

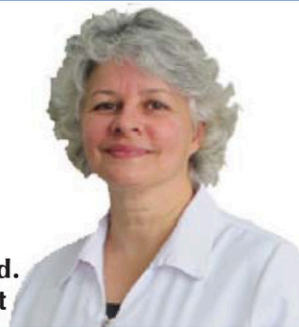
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New walking club for Potton seniors

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TUESDAY, JUNE 26, 2018

Bishop's Bridge to partially reopen

Record Staff

According to the most recent notice from Quebec's ministry of Transportation, the Bishop's Bridge is expected to re-open one lane to traffic as of this coming weekend. In a message sent out Friday afternoon, the ministry indicated that the work currently underway on the bridge will be finished on Saturday, June 30. Following the reopening, traffic will alternate on the one open lane for an unspecified period of time.



MATTHEW MCCULLY

Farmers' market season underway



COURTESY TOURISME CANTONS DE L'EST

Record Staff

Tourism Eastern Townships officially kicked off the summer market season last week, celebrating together with representatives of the 27 public markets that exist across the four corners of the region.

"Markets are excellent showcases for local producers and a very good way to encourage people to buy local," said Ghislain Lefevre, Director of the Conseil de l'industrie bioalimentaire de l'Estrie (CIBLÉ) a group focused on the promo-

tion and development of local agricultural products. "We are very proud to once again be a partner of the markets this year."

Diane Goyette, President of the Compton night market, praised farmers' markets as a drawing point for people seeking exciting new discoveries.

"There is an important awareness issue for consumers in the importance of visiting their local market regularly," Goyette said, pointing out that the practice can encourage healthy eating habits and stimulate the local economy.

In order to help connect the public

with a growing number of local markets in the Townships, the local tourism agency has introduced several tools. Among these is a postcard created under the theme: "see you at the market" that can be distributed near and far. Nearly 35,000 have been printed for distribution.

The agency has also developed a special map identifying the location of each market, which can be found online at createursdesaveurs.com/fr/marches-publics-marches-solidarites.

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Weather



TODAY:
SUNNY

HIGH OF 22
LOW OF 10



WEDNESDAY:
SUNNY

HIGH OF 27
LOW OF 13



THURSDAY:
60% CHANCE
OF SHOWERS
HIGH OF 20
LOW OF 15



FRIDAY: 60 %
CNANCE OF
SHOWERS
HIGH OF 26
LOW OF 15



SATURDAY:
CLOUDY
PERIODS

HIGH OF 27
LOW OF 17

Having a 'gap' summer



DISHPAN HANDS

SHEILA QUINN

Every once in a while, along comes a summer that is a 'gap' summer - a time of living between two phases of life, sometimes two different places altogether, where we find ourselves split between reminiscing about the all-too-recent past, final moments of one era on a cooling rack before permanent storage, and contemplating an approaching future, somewhat unpredictable, yet that we divine none-the-less.

Those are the moments so many folks have written about - gap summers are born of nostalgia and brevity. There is a radiating of feeling rippling from the person most affected by the shift - who is truly between two worlds and the folks closest to them. Example: Boy graduates from high school. Finds thoughts wandering through the years leading up to the end, and likely quite intensely the moments that took place right at the end itself - say the last week, and through what is to come - ie. post sec-

ondary studies, leaving home, other changes to come. The boy is at the core of the feeling. The next layer up we might find his mother, contemplating the same times.

Gap summers hold sweeter things - taste buds work differently, sensory experiences are more ripe. Pain is different, time moves strangely, sometimes oozing around in slow-moving circles, and then picking up. Mornings and late evenings tend to last longer than usual.

Strangers are more commonly crossed during gap summers, often their identities revealed. Old friendships have to work harder to remain vital - but rarely die at this time.

Breezes are more musical, storms more bruised and thunder more dry, strawberries are the mark of summers always, but in gap summers their taste and texture are more acute.

This is a time of soundtracks - and the songs are forever imprinted with all of the feelings, as though the pieces are re-recorded, threaded this time with something else beyond the needle, something that is alive in the listening.

Skin is different - freckles, oddly-shaped sunburns of haste, a certain smell of salt and oil, florals, heavy with the year like the bouquet of wine to a trained nose. Everything seems to be coming-of-age, no matter the age.

In this time decisions ripen, while others dry up or fail to thrive, and the way of this folding dimension is slowly revealed - partly designed by the person at the core, but only partly, as the will of bigger things makes its way, only nudged in its growth.

Something usually fades or dies.

There is a sloughing away of what is now compost for new growth - some things and people are relegated to photographs, later found in shoeboxes of memorabilia.

Thus come the next steps.

Gap summers are precious gifts, and should be treated as such - the blue moons marking the shift between phases and places, as we slowly moult on to the next set of cells, the new us, the new set of circumstances that make life what it is.

And gap summers come with unending possibilities and loopholes, taking the brave game-changers on to different, unexpected and almost always exciting paths. There is a higher rate of successful results and a greater cushion in failures, as the level of opportunities is also exponentially greater - the gap summer's design features increased personal potential.

While this fruitful season can be ignored, with the sweetest bounty simply falling to rot, it is clearly visible on every timeline - although it inevitably fades, and is never seen again in the same form.

When you know that you are stepping in it, surrounded by the stirring of growth, be brave. Change and transition does still require courage, and always will. No technology can reproduce these conditions - they can only grow organically and on their own.

Move around and say yes to new life, allow some out-dated and overgrown paths to go to seed, for someone else to walk down. Stop and feel the warmth. Believe that you were meant to.

Trudeau will spend Canada Day on the road visiting three cities, skipping Parliament Hill festivities

THE CANADIAN PRESS

Justin Trudeau will skip Canada Day festivities on Parliament Hill this year.

Instead, the prime minister will be on the road, celebrating Canada's 151st birthday in three cities in three different regions.

Trudeau is scheduled to visit Leamington, Ont., Regina and Dawson City, Yukon - all on July 1.

He will still put in an appearance on Parliament Hill, but it will be via video

from Leamington.

Spokesman Cameron Ahmad says Trudeau wants to spend Canada day with "Canadians and their families" in parts of the country he doesn't often get a chance to visit.

But in at least two of the three cities, the tour seems designed to reflect the looming trade war between Canada and the United States.

