will be four concerts with three bands, she continued, including Pure Country and Dan Livingstone. They will have two stages, a small one and a large one. Catering will be provided by local restaurant Auberge Stanstead. There will be a bar on site.

"The best thing about this is it's free," she said, and set in Stanstead's beautiful Stone Circle. There is nearby free parking or paid parking on site.

"Saturday is... the big day," she continued. There will be a car show with at least 15 antique cars (1990s and previous) starting at 11 a.m. The Townships has a lot of car collectors, she said, who will be showing off their

original and restored vehicles.

Seven bands will play on Saturday, starting at noon, she said, and go until around 11 p.m. at night.

"It's a really amazing story," she said, referring to the more than 40 sponsors that came together to support the event. The biggest are the Ville de Stanstead and the MRC of Memphr emagog, she noted, along with Granit Design, Desjardins, Centre des Arts, and Rock of Ages.

Hamel thinks local businesses are excited by the festival because it will draw people to Stanstead and put the town "on the map" in terms of tourism. It is a great economic opportunity, she insisted. Some local bands are playing, but most bands are from as far away as Montreal and Quebec City, she said, and they want to bring people into Stanstead to "discover who we are."

If people 'like' Festimusik's Facebook page, they will be entered into a contest to win a free t-shirt. More information on this event can be found at: festimusikstanstead.com



FACEBOOK

The Stanstead Standing Stones Circle, site of this weekend's Festimusik festival

FRONTIER ANIMAL SOCIETY

Featured pet: Avon

Over the past several weeks, we've been featuring a lot of our adoptable kittens and we are pleased to share that every kitten that appeared in this column has found a wonderful adoptive home. Of course with kitten season still in full swing, we have others and more will be arriving, but today we've decided to switch gears and share Avon's story.

Although not yet a senior, at 8 years of age, sadly this sweet and regal older kitty finds herself in search of a new home. Avon has a lovely temperament and although we would certainly describe her as quiet and calm, she is remarkably agile and when the

moodstrikes, she can be quite playful; she particularly enjoys playing with her wand toy.

Affectionate and friendly, Avon loves to be stroked and is always quick to purr.

If you are on the lookout for a gentle companion with whom to share your home, please consider Avon. She is a wonderful cat with lots of love to give.

To meet Avon, please give our cat adoption coordinator Linda a call at 819-868-2684 or better yet, stop by at one of our Cat Adoption Clinics taking place from 10 am to noon, every Saturday and Sunday throughout the month of August. Our shelter is located at 2405 Chemin, Griffin in Ogden (QC).



Religious group sues

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religious discrimination."

"It is simply not acceptable that anyone should suffer discrimination at the hands of government on account of religion or political opinion," the centre's president, John Carpay, said in a statement on Wednesday.

Quebec Premier Francois Legault supported Proulx's decision to cancel the event, stating in June that the province wasn't going to allow "anti-abortion groups to put on big shows in

public places."

Proulx's office declined to comment Wednesday because the lawsuit is before the courts.

In the court filing, the group says that while it holds and defends "pro-life positions," the cancelled event had no items on its program related to abortion.

"That said, this lawsuit is not about the merits of Harvest's views on abortion, but rather about the fundamental rights of Harvest, its members and followers, to live out their

faith, to express themselves politically and to assemble peacefully without state hindrance," the court filing says.

In a statement, Pastor Art Lucier said the rally was intended to be "a Christian event of reconciliation between Canada's founding peoples."

The lawsuit claims that the organizers tried to find another space after the cancellation but were turned down by 43 more venues due to lack of availability or "fear of controversy."

They say the rallies are their main source of revenue and are usually

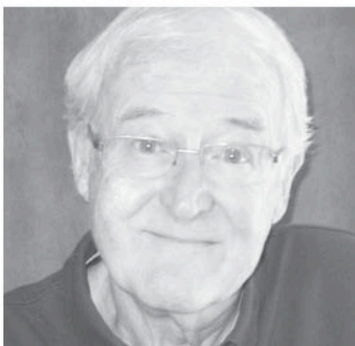
fully offset by donations. While they eventually put on an "impromptu event" in a smaller room, they say the cancellation resulted in a net loss of \$137,647. The group is claiming that amount from the government, as well as \$25,000 for moral loss and \$50,000 for punitive damages.

Quebec's human rights commission criticized the government's decision back in June, noting that freedom of expression is an "essential pillar of a democratic society," even when it comes to unpopular or controversial ideas.

EDITORIAL

In your humble scribe's neighbourhood, residents are undergoing the re-piping and paving of three different streets in one block.

Best count our blessings



TIM BELFORD

projects may not equal the number of those in Montreal where the orange traffic cone has earned a place on the city's flag along with the rose, shamrock, thistle and fleur de lys. Just the same, driving around our fair city and borough takes patience and the skill of a Formula One driver. There are bridges unfinished, over passes in tatters, paving trucks galore and an entire regiment of flag-waving, yellow-hated city workers vainly attempting to keep traffic moving.

In your humble scribe's neighbourhood, residents are undergoing the re-piping and paving of three different streets in one block. Admittedly, it needed to be done. The three streets in question were all dirt roads and the water and sewage system hasn't been updated in many years. This is little consolation however, for anyone who planned on enjoying that brief respite between a late spring and an early autumn that we like to call summer.

Sitting outside on a deck, patio or just a newly mowed lawn involves the repeated dusting of tables, chairs, eye glasses, drinks and whatever snacks you've laid out, each and every time a giant dump truck, front-end loader or excavator rumbles by like a lumbering, modern-day, bright yellow dinosaur.

Then there's the noise. Each and every time a vehicle backs up there is the beep, beep, beep of warning. Mind you, it's a good thing particularly if you are out walking your dog. There's also the rattle and bang as tons of earth, pavement, rocks and assorted debris are dumped into a line-up of waiting trucks. One of the least harmonious is the sound of the saw used to cut pavement whose high-pitched howl makes the windows rattle.

On the bright side, the connection of a 'temporary' water supply seems to have gone smoothly with the transition taking mere minutes.

Best count our blessings.

Local municipal construction



Letters

I was glad to see that Monday night's Council meeting in North Hatley made your Wednesday edition's cover page with the headline: Bike path route change dominates discussion at North Hatley council meeting

However, when I read further, I found that this question was buried deep in your story with no more attention to it than several other topics, even though it had provoked the hottest outbursts of the evening.

Four councillors voted against a proposal from the MRC that would provide a safer and more enjoyable route for cyclists entering or leaving North Hatley on the multi-mode trail along the Massawippi River to Sherbrooke. At present, cyclists wishing to enter North Hatley must ride on the edges of a very busy stretch of Highway 108 (Capelton Road), from Vaughan Road (the dam) down to the entry to River Park.

The MRC had asked for the Village's collaboration to reroute cyclists down the east side of the river, using local streets with very little traffic to reach the village centre. Minimal costs would be involved for signs and road marking. River Road seemed to be one point of contention for the nay-sayers ... surprisingly it is a little wider than Capelton Road.

I personally expressed my shock and dismay at Council's negative decision and Jacques Campbell, an ex-mayor of North Hatley expressed his outrage vociferously. I can only conclude that not one of these opposing councillors has ever ridden a bike along the narrow lanes on the edge of this main road, where manholes, storm drains, piles of gravel and ruts make the trip hazardous. We see many families with young children forced to ride this dangerous stretch of highway. Their stress is compounded by sharing the narrow roadway with about 3500 vehicles per average summer day (MTQ statistic), including a significant number of heavy trucks.

Of late, North Hatley has enjoyed a much-needed rejuvenation with a new generation of young families deciding to live here. They would love to have an easy, safe access to the Gandes Fourches trail along the Massawippi River. So would I and many older cyclists in our community. Did the opposing councillors think of the community's best interests or was this a rapidly taken and short-sighted decision? Why was the community not informed of the MRC's proposal ... it should have been a subject for public discussion, not for a behind-the-doors decision. It should not be too late for Council to reconsider its decision ... I hope they do.

MICHAEL GRAYSON, EX-ENGINEER AND BICYCLE TRAIL PLANNER
NORTH HATLEY

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

THE RECORD

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Opinion

Given that we are now vigorously fighting in the courts all measures imposed upon our community by the Legault government to undermine our institutions and civil rights, we need to ask the question, "Where do we go from here?"

Where do we go from here?

By Gerry Cutting
Local Journalism Initiative

Playing politics in our daily lives is most certainly not an armchair sport, particularly when members of the English-speaking community have experienced the impact of legislation enacted by the Legault government to dissolve our school boards, remove or severely limit our access to services in English, limit our religious freedom and remove our constitutional right to challenge these laws in the courts. By now, there is no need to guess that I am referring to Bills 40, 21, and 96.

Our institutions and community leaders have not been silent, nor have they hesitated to openly challenge the legitimacy of this assault on our community. We have always been a fundamental partner in building a dynamic and prosperous Quebec society.

A major win was announced last week in a ruling handed down by the Superior Court regarding the constitutional right of the English-speaking community to manage its own school boards. This right was upheld, thanks to the challenge to Bill 40 brought forward by the Quebec English School Board Association.