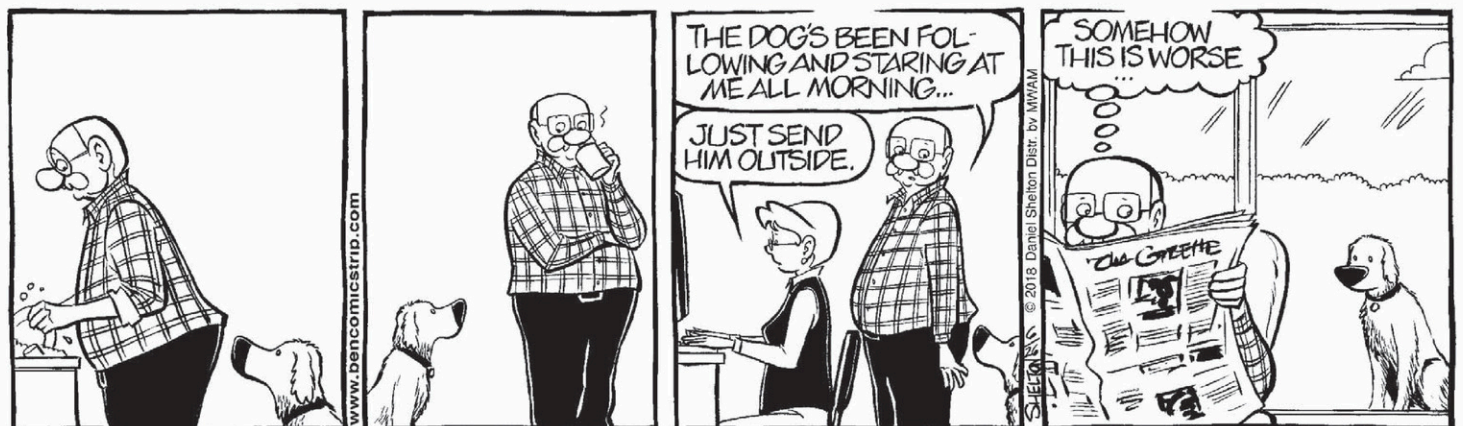
Trudeau will meet steelworkers in Regina, who've been hard-hit by President Donald Trump's imposition of crippling tariffs on steel and aluminum

imports.

And in Leamington, he'll be meeting workers at the factory that produces the tomato paste used in French's ketchup.

Ketchup and other tomato sauces are among the many U. S. goods upon which the Trudeau government intends to slap \$16.6 billion worth of retaliatory tariffs, starting on July 1. The Leamington visit appears aimed at reminding Canadians they can still get made-in-Canada tomato sauces, on which no tariff will apply.

Ben by Daniel Shelton



LOCAL NEWS

According to MFWP biologist *Éric Jaccard*, the number of sightings reported to the ministry has been similar to those of previous years.

Local bear population normal, expert says

By Matthew McCully

Following the numerous recent black bear sightings in the Townships, The Record contacted the

Ministry of Forestry, Wildlife and Parks to find out if there was cause for concern.

According to MFWP biologist *Éric Jaccard*, the number of sightings reported to the ministry has been similar to those

of previous years.

Jaccard said the black bear population is relatively stable in hunting zone 6, pointing out that there are areas like Stanstead Township, which have more bears than the regional average. The

wide use of agricultural land as well as the large forested areas in the Township account for more frequent bear encounters in that area, he said.

Préma-Québec Walk for Preemies coming to Sherbrooke

Record Staff

Préma-Québec is inviting the population to register for its 10th annual Walk for Preemies on September 8 in six cities across Quebec. People of every age are expected to attend this unifying event, to be held at the same time, from 9 am to 12 pm, in Chicoutimi, Longueuil, Quebec, Rimouski, Rouyn-Noranda, and in Sherbrooke in order to highlight the bravery of these little warriors and to send a message of hope to their families.

This annual provincial Préma-Québec

fundraising event takes place on Quebec Prematurity Day, and aims to collect \$40 000. With the profits of the event, Préma-Québec will continue to offer a financial aid to families from all over the province who are likely to suffer from the financial stress caused by unplanned costs involved in staying with their premature child while hospitalized.

Founded in 2003 by Ginette Mantha, following the premature birth of her second child at 31 weeks of pregnancy, Préma-Québec's mission is to improve the quality of life for premature children by offering educational, psychological and financial support to their parents.

The association is supported by doctors, nurses, and other professionals working in neonatology. It is the only organization in Québec to support the parents of preemies from the moment of birth until their return home. Each year, 1 out of 10 babies is born prematurely, that is before the 37th week of pregnancy, resulting in 6,000 families in Quebec being affected by a premature birth.

Fundraising activities like the Walk for Preemies allow Préma-Québec to offer quality services to the families of a premature child in the Quebec six neonatal units that provide intensive care. The services include educational

and informational material, discussion groups in hospital settings, a hotline and voicemail available 7/7, financial support, specialised breastfeeding support and bereavement support.

The Sherbrooke walk will take place at Jacques Cartier Park to register and/or to make a donation consult <https://www.jedonneenligne.org/premaquebec/campagne/la-marche-pour-les-prematures/>. Participation costs \$30 per adult, \$10 per child 6 years of age and over or \$65 for a family.

Beaudry St. fire heavily damages apartment block

Record Staff
SHERBROOKE

A violent fire that erupted Sunday afternoon in an apartment building on Beaudry Street in Sher-

brooke was caused by an electrical failure.

The incident sent six people to the Red Cross for food, shelter, and clothing, although a majority of the building's residents were able to return home.

About 30 firefighters were on the scene to fight the fire that completely enveloped one of the apartments. A total of 40 people were evacuated at the time of the fire. Damage to the building is estimated at more than \$200,000.

The fire broke out on the fourth floor where an electrical outlet jumped, sending smoke coming out of from the wall.

The building's concrete construction prevented the fire from spreading to adjacent dwellings.

Foresta Lumina brings its magic to downtown Coaticook

By Ocean Francoeur
Special to The Record

For its fifth year of enchantment, Foresta Lumina has decided to expand its course and plunge visitors of Coaticook Gorge deeper into the mysterious story of Margaret and the Devil in order to become "the Walt-Disney of nature".

Last Thursday, June 21, the director general of La Gorge de Coaticook, Caroline Sage, announced new additions to one of the region's most famous tourist attractions, which in 2018, cost around 1.3 million dollars. Foresta Lumina's otherworldly magic now extends to the downtown square, Place Tillotson, thanks to a new projection mural.

The mural, created by Moment Factory, overlooks Place Tillotson and appears to be a regular illustration during the day, but at night it comes alive with music and projections, giving a glimpse of the story of Margaret and the Devil, the story which imbues the Foresta Lumina experience.

The idea, said Sage on opening night,

was the result of listening to Foresta Lumina customers.

"We have spent many sleepless nights bringing our project to the third phase," said Sage. "We have taken into account the recommendations of everyone who passes through Foresta Lumina."

Besides the mural, the entire downtown has a touch of the attraction: little glowing lanterns serve to light the area and now, from Place Tillotson, visitors can get onto four buses that pass every half hour, to bring them to the Gorge to begin their journey.

Once on site, veterans of the course will recognize a new rest area, dubbed "The Devil's Lair", where visitors can sit by a fire and watch a projection which explains more of the story and the relationship between the main character and the devil that haunts the forest.

Still very much an attraction for kids, the ambient music and pretty lights will capture the wonder of all, and kids will especially appreciate the enchanted trail's interactive musical section. The "storyboard" section of the trail has also been revamped, providing further background of Foresta Lumina's lore.



Accurso found guilty of fraud and corruption

By Pierre Saint-Arnaud
THE CANADIAN PRESS

A jury has found Quebec construction magnate Tony Accurso guilty on all five charges he was facing including fraud and corruption.

Accurso, 66, was impassive as the jury delivered the verdicts on their seventh day of deliberations on Monday.

He was on trial in connection with a municipal corruption scheme involving former Laval mayor Gilles Vaillancourt.

The Crown had argued that Accurso participated in a kickback scheme on

construction contracts doled out in that city.

At his trial, Accurso denied any involvement and testified he was not aware of any such system in place.

Accurso was found guilty on five charges, which were conspiracy to commit corruption in municipal affairs, conspiracy to commit fraud, fraud of more than \$5,000, corruption of municipal officials and breach of trust.

More than two dozen people were charged in the fraud case, including Vaillancourt, who pleaded guilty to demanding kickbacks from construction

companies in exchange for municipal contracts and was sentenced to six years in jail. Accurso was the only one who opted to go to trial.

"It's very disappointing for him, after presenting his defence, giving his testimony, he feels like someone who has been found guilty of something he denied," said defence lawyer Marc Labelle.

The veteran lawyer wouldn't comment on the possibility of appealing the case, but agreed his client's notoriety may have tilted the case against him.

Crown attorney Richard Rougeau welcomed the jury's decision.

"Obviously, it's an accomplishment," he told reporters at the Laval courthouse. "We are particularly satisfied with the result."

A sentencing hearing is scheduled for Thursday before Quebec Superior Court Justice James Brunton.

It was Accurso's second trial on the same charges - last November, his first fraud and corruption trial ended in a mistrial.

The second trial began in May.

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Take a step in the right direction

New walking club for Potton seniors



THE SCOOP

MABLE HASTINGS

The Missisquoi North Volunteer Centre (CABMN) in collaboration with the Municipality of Potton will be offering a new activity in Potton this summer. The objective is to encourage seniors to seize every opportunity to get up and move! Opting for a less sedentary lifestyle will likely increase the lifespan of any individual and the CABMN Senior Service Coordination team is working to find a variety of fun ways to expand upon its already popular Viactive program attended by many seniors from the area.

Starting Wednesday the 27 of June, the walking group will give seniors in Mansonville the opportunity to participate in a social activity while benefiting from the physical necessity of being active. The walk will be easy and adapted to the physical condition of those who are participating. For sure, a person who has been sedentary will in time find that

their physical condition and capacity to move will improve and likely increase as well as their psychological health and outlook.

Monique Gilbert (an accredited Kinesiologist), was hired at the CABMN three months ago to work as a Coordinator of SAPA senior services alongside long-time Coordinator, Angelle Laplume. Monique's background and training is a great asset to the CAB's program for seniors.

"It will be possible for those who wish to use walking poles," explained Gilbert. "The walking poles have been furnished by the Municipality and will add to the program by increasing the propulsion motion of moving forward."

It is important to note that this initiative will benefit the physical conditioning of those taking part as well as building muscle strength in the upper and lower body reducing stress and diminishing the risk of injury regardless of the different type of terrain.

"This is a pilot project and we are targeting a group of 10 to 15 seniors maximum," said Gilbert. "The session will include information, will incorporate core strength exercises as well as the walk and the class will not exceed 50 to 55 minutes. The session will take place from 10 to 11am on Wednesday mornings and the group will meet in front of the Town Hall in Mansonville in the park," she added.

For more information, please contact

Angelle or Monique at the CABMN Main Office at 450-292-3114 extension 103.

The weekly Viactive exercise program for seniors offered through the CABMN throughout the year from fall to early summer breaks during the summer months. The walking group will provide an opportunity for those who

wish to continue being active to choose to and will take place while the weather is ideal and people want to be outside enjoying nature in the good company of friends.

Why not take a step in the right direction and join the Potton group as they take the high road to good health.



COURTESY

Monique Gilbert is getting ready for her first Walking Club for seniors in Potton. Gilbert (an accredited Kinesiologist), was hired at the CABMN three months ago to work as a Coordinator of SAPA senior services alongside long-time Coordinator, Angelle Laplume.

Sylvie des Rosiers receives National Assembly medal

Record Staff

Pierre Reid, Member of the National Assembly for Orford, presented National Assembly Medal to Sylvie des Rosiers, founder of the Magog Montessori School, late last week. Des Rosiers was recognized for her entrepreneurial attitude and community spirit.

Reid reminded those gathered for the ceremony that he participated in the creation of des Rosier's school.

"I got involved after having met Sylvie des Rosiers : a visionary woman with the power to share her vision and her love of children with an entire community," the MNA said. "I was impressed and I am still impressed by her vision and her success."

Before starting the Magog Montessori school des Rosiers was involved in the training of Canada's National ski team, she taught elementary school, and she was also a research assistant at the Uni-

versite de Sherbrooke. Since opening the school, and despite the work involved in running the facility, she has successfully completed Masters and Doctoral studies.

"Since its founding, our school has been a leader in pedagogical innovation and has taken a different approach than

that of traditional teaching," des Rosiers wrote in a text presented to the Minister of Education in 2016. "Created with the goal of offering a teaching and learning environment adapted to the needs of each student, the Magog Montessori school uses many different pedagogical approaches."



COURTESY

Pierre-Alexandre Morier, President of the École Montessori board of directors, Sylvie Des Rosiers, Principal of École Montessori and Orford MNA Pierre Reid

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EDITORIAL

IGA says it did a survey that found more than 60 percent of consumers would choose Quebec-produced beef if they were given a choice.