There are now court challenges to Bill 21, [an Act to declare Quebec a secular state that places severe restrictions on the open display of religious symbols, such as the hijab, in certain categories of employment in the public sector.] The newly appointed Minister of Justice/Attorney General of Canada, The Honorable Arif Virani, has stated that the Federal government will take part in these court challenges when and if Bill 21 reaches the level of the Supreme Court, most likely to challenge the use of the notwithstanding clause.

When it comes to Bill 96, a number of court cases are also underway dealing with specific clauses of the law, right down to the very constitutionality of the entire Bill. The need to protect and promote the French language is not in question here, but rather the right to live in a civil society where, as a minority linguistic community, the freedom to maintain our English identity, language and culture is systematically being controlled or eliminated through legislation and the preemptive use of the notwithstanding clause.

Given that we are now vigorously fighting in the courts all measures imposed upon our community by the Legault government to undermine our institutions and civil rights, we need to ask the question, "Where do we go from here?"

As a country boy I spent many of my younger years moving hay with a pitch fork, a very useful tool, especially the kind with three prongs. With this image in mind, let me propose a three-pronged approach to move us forward.

- Prong number one: Develop a strategic approach to maximize the impact of our challenges. Given limited resources and the reality that appeals may be years in the making, we need to avoid duplication and promote cooperation. This is going to be difficult since the broader English-speaking community organizations, community leaders and their lawyers need to realize that we are, in fact, a "community of communities" with different traditions and priorities.

- Prong number two: By putting our collective wisdom forward we can devise a communication strategy to inform all segments of Quebec society of the impact of Bill 96 on our collective future. Despite the consistent best efforts of groups like QCGN, the Task Force for Linguistic Equality, Townshippers' Association and the English language media, our messages have not gained much traction within the French community, the rest of English Canada and, perhaps most importantly, even members of the CAQ. While it is important to continually emphasize the shared commitment to promote and protect the French language, our concern is that Bill 96 is not just an affront to the basic rights and freedoms of the English and Aboriginal communities, it is fundamentally a unilateral restructuring of the Canadian Constitution, whereby Quebec has declared itself to be a separate French Nation. In this way, the National Assembly of Quebec assumes complete, unchallengeable control over the destiny of minority communities and the future of the English-speakers in this province.

- Prong number three: Given that the Legault government has, from a nationalist point of view, a win/win situation with Bill 96, we need to prepare ourselves for the possible outcomes. If the court challenges are not upheld, a condition of sovereignty/association is achieved without a referendum. If the courts find in favor of the challenges in part or in whole, then this same government, with the help of the Parti Quebec and Quebec Solidaire, both sovereigntist parties, could be poised to go to a referendum or even declare unilateral independence. No matter how you choose to look at possibilities and outcomes of standing up for our rights at this point in history we can no longer be viewed as the insignificant minority. In fact we are provoking/demanding a constitutional reckoning and we had better get ready to play a significant role. There is going to be a measure push back that is certain to be directed towards the community given that Bill 96 is the cornerstone of the CAQ government. No matter what turn history may take, if we do not stand up for our rights and freedoms, who will?

When and if the federal government will intervene is an unknown. The passing of Bill C13 was a blow to the English community of Quebec. Perhaps

the outcome of the challenge to Bill 21 will determine the next step for the Feds? Striking down the preemptive use of the notwithstanding clause in this Bill 21 would have a major impact on the outcome of challenges to Bill 96.

In the meantime, as my grandfather would say, "Hey boy, grab that pitchfork and get to work, no one is going to do it for you!"

Gerry cutting is the former president of Townshippers' Association.

Quebec court says it can hear challenge to governor general's lack of French

The Canadian Press

The Quebec Superior Court has ruled that it can hear a challenge to the appointment of Gov. Gen. Mary Simon, who isn't fluent in French.

Several groups are seeking to have Simon's appointment declared null and void because they say the governor general is constitutionally required to communicate in both official languages.

The attorney general of Canada had argued that only the Federal Court could hear the case.

But Justice Catherine Piche said in her June ruling that the appointment of the governor

general doesn't fall within one of the specific circumstances that would require the case be heard by the Federal Court.

Francois Boulianne, the lawyer for the groups challenging Simon's appointment, says he expects the case to return to court in the fall.

Justice pour le Quebec, which is taking part in the case, says it will pursue the challenge despite the death in May of its president, Frederic Bastien, a historian and former Parti Quebecois leadership candidate.

"The issue is the principle, it's not Mary Simon herself, it's respect for the Constitution," Boulianne said in an interview.