It's BBQ time, but where's the (Quebec) beef?



PETER BLACK

There's this supermarket in the city where they keep slabs of beef in a display case under lock and key, like in a jewelry store or antique boutique. It's not clear whether you have to show the butcher your stock portfolio or credit rating to get a slice or two of the sensually marbled, richly aged meat, but it seems that way.

As we, the carnivorous connoisseurs of charred animal flesh, fire up the barbie and contemplate what to grill, choosing steak or hamburgers gives one pause. The fact is beef nowadays is pricey, very pricey, at least compared to other popular and versatile meats such as pork and chicken.

This comes as no surprise to anyone who has done the groceries lately and done a double-take upon seeing the price sticker on a package of steaks. A decent cut of beef fit for the grill, enough to feed a family of four, could easily set you back \$30 to \$40. A nice prime rib roast is yours for a mere \$36 a kilo.

Even ground beef for BBQ patties is expensive, routinely priced in the \$15 a kilo range. You won't save much by opting for the frozen industrially processed version. Economy packages, with burgers extruded from who knows what anatomy of the animal, are anything but economical, namely a six-pack for \$10.

Beef, at least the desirably grillable variety, has become pretty much a delicacy in this part of the country. No wonder consumption of the meat has been dropping steadily in Quebec, and elsewhere in Canada.

The explanation for this phenomenon lies in the quirks of supply and demand, and the workings of international traffic in bovine flesh. The short answer is most beef sold in the big grocery stores in Quebec is imported. Quebecers are more likely to savour a steak from a cow

slaughtered in the United States, Australia or New Zealand, than one fattened on home soil.

It's hard to find data on exactly how much Canadian beef makes it to Quebec shelves and freezers. Alberta, by far Canada's largest beef producer, exports mostly to the States. American beef accounts for about 60 percent of the meat imported into Canada. (Don't tell the president, but Canada has a modest net trade surplus in beef with the U.S.)

Quebec producers united under the Boeuf Quebec banner, have mounted a campaign to combat the stampede of foreign beef into the Quebec market. Consumers may have noticed the appearance of stickers on beef proclaiming its Quebec source in the meat section of IGA, the province's largest grocery chain.

IGA says it did a survey that found more than 60 percent of consumers would choose Quebec-produced beef if they were given a choice.

Nearly 300 of the Sobeys-owned groceries will be selling Quebec-raised and processed beef, initially ground beef and steak, to capitalize on the summer BBQ frenzy. Boeuf Quebec says more cuts may be made available come the fall.

Boeuf Quebec says the campaign launched a year ago has led to a major spike in production. Producers have set a target of a 50 percent increase in production by 2025. That goal fits into the Couillard government's plan to expand Quebec's home-grown production of all sorts of consumables through its \$5 billion biofood policy, unveiled in April.

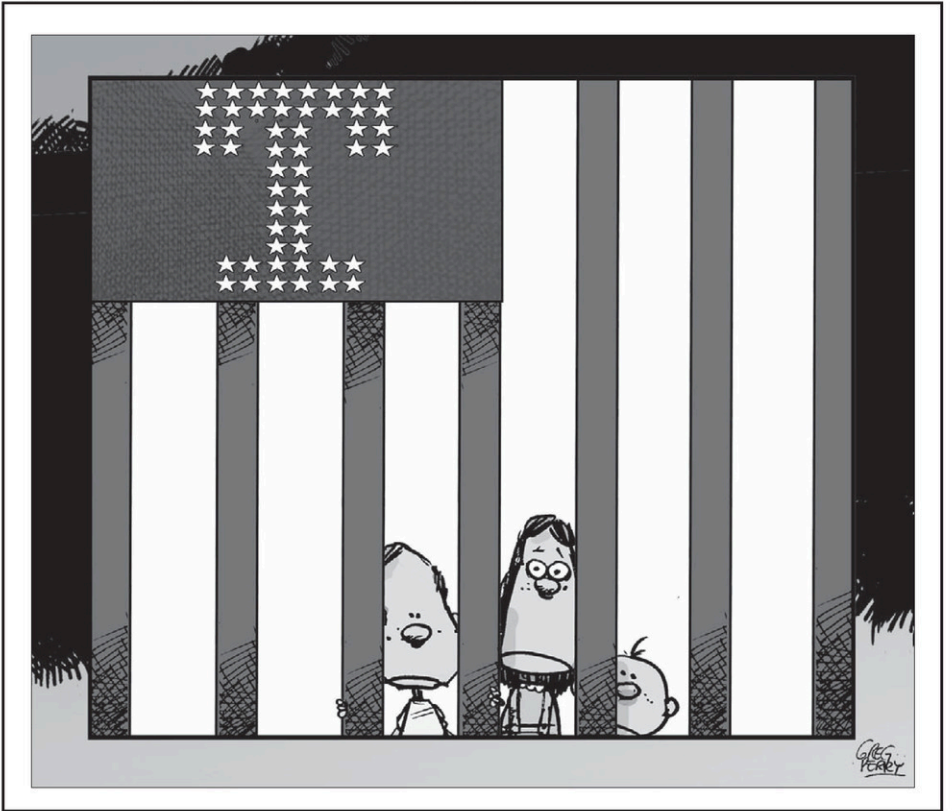
(Legislative changes to implement the biofood policy died on the order paper at the end of the National Assembly session last week.)

Producers have committed themselves to the expansion, visions of speciality Asian markets in mind, aware that beef production has a bad reputation, with mad cow disease and slaughterhouse horrors high in the public mind.

To that end, Boeuf Quebec has signed on with the Verified Beef Production Plus programme which governs beef production elsewhere in the country. The group, representing the province's feedlot operators, says this year all beef cattle in the province will be raised under the health and humane guidelines of the policy.

If all this talk of consuming meat on the hoof makes you queasy, consider this: A&W will be launching a new burger in a couple of weeks, made with Beyond Meat, a plant-based meat-tasting

product, whose investors include Bill Gates and Leo DiCaprio. Great idea, but does Beyond Meat have that sensational sizzle on the barbie?



Letters

Today is the first day of summer. It is a crystal clear day in North Hatley, the sun is warm, the breeze is light. Lake Massawippi is shimmering beneath blue skies. Boats are on the lake. People with private access to the lake are sitting in the sun, listening to the water lap against their docks.

Those who do not have private access to the lake look at it from a bridge or from afar. They cannot sit on a beach or a dock by the lake because the Public Beach is Locked. Not a soul is inside the fence that surrounds the public beach, playground and boat launch. They are locked out. Signs posted say "DANGER" "Defense de Passer".

North Hatley is a popular tourist town, and has long been a destination for holidays by the lake with opportunities for summer and winter sports, for swimming and picnicking by the lake.

But this is not possible for people who would like to be by the lake on this first day of summer. It is not possible for people who pay a membership fee to use the beach, or for tax payers who pay the municipality to provide public access to the water. Scores of volunteers have worked hard during the past 50 years to collect thousands of dollars annually to provide amenities at the recreation center and the public beach, but they cannot enjoy the lake on this first day of summer.

This summer the Town Council of North Hatley has instituted restricted access to the public beach. The gate will be unlocked for a few specified times in late June and early September and during certain hours during July through late August.

This is contrary to community spirit and to the very notion of living by a lake. It is sad, frustrating, disheartening. The Town Council states that they are protecting public health and safety, but their new restrictions are contrary to 50 years of a safe, open public beach in North Hatley; contrary to common practice at all other regional town beaches.

The new restrictions are putting an arrow through the public spirit of the town.

Faith McClellan LeBaron
North Hatley

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LOCAL NEWS

We want to thank all those people who have supported our group in its endeavours over the years.

Austin Women's Institute closes its doors

Submitted by Elizabeth Goodwin on behalf of all members, past and present, of the Austin Women's Institute

It is with great sadness that the remaining members of the Austin Women's Institute (AWI) voted to close this branch at the end of 2017, due to dwindling numbers and the aging of its members.

This branch of the Quebec Women's Institute has played an active role in the activities of the community of Austin since its inception in 1926. Initially its meetings were held in the one-room Currier Schoolhouse, which was used for many social functions. In 1942 this group initiated the Austin Garden Party which was held for many summers and was a major event in the community. The Garden Party was first held in the schoolhouse then, later, moved to the Austin Town Hall. Over the years the AWI has raised money through its social activities for bursaries to help young people with their studies, as well as many other worthwhile causes.

In the 1960s funds were raised for a special project. The AWI ladies felt strongly that books should be made available for people in the community and so, through the hard work and dedication of the AWI members, the original Magog library had its start. At the beginning, the library was located in Austin but it was soon moved to a space on the top floor of the old Post Office in Magog. Wouldn't those hard-working ladies of the '50s and '60s be amazed if they could see how their library has evolved into its present day location in Magog's beautiful Ste-Marguerite Church – surely beyond anything they could have imagined!

In recent years, the group has lost many members, some passed away, some moved. There were too few left to organize and hold activities and support the causes that are still dear to our hearts. And when our most stalwart member, Betty Telford, left Magog to move to Cornwall last fall, we lost our Treasurer, our Publicity person and the person who faithfully kept us organized by writing up our agenda booklet every year, by remembering all of our birthdays with cards and good wishes, by phoning to make sure we didn't forget a meeting. Without Betty to guide us, that was our sign that it was time to say goodbye. We thank you, Betty, for taking such good care of us through the years!

The AWI never stopped giving and will be remembered for those looking because reports and memorabilia have been donated to the Brome County Historical Society archives. As well, the municipality of Austin plans to have the history of the AWI written.

We want to thank all those people who have supported our group in its endeavours over the years. We have been so fortunate and we will miss the special friendships, and the fellowship of our monthly meetings where we would recite together the Mary Stewart Collect whose last line summed up the essence of our group by the reminder "let us not forget to be kind."

Vieux Forgeron gallery presents the Women of the Mountains

By Jackie Heim

Montreal resident and documentary film maker Martine Breuillaud, founder of the Alaya Foundation, first travelled to Nepal in 2009 as part of a women's trek in the region of Jumla. Inspired by the Nepalese women she met there, she was moved to put together a documentary film called 'Women of the Mountains' about the story of three sisters who travelled throughout their country of Nepal and saw how hard women work. They decide to set up a school to empower women and train them to be trekking guides, formerly a job that was for the men only.

Since that time Breuillaud has made several trips to this country she had fallen in love with. In April 2015 a massive earthquake struck Nepal 80 km west of the capital city Kathmandu and again almost one year later – May 2016. These earthquakes were so powerful, tremors were felt as far away as China and India. During these tragedies, more than 9,000 people died and over 600,000 homes were damaged or destroyed.

Having survived the 2015 quake while in Kathmandu, Breuillaud saw first-hand the suffering and devastation caused by these events and it was impossible for her not to return to assist her Nepalese friends in the recovery and rebuilding of their communities. It was then the idea of the Alaya Foundation was born, which means "the house where one feels good". The three objectives of the Foundation are: to alleviate poverty, promote education, and develop new training programs.

Focusing on the village of Budhathum 6 situated 140 Km Northwest of Kathmandu, this small hamlet of 600 inhabitants saw 110 homes damaged or destroyed, including the only school. The objective is to build a multi-purpose community center where the school once stood that would meet the educational and social needs of children and adults. Nepalese engineers skilled in anti-earthquake construction are involved and are in turn, passing their knowledge and training to the local workers, providing new skills which will allow more people to obtain gainful employment in the future and to increase their self-sufficiency.

Austin Women's Institute

By Elizabeth Cochrane Telford

A starts off Austin, where this group began,
U means United, and that's how we stand,
S stands for Strength, which our unity binds,
T is for Tenderness, we try to keep in mind,
I is for Idle, which does not describe our hands,
N stands for Neighbours, as well as good friends.

W stands for Women, some call us "the Girls",
O is all Over, and throughout the world,
M is for Meetings, where we all get together,
E is Each is in her own home depending on weather,
N stands for Needy, we attempt to assist,
S is for Students, who receive scholarships.

I stands for Institute, to which we belong,
N stands for Never, will we run out of songs,
S is for Singing, before, during and after,
T is for Tears, which are mixed in with laughter,
I for Ideas, which we all try to share,
T is for Telling, each other we care,
U for Understanding, which goes along with love,
T is for Time, which there's not enough of,
E stands for Eastern, our Townships we live in, where we join hands in friendship with the Institute of Women.

As part of the current exhibition on now at the Vieux Forgeron art gallery in Stanstead (June 14 – July 1) the work of the Alaya Foundation is highlighted, with photographs from Nepal and many handmade items for sale – all proceeds going directly to the Foundation.