OPERATION BACKPACK

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indicating "Operation Backpack" on cheque

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

Graveside Service

JUDGE, Dale Arthur – Dale was laid to rest on Saturday, August 5, 2023, at a private graveside service in Malvern Cemetery with family and close friends in attendance.
Miss you every day “little brother.”
Your “big brother” Bob

Do just one thing



by Danny Seo

If you store leftover house paint in the can it came in, take a few extra steps to make sure it stays fresh and will work when you need to use it in the future. One of the worst enemies of stored paint is air; it dries it out and can dramatically change the original color. To prevent air from getting into a can of paint, cover the top with plastic cling wrap and place the lid on top. Then hammer securely in place and flip it upside down (so the lid part is now facing the ground). This will significantly reduce air exposure, prolonging the life of your can of paint.

Date Book

THURSDAY, AUGUST 10, 2023

Today is the 222nd day of 2023 and the 51st day of summer.

TODAY'S HISTORY: In 1821, Missouri was admitted as the 24th U.S. state.

In 1949, President Harry S. Truman signed the National Security Act Amendments of 1949, which established a consolidated Department of Defense.

In 1977, postal employee David Berkowitz of Yonkers, New York, was arrested for the “Son of Sam” killings that left six dead.

In 2006, British authorities arrested 24 people suspected of plotting attacks on airplanes with liquid bombs smuggled in shampoo and water bottles.

TODAY'S BIRTHDAYS: Herbert Hoover (1874-1964), 31st U.S. president; Charles Darrow (1889-1967), Monopoly game inventor; Jack Haley (1897-1979), actor; Jimmy Dean (1928-2010), singer/actor/entrepreneur; Eddie Fisher (1928-2010), singer; Rosanna Arquette (1959-), actress; Antonio Banderas (1960-), actor; Suzanne Collins (1962-), author; Gus Johnson (1967-), sportscaster; Justin Theroux (1971-), actor/screenwriter; Angie Harmon (1972-), actress; Kylie Jenner (1997-), TV personality.

TODAY'S FACT: The Smithsonian Institution, officially chartered by Congress on this day in 1846, estimates that about 99% of its collection is in storage rather than on display.

TODAY'S SPORTS: In 1981, Pete Rose got the 3,631st hit of his career, breaking the National League record for career hits held by Stan Musial.

TODAY'S QUOTE: “Being a politician is a poor profession. Being a public servant is a noble one.” – Herbert Hoover

TODAY'S NUMBER: \$857.9 billion – estimated Department of Defense budget for the 2023 fiscal year.

TODAY'S MOON: Between last quarter moon (Aug. 8) and new moon (Aug. 16).

Burning mouth syndrome affects women at much higher rate



ASK THE DOCTORS

by Eve Glazier, M.D., and Elizabeth Ko, M.D.

Dear Doctors: I'm 54 years old and post-menopausal. I've had increasing issues with my lips for three years. At first, it felt like a persistent sunburn, and now my lips feel as if they are made of tissue paper. I'm otherwise healthy. Changing meds, including hormones, hasn't helped. What can this be?

Dear Reader: You have described one of the symptoms that can occur in a condition known as burning mouth syndrome. In addition to affecting the lips, it also often involves the mucosal tissues inside of the mouth. These include the gums, inner cheeks, roof of the mouth, tongue and throat.

Burning mouth syndrome can occur in anyone. However, it is seen more often in women than in men, particularly those experiencing perimenopause and menopause. Research suggests it affects menopausal women seven times as often as men, and that up to one-fifth of women in their 50s and older develop the condition.

People with the condition report that it feels as though the inside of their mouth or their tongue, particularly at the tip, is burning. Dry mouth, tingling, numbness and a sour or metallic taste are also common. So is dryness and fragility in the tissues of the lips, which you have described.

This condition is categorized by the pattern of someone's symptoms. In type 1, patients wake up symptom-free, but develop sensations as the

day progresses. Type 2 is marked by persistent symptoms while awake, with occasional respite at night. In type 3, symptoms are intermittent and unpredictable.

The collection of symptoms associated with burning mouth syndrome are consistent with other conditions, such as an autoimmune disorder or a fungal infection. And because there is no specific test for burning mouth syndrome, it becomes a diagnosis of exclusion. That means tests for the other conditions that fit the symptoms must be conducted. If those results turn out to be negative, then the process of elimination may eventually lead to a diagnosis of burning mouth.

Although the hormonal fluctuations that occur during perimenopause and menopause are suspected to play a role in this condition, the specifics of how and why they affect the mucosa of the mouth are not yet clear. One avenue of inquiry suggests that these ongoing hormonal shifts may cause the pain receptors in the mouth to become hypersensitive. Immune function, stress, anxiety, nutritional deficiencies and nerve damage are also considered to be possible triggers. A number of clinical trials in research facilities located throughout the world are currently looking into potential triggers for the condition, and also at treatments.