As part of the fundraising efforts, the Centre des Arts de Stanstead will show a screening of Breuillaud's documentary film 'Women of the Mountains' in English at the Vieux Forgeron Art Gallery in Stanstead on Saturday, June 30th at 7 pm. Martine Breuillaud will be on hand to tell us more about the Alaya Foundation and to answer any questions. This event is by donation and all proceeds will go directly to the Foundation to help meet the costs of construction of the community center.

Gallery hours: Thurs-Sun, 11-6 pm. www.levieuxforgeron.com



COURTESY

The story of Emma Albani (1847-1930)

The first Canadian soprano to achieve international fame

Jean-Marie Dubois - Université de Sherbrooke

Gérard Coté-Lennoxville-Ascot Historical and Museum Society

In 2014, the City of Sherbrooke opened a street in the Rock Forest area where several streets recall famous Quebec artists. The street is named for a pioneering artist from our own country: Emma Lajeunesse, whose stage name was Albani.

Emma Lajeunesse was born in Chamblay in 1847. She was the daughter of Mélina Mignault (1827-1856) and of Joseph Lajeunesse (1818-1904), who was a professional musician and music teacher. It was her father who taught her the basics of music. She went first to an English school in Plattsburgh, New York and in 1858, to Sacré-Cœur du Sault-au-Récollet Convent in Montreal, where her father taught music. In 1856, she had already given her first public concert at the Institut des artisans de Montréal. In 1865, her family settled in Albany, New York. In 1868, she went to study in Paris and Milan. There, she adopted an Italianized family name, Emma Albani, having in mind her adoptive city, Albany,

NY. In 1872, she settled in London, joined the Covent Garden and went on to lead a singing career on the most famous European stages. She was the first Canadian soprano and pianist to become an international star. In 1878, in London, she married Covent Garden director, Ernest Gye. And in 1891-1892, she had an engagement with the New York Metropolitan Opera. She retired from opera in 1896, having played in 43 important roles, but continued to go on tours, including in Canada in 1901, 1903 and 1906.

In 1897, she was awarded the Beethoven Golden Medal by the London Royal Philharmonic Society as well as Queen Victoria's Jubilee Medal of Honor. Albani often came to Sherbrooke. Following one trip in February 1896, a choir was organized in the East Ward, the Cercle Albani that continued until 1903. In 1925, King George V honoured Albani with the title of Dame Commander of the British Empire. She died in 1930 in Kensington (London), Great Britain and was buried in London's Brompton Cemetery. In 1980, on the 50th anniversary of her death, Canada Post issued a stamp in her honour.



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With the *Viagra* Patent About to Expire, a New Sex Pill Takes the Spotlight

A patented pill costing less than \$1 a dose stands to help millions of men with failing sex lives; no prescription will be required

By Ray Wilson
News Health Reporter

TORONTO – A new sex pill is set to take the spotlight with the *Viagra* patent about to expire. But unlike the former, it won't require a prescription and is priced just under a \$1 a dose.

The new pill called *Vesele* is part of a new class of performance enhancers for men, which work instantaneously on the body and mind triggering arousal and firmer, harder erections.

Formulated with a special compound known as an "accelerator", *Vesele* can transport its active ingredients faster and more efficiently into the blood stream, where it begins to work its magic.

The patented ingredient blend initiates a process known as vasodilation, which causes arteries and vessels throughout the body to expand. This allows blood to flow directly to penis and genitals, resulting in harder erections which last longer. *Cialis* and *Viagra* are based around a similar concept.

But what makes *Vesele* so remarkable, and what these other sex pills can't do, is that also directs a small portion of this blood flow to the brain, which creates feelings of intense arousal. In laymen's terms, users become incredibly excited and turned on.

This is why the makers of *Vesele* say their pill has worked so effectively in clinical trials. It stimulates the two most important organs for great sex, the penis and the brain.

The Brain Erection Connection

Until now, medical researchers did not fully understand the brain-erection connection. It has now been made clear with *Vesele*. When both are supplied with a constant blood flow, men are harder and firmer for longer...and have unbelievable sex drives.

"Most of the research and treatment methods for men's sexual failures have focused on physiological factors and have neglected the emotional ones. For the leading sex drugs to work, like *Cialis* and *Viagra*, you need visual stimulation" explains Dr. Henry Esber, the creator of *Vesele*.

"And although they work for some men, the majority experience absolutely no fulfillment during sex.

According to research published by the National Institute of Health, 50% of men taking these drugs stop responding or can't tolerate their side effects...and on top of that they spend \$50 per pill and it doesn't even work half the time.

This is what makes *Vesele* so different and effective. It floods the blood stream with key ingredients which cause arteries all over the body to expand. The patented accelerator speeds up this process even more.

The result is a rush of blood flow to the pe-

nis and brain, helping to create an impressive erection and a surging desire for sex. Often, this is all men need to get going. And when taken regularly, many men say they are energized and aroused all day."

Great Sex At Any Age

With the conclusion of their latest human clinical use survey trial, Dr. Esber and his team are now offering *Vesele* in Canada. And regardless of the market, its sales are exploding.

Men across the country are eager to get their hands on the new pill and according to the research, they should be.

In the trial above, as compared to baseline, men taking *Vesele* saw a staggering 85% improvement in erection hardness over a four-month period. Their erections also lasted twice as long.

These same men also experienced an astounding 82% increase in the desire for sex (libido/sex drive) and an even greater improvement in overall satisfaction and ability to satisfy their partners.

Many men taking *Vesele* described feeling horny and aroused through the day. The anticipation before sex was amazing. They were also easily turned on. Their moods were more upbeat and positive, too.

Faster Absorption into the Blood Stream

Vesele is made up of three specialized ingredients: two clinical strength vasodilators and a patented absorption enhancer often called an accelerator. According to an enormous amount of clinical data, each is very safe.

Research shows that with age, many men lose their desire and interest in sex. They also struggle to produce an erection firm enough for penetration.

And although there are many theories as to why this happens (including a loss in testosterone) one thing is certain, inadequate blood flow is virtually always to blame. That's why sex drug manufacturers focus on blood flow, it makes your erection hard.

But what's more surprising, and what these manufacturers have failed to consider, is that lack of blood flow can also kill your sex drive. That's because blood supplies energy for the brain. This energy is required for creating brainwaves that cause excitability and arousal.

Studies show the *Vesele* stimulates the entire cardiovascular system, including the arteries that lead to both the brain and penis. The extreme concentration of the ingredients combined with the accelerator ensures that this process starts quickly.

The sexual benefits of *Vesele* are also multi-



Expiring Patent Opens the Door to a New Sex Pill: *Vesele* is a new pill that cost just \$1 a dose does not require a prescription. It works on both body and mind to increase arousal and erection hardness.

plied as its ingredients build up in the system over time. This is why many men take it every single day.

Recent Studies Show Positive Effects on Women

In the same study referenced throughout, *Vesele* was also shown to have an amazing (and somewhat surprising) effect on women too. That's because the same arteries and vessels that carry blood and oxygen to the brain and genitals are the same in men and women.

"In our most recent study, women taking *Vesele* saw a stunning 52% improvement in arousal and sex drive. Perhaps more impressive, they also experienced a 57% improvement in lubrication.

You can imagine why some couples are taking *Vesele* together. Everything feels better. Everything works better. Everyone performs better. It's truly amazing."

A New Frontier of Non-Prescription Sex Pills

With daily use, *Vesele* is helping men (and women) restore failing sex lives and overcome sexual let downs without side effect or expense.

Through a patented absorption enhancer, the *Vesele* formula hits the bloodstream quickly, resulting in phenomenal improvements in erection firmness and hardness. By boosting blood flow to the brain, users also experience sexual urges and arousal they often haven't felt in years.

How to Get *Vesele* in Canada

This is the official release of *Vesele* in Canada. As such, the company is offering a special discounted supply to anyone who calls within the next 48 hours.

A special hotline number and discounted pricing has been created for all Canada residents. Discounts will be available starting today at 6:00AM and will automatically be applied to all callers.

Your Toll-Free Hotline number is 1-800-721-2466 and will only be open for the next 48 hours. Only a limited discounted supply of *Vesele* is currently available in your region.

Vesele is approved by Health Canada as a Natural Health Product for the following indications; L-Arginine supports production of nitric oxide, a molecule involved in vasodilation.

Local Sports

Brettell inscribed the initials of his sister Emily, who died suddenly at age 17 two years ago, on the custom-made glove he used for his junior season at Central Michigan University.

Cardinals Canadian draft pick Brettell honours late sister on mound

By Melissa Couto
THE CANADIAN PRESS

Michael Brettell took his late sister's memory with him every time he stepped onto the mound for his college team last year.

The Canadian right-hander plans to keep doing that as he begins his professional career in the St. Louis Cardinals' organization.

Brettell inscribed the initials of his sister Emily, who died suddenly at age 17 two years ago, on the custom-made glove he used for his junior season at Central Michigan University.

While he won't be able to use the same glove in the pro ranks - there's a Canadian flag stitched on it and MLB prohibits the use of gloves with different colours in game action - Brettell will write E.R.B into the palm of his new glove once he gets it.

"I'll carry her with me every game," Brettell told The Canadian Press in a phone interview from Johnson City, Tenn., the home of St. Louis's rookie-league affiliate.

"I also wear a chain that has a cross with her initials and her fingerprint on it, so I keep her nearby every time."

Emily was a promising young rower on her high school team and the South

Niagara Rowing Club when she died while working out in the Brettell family's basement in Fonthill, Ont., in August 2016.

Michael was home from school following his freshman season with the Central Michigan Chippewas when it happened. His family still doesn't know what caused Emily's death.

"It was not anything anyone expected because she was so healthy and in such great shape," Brettell said. "It's still undetermined. There was no underlining issue, nothing like that."

Emily's death was the second tragedy to hit the Chippewas team that year. Two months earlier, the mother of Brettell's teammate, Colton Bradley, died in a bicycle accident.

Brettell had been living with the Bradleys in their Michigan home while playing summer ball when the accident happened. He said the bond between him and Bradley began to solidify at that time, and was further strengthened when Emily died and Bradley made the 600-kilometre drive to Fonthill to be with the Brettells.

"Seeing him go through that was heartbreaking, just awful, and then with what happened with me, it was something else that we connected over," Brettell said.

"It was definitely a nice feeling, knowing his support was there. That's not a short drive. It was nice to see him make that trip to come and support my family during that time."

Bradley said he wasn't thinking about the distance when he hopped in his car.

"I wanted to make sure I was there for him like he was there for me," Bradley said. "Seeing the way he was there for me through the loss of my mom... if we needed to go to the grocery store he would help out with that kind of stuff. He'd just do whatever he could to take our minds off it."

"And so when I heard the news about his sister, I got in the car and drove out to his house."

Brettell was drafted in the 15th round by the Cardinals earlier this month and reported to their rookie league team last Saturday.

A ground-ball pitcher with a full arsenal, the six-foot-three, 210-pound Brettell said he was thrilled to be chosen by an organization that has produced some of the game's top arms in recent years.

He's not sure yet if he'll be used in the rotation or bullpen just yet, but Brettell said he'll be happy either way.

"I know they pride themselves on ground-ball outs and working quick in the count, and that's what I try to do as

well," said the 20-year-old, who throws a sinker, four-seam fastball, change-up, slider and splitter. "I'm definitely excited to be part of this organization and I'm excited to see where this takes me."

Bradley's excited to see that too, calling Brettell's talent "electrifying."

"He's got phenomenal stuff, and on top of that he works harder than anyone," said Bradley, adding he's seen Brettell touch 95-96 miles per hour on the radar gun. "It's really impressive to see what he can do and I know he's only going to get better."

Brettell was with family and friends at his girlfriend's home in Michigan when he got the call from St. Louis on Day 3 of the draft three weeks ago.

While he celebrated his accomplishment, he thought for a moment about what his sister might have said to him had she been there.

"Me and her had a weird relationship - she was into rowing and I was into baseball and neither of us liked each other's sports," Brettell said with a laugh. "But she would have definitely been proud of me."

"I know she would have been progressing quickly in her rowing career too, so we would have been proud of each other."

Carleton part of youth movement in Canada's women's basketball team

By Lori Ewing
THE CANADIAN PRESS

Bridget Carleton had a set of keys to the gym of her high school in Chatham, Ont., and would spend hours shooting on the court, with just the janitors to keep her company.

The 21-year-old Carleton, who's currently at the Canadian women's team camp in Edmonton, said the self-discipline she learned during those solitary shooting sessions has proved invaluable.

"I think that's kind of been a huge part of my basketball career so far, especially coming from a small town, and there's no Team Ontario, or national team coaches, there's none of them in my city," Carleton said between training sessions in Edmonton.

"So (Canadian coaches) had kind of given me ideas of things to work on and then I had to take ownership of that myself and go do it. And when I'd see them, they expected me to have it down. So I think that's where I found the love of my game, because if I didn't love it, I wouldn't have done that stuff and I wouldn't have gotten to where I am for sure."