Absent a clear cause, treatment focuses on managing each person's specific collection of symptoms. For those with persistent dry mouth, saliva-replacement products can be helpful. Medications to reduce symptoms include certain numbing agents, topical creams and ointments, mouth rinses, certain antidepressants and hormone replacement therapy. For the sensations of heat or burning, the use of cooling agents, such as chilled water or ice chips, can provide a bit of relief. It is common for a doctor and a dentist to work together to arrive at a multifaceted treatment plan.

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

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

DEADLINES FOR DEATH NOTICES:

For Monday's paper, email production@sherbrookerecord.com or call 819-569-4856 between 1 p.m. and 5 p.m. Sunday. For Tuesday, Wednesday, Thursday or Friday's edition, email production@sherbrookerecord.com, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

TOWNSHIPS' CRIER

Extended family is too close for comfort

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

NORTH HATLEY

Waterville-North Hatley United Church is sponsoring the Marie Claude Dubeau show, a musical revue of popular vocalists, at the Piggery on August 12 at 8:00 p.m. To reserve tickets, call Nancy at 819-837-2762.

NORTH HATLEY

North Hatley Legion members and friends THANK YOU night on Friday, August 11. Free corn and hot dogs from 5:30 p.m. to 7 p.m. Music with Wayne Doucet at 7 p.m. All welcome. 18+. Information: 819-842-2933 after 2 p.m.

RICHMOND

Advance notice. The Richmond Library will be holding a Book Sale on Saturday, September 9 from 8:30 a.m. to 2:30 p.m. at the Salle Communautaire, 820 Gouin Street, Richmond. Sale of books, puzzles, etc. Profit for Meals on Wheels and Christmas Baskets.

THURSDAY, AUGUST 10, 2023

Dear Annie: I am currently married with no kids. I travel a lot for work and vacation. The issue is my wife's sister, her husband and their kids. Three years ago, my wife and I allowed them to move into our home because their living situation was not great. They shared a small apartment that was overrun with rats and cockroaches. We told them that they could stay until they were able to get back on their feet. This was only supposed to be six months to a year. Annie, it's been three years in counting with no end in sight.

This is the father's third marriage, and he has seven kids in total. The children rule the roost and are not disciplined. I am no longer their fun-loving uncle. We butt heads about everything. I find myself on the edge of screaming at them daily. When I get home from work, the house is a complete mess. They eat all the food I buy, don't clean and do not pay rent.

Dear Annie

They are on easy street, and I am paying for it.

My wife and I had decided to finally give them a "hard" deadline to leave this past spring. My wife's sister lost her job just before this deadline. She was employed three weeks later - while the husband has been employed this whole time - but the "hard" deadline came and went. Worse yet, my wife is completely on their side. She doesn't want them to be forced out because then she would be abandoning "family." I am at my wits' end and don't know what to do. A co-worker suggested that when I'm home, I should be in nothing but my underwear to make the situation uncomfortable for them so they will leave. I feel like I am completely out of options and have been actually considering this or worse. Please, Annie, what should I do? - Almost Au Naturel in Alabama

Dear Almost Au Naturel: Your co-worker's suggestion gets points for creativity. Unfortunately, it is also

passive, avoidant and immature. A direct confrontation would solve your problem quickly, but it sounds like you are willing to do anything to avoid that.

The first step is to get on the same page as your wife. Explain to her that you are (SET ITAL) not (END ITAL) abandoning the family - and perhaps brainstorm some other ways in which you can support them - but that you need to regain control of your home in order to preserve your well-being. Once you and your wife find your common ground, initiate the long-overdue conversation.

"How Can I Forgive My Cheating Partner?" is out now! Annie Lane's second anthology - featuring favorite columns on marriage, infidelity, communication and reconciliation - is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

Send your questions for Annie Lane to dearannie@creators.com.

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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.

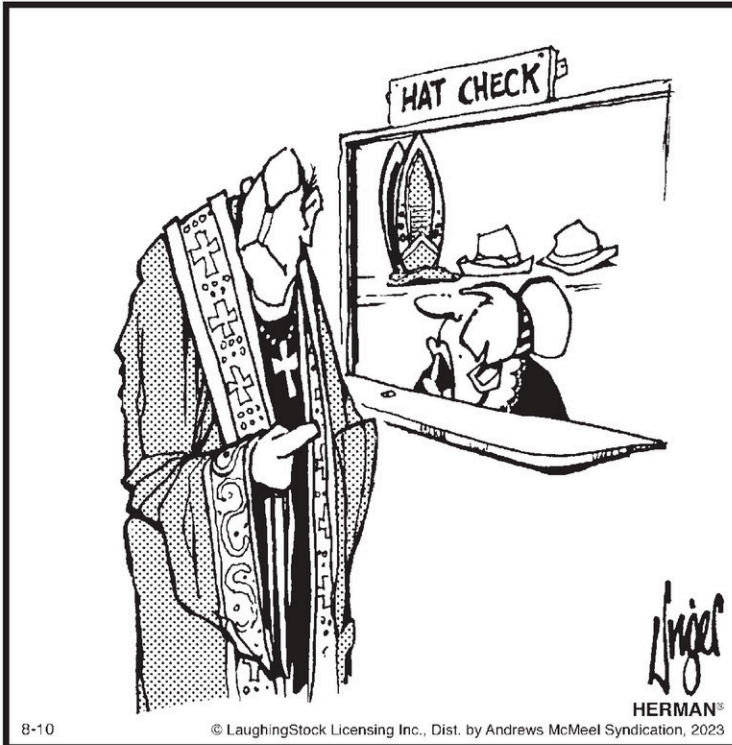
“ZXP GP CGP ... EKSLPA ZXCZ L YKBIV
ILMP ZK JKGTPZ, JKG ZXP GPAZ KJ
ED ILJP. FBZ PSPH ZKAP EKSLPA
ZPCR X EP ZXLHTA.” — CHZKHLK
FCHVPGCA

Previous Solution: “Sure we’re in limos. We’re stars. How else is a star supposed to travel?” — Football Hall of Fame’s Deion Sanders
TODAY’S CLUE: *Keats W*

REALITY CHECK

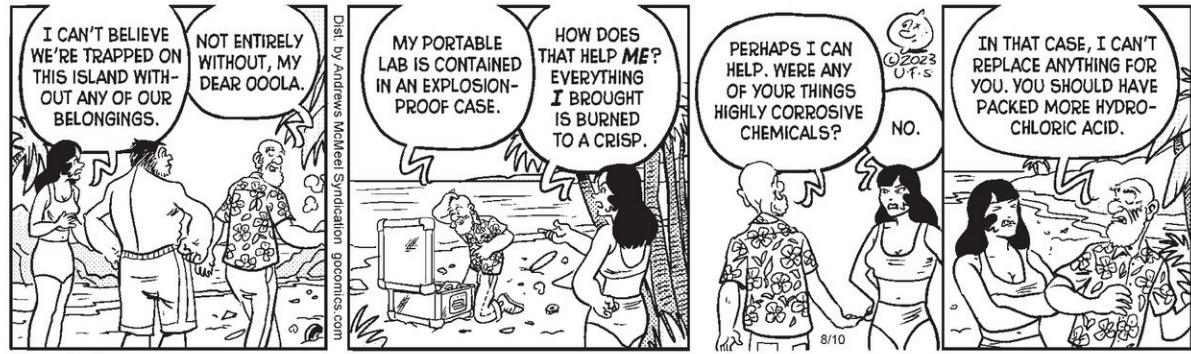


HERMAN

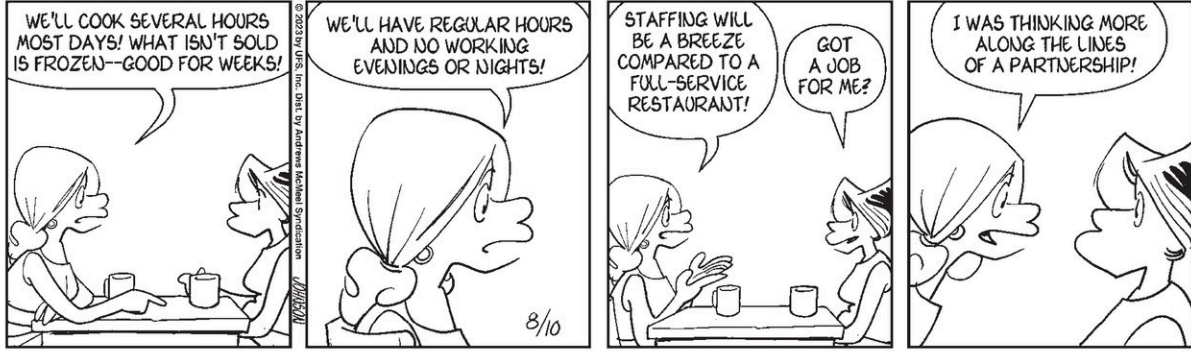


“Can’t you remember your number?”

ALLEY OOP



ARLO & JANIS



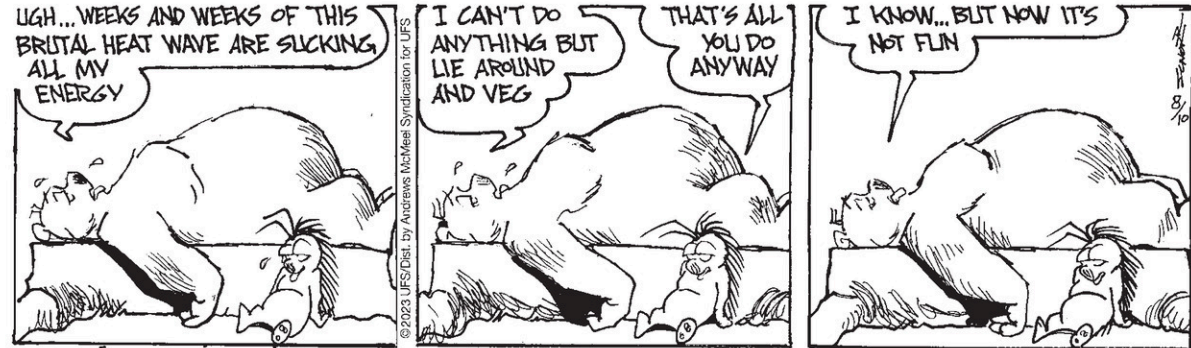
THE BORN LOSER



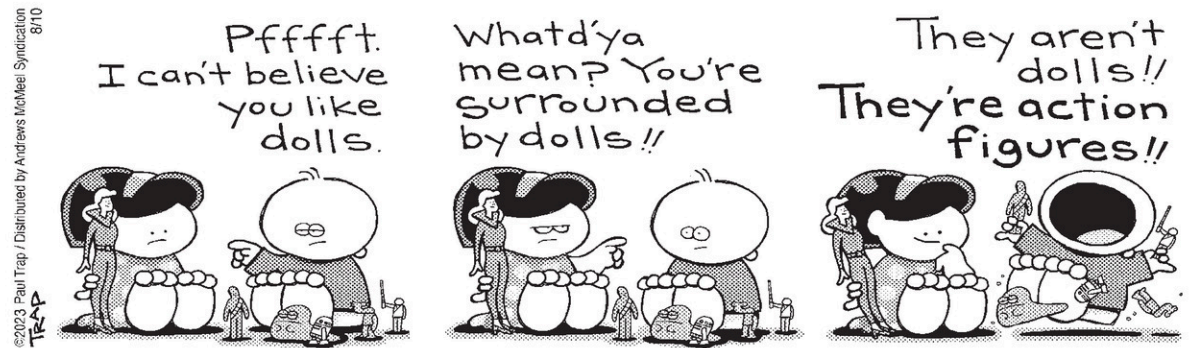
FRANK AND ERNEST



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 E-mail: classad@sherbrookerecord.com
 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

CLASSIFIED

Deadline: 12:30 p.m. one day prior to publication
 Or mail your prepaid classified ads to
 The Record, 6 Mallory, Sherbrooke, Quebec J1M 2E2

040 Wanted to rent **040** Wanted to rent **145** Miscellaneous Services **145** Miscellaneous Services

RETIRED COUPLE seeking small, quiet apartment, potentially long term. Please call and leave a message at 819-571-9148.

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SUDOKU

DIFFICULTY RATING: ★★★★★

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

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PREVIOUS SOLUTION

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

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

THE RECORD



URGENT

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THE RECORD

Job Opportunity

The Record is seeking a dynamic, focused **Marketing and Sales Representative** to present its print and digital packages to advertisers and institutions.

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Candidates must have access to a vehicle.

Salary plus commission.

The Record is the Eastern Township's only English-language daily newspaper, serving the region since 1897.

Interested applicants should send a cover letter and resume as soon as possible to **Sharon McCully, Publisher, The Record, outletjournal@sympatico.ca**

NEA Crossword Puzzle

Your Birthday

THURSDAY, AUGUST 10, 2023

CAPRICORN (Dec. 22-Jan. 19) – Be a good listener, and you'll gain access to information that can lead to a healthy investment. Home improvements or making a move will lead to unexpected opportunities. Avoid health risks.

AQUARIUS (Jan. 20-Feb. 19) – If someone invites you to get involved in a risky scheme, take a pass. Pay attention to how loved ones respond to your opinions and options. Don't let your emotions cloud your vision.

PISCES (Feb. 20-March 20) – A disciplined approach to how you live and let people treat you will make a difference. You'll be prone to overestimating or underestimating if you allow your emotions to take over.

ARIES (March 21-April 19) – Don't settle for less when you can achieve much more with extra effort. Trust and believe in yourself. A personal pick-me-up will build confidence. Romance is favored.

TAURUS (April 20-May 20) – A high-energy approach will help you take care of your responsibilities and prove yourself to anyone who doubts your ability. Don't let emotions take precedence over common sense.

GEMINI (May 21-June 20) – Keep busy; idle time will lead to poor decisions and emotional setbacks. Consider what you can do to make your home more functional, or give yourself a makeover that lifts your spirits.

CANCER (June 21-July 22) – Take a unique approach to work and personal responsibilities. Think situations through and you'll dodge criticism from someone who likes to interfere. Personal gain is apparent.

Listen to your inner voice, and take the road that leads to a better place. Refuse to let the decisions others make decide your next move. Think for yourself, and only make changes that feel comfortable. Revisit joint ventures, and revise outdated agreements that stop you from moving forward. Be reasonable, but don't lose sight of your needs and goals. Make your happiness a priority.

LEO (July 23-Aug. 22) – Don't feel you have to follow someone else's lead. When in doubt, put your foot on the brake. Pay more attention to what you can do to help others, and make a difference in your community.

VIRGO (Aug. 23-Sept. 22) – Not everyone you encounter will have the same intentions. Hide your emotions and be resourceful in creating a scenario that conditions you to take advantage of what's available.

LIBRA (Sept. 23-Oct. 23) – Stop fighting roadblocks; taking the path of least resistance will make it easier to get the elements to bend to your way of thinking. Simplicity and common sense will get you where you want to go.

SCORPIO (Oct. 24-Nov. 22) – Take better care of yourself, your position and the prospects you are trying to achieve. Step outside your comfort zone and dress up your ideas with marketable trends. Avoid emotional spending.

SAGITTARIUS (Nov. 23-Dec. 21) – Refuse to let a fast-talker propel you in a direction based on unproven information. It's time to balance your time between work and play and to honor what your body craves.

Answer to Previous Puzzle

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

ACROSS

- 1 Mushroom part
- 4 "There ought to be —!"
- 8 Look
- 12 Solemn fear
- 13 Big party
- 14 Mata —
- 15 Do a household job
- 16 ABA member
- 17 Discord personified
- 18 Co-conspirator
- 20 From this time forward
- 21 Honeycomb cell shape
- 23 Golden- —
- 26 Edible tuber
- 27 Do something wrong
- 30 Light show feature
- 32 Greek goddess of the moon
- 34 Falling star
- 36 Philbin of TV
- 37 Cakes and —

DOWN

- 1 Scout's base
- 2 Like a missing GI
- 3 Melon or squash, e.g.
- 4 Die down
- 5 Kind of paint
- 6 Wide of the mark
- 7 "How come?"

- 8 Quality of chrome bumpers
- 9 Merit
- 10 Newscaster — Severeid
- 11 — -en-scene
- 19 Tom, Dick and Harry
- 20 Mr. Simpson
- 22 "Now you're cooking with —!"
- 23 Soul, in Seville
- 24 Highlander
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THURSDAY, AUGUST 10, 2023

Try to avoid the stinging nettle

By Phillip Alder

The Bard wrote, "Out of this nettle, danger, we pluck this flower, safety." The hard part of today's deal seems to be bidding the good slam. However, even if a pair reaches six hearts, a careless declarer would go down.

Cover the East-West cards and decide on your line of play in six hearts after West leads the club king.

North's three-diamond response was a transfer bid. Then, when he raised to four hearts, he was making a slam-try with at least a six-card suit. If he had just wanted to stop in four hearts, he would have responded four diamonds, a Texas transfer. South, with four trumps and good controls, jumped to six hearts.

The play in a slam is usually less complicated than in a lower contract because you cannot afford to lose the lead more than once.

Here, the first order of business is to discard dummy's club loser. Declarer wins trick one with the club ace, plays a spade to dummy's ace (the honor from the shorter side first), returns a spade to his king and cashes the spade queen, discarding dummy's club nine.

Now the only remaining problem is in the trump suit. South can afford one *

		North	08-10-23
		♠ A 3	
		♥ Q 10 8 4 3 2	
		♦ K 4 2	
		♣ 9 8	
West		East	
♠ 10 8 5 4		♠ J 9 6 2	
♥ —		♥ K J 6	
♦ J 8 7 5		♦ 10 9 6	
♣ K Q 10 7 5		♣ 6 4 3	
		South	
		♠ K Q 7	
		♥ A 9 7 5	
		♦ A Q 3	
		♣ A J 2	
Dealer: South			
Vulnerable: Neither			
South	West	North	East
2NT	Pass	3♦	Pass
3♥	Pass	4♥	Pass
6♥	Pass	Pass	Pass
Opening lead: ♣ K			

loser, but not two. A careless declarer would cash the ace first and go down one here. A more thoughtful player works out how to overcome a 3-0 break. He leads a low heart from hand or, better, plays a diamond to dummy's king and returns a low heart, covering East's card (which might be the king). Or, if East discards, declarer puts up the ace and leads back toward dummy's queen.

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
18			19					20				
			21				22					
23	24	25				26				27	28	29
30				31			32		33			
34					35			36				
37				38		39			40			
			41				42	43				
44	45	46				47				48	49	50
51					52					53		
54					55					56		
57					58					59		