Carleton's mom Carrie, who played at the provincial level, is a phys ed teacher at John McGregor Secondary School, and if she wasn't free to rebound balls for her daughter, her keys to the gym were

always available.

Carleton was part of the Canadian team that won its second straight FIBA Americas championship last summer. The six-foot-one guard carried that success into this past season at Iowa State, starting all 31 games, and averaging a team-best 19.2 and 6.5 rebounds. She also led the Cyclones in steals, blocks and three-pointers made.

She arrived at Canada's team camp earlier this month "much further ahead than she was last year at this time with us," said Canadian coach Lisa Thomaidis.

"I have just that much more confidence coming into the national team stuff because I was put in such a good position last year to improve on things I needed to improve on, and kind of learn how to score a variety of different ways," said Carleton, whose parents regularly made the 11-hour drive to Ames for games.

"I was being guarded by some of the better athletes in the Big 12 every night almost. So it was just cool to play against some great players and be the go-to player on the Iowa State team, which has helped me a lot coming into this camp mentally."

Carleton is among Canada's pool of 26 women battling for a spot on the team for the FIBA women's World Cup

in September in Spain. The women - minus WNBA players Kia Nurse (New York Liberty), Natalie Achonwa (Indiana Fever), and Kayla Alexander (Indiana) - are in the first of three phases of summer training. Phase 1 culminates with three exhibition games against Turkey at Edmonton's Saville Centre.

The face of team has changed since Canada was eliminated in the quarterfinals and finished seventh at the Rio Olympics. Several veterans retired leaving a young core that is fast and athletic.

"A lot of younger girls who are just athletic and can get to the rim, and be creative off the dribble, and so it's fun to be a part of that, kind of changing styles of play from what it was a couple of years ago," Carleton said. "It's a completely new look these last couple of years, with the athleticism of the team, and doing different things... just playing more up-tempo and being more creative with what we can do offensively, and putting the pressure on defence."

Thomaidis said the team tested out its new up-tempo style, built around the type of players she knew she'd have available, last season, and found success.

"We were really putting an emphasis on pace and speed and pressure... faster pace is the big one, and utilizing our athleticism and dynamic ability," she said. "We've got to keep ratcheting it up

for sure. It's all a process in terms of integrating these athletes when we get a chance to spend time with them, and showing them a different way of playing, and seeing how we adapt. So far so good."

Kim Gaucher, who's 34 and made her senior team debut in 2001, is back after taking a year off national team duty.

"It's amazing to have her back in, she's just such a strong leader and such a great role model especially for some of these younger athletes we have in this camp," said Thomaidis.

The Canadians, who are fifth in FIBA's world rankings, will host No. 7 Turkey on July 4, 6 and 7. The Canadians will gather again in mid-July and then late-August before travelling to Spain for the World Cup, Sept. 22-30.



Fig.16

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Death



Joseph Louis ENRIGHT
(1928-2018)

On June 22nd, 2018 at CHUS Fleurimont in Sherbrooke, passed away Mr. Joseph Enright in his 90th year.

Joe is survived by his loving wife of 62 years Rolande Pelletier, as well as his children: Thomas (Sheila Beerwort), Joanne (Harry Van der Linden), Karen (Gordon Ingalls), Peter (Julie Bélanger) and Dennis. He is also survived by his twelve grandchildren, five great-grandchildren, his sister: Agnes Keenan, his sisters-in-law: Marilyn Enright, Velma Jones, Liliane Schinck; his brothers-in-law: James Beattie, George Enright, Robert Pelletier (Juliette Moreau) and many, many cherished nieces and nephews.

We would like to thank the Wales Home for their amazing care, especially the staff of Norton 1 for their kind and compassionate care over the past 3 months.

The family will receive condolences at LES RÉSIDENCES FUNÉRAIRES BESSETTE OF BROMONT, Tuesday, June 26, 2018 from 2:00 to 4:00 p.m. and from 7:00 to 9:00 p.m., and Wednesday, June 27 from 9:00 a.m., followed by a funeral service at 11:00 a.m. at the St-François-Xavier Church in Bromont.

Interment will follow at the St-François-Xavier Cemetery.

In lieu of flowers, donations to the Diapason Bromont or The Wales Home Foundation would be appreciated. Forms will be available at the funeral parlor or on online at:

<http://www.audiapason.org/> <http://waleshome.ca/wales-home-foundation/>

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Death



Gertrude (Aunt Toote) FLANDERS
1925 - 2018

Taken to heaven in the arms of an angel on June 19, 2018 from the Manoir Stanstead at the age of 92. Beloved wife of the late Leonard Flanders.

Cherished mother of the late Benny (Elizabeth), Dale (Elaine), Malcolm (Carol), Garth and Linda (Ron). Gertrude will also be sadly missed by her ten grandchildren and seventeen great-grandchildren and one great-great grandchild. She is predeceased by her brothers Wallace and Milton as well as her sisters Ella Hamilton and Irene Huse Calloway. She also leaves many nieces, nephews other relatives and dear friends.

There will be visitation in the presence of the ashes at the Cass Funeral Home, 545 Dufferin, Stanstead, QC, 819-876-5213, www.casshomes.ca, on Friday, June 29, 2018 from 7 to 9 p.m. as well as on Saturday, June 30th, 2018 from 9 to 10:45 a.m. A funeral service will follow with Rev. Robert Cargill officiating. Interment will take place at the Griffin Cemetery.

The family wishes to thank all the caregivers at the Manoir Stanstead for the wonderful care given to Gertrude.

To honour her memory, donations to the Manoir de Stanstead, Alzheimer's Unit, 496, Dufferin, Stanstead, QC, JOB 1E0, would be appreciated by the family.

CASS FUNERAL HOMES
Stanstead & Ayer's Cliff
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Incidence of tick and mosquito-borne illnesses growing rapidly



ASK THE DOCTORS

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

Dear Doctor: It seems like every time I turn on the news someone's freaking out about ticks and mosquitoes. Haven't they always been around? What's with the alarm bells all of a sudden?

Dear Reader: The reason you're hearing so much about ticks and mosquitoes these days is because of a worrisome spike in the number of people becoming infected with the range of diseases these creatures

cause. (We can't say "insects" because, while mosquitoes do fall into that category, ticks don't. They're actually arachnids — like mites, spiders and their larger cousin, the scorpion.) According to a report released by the federal Centers for Disease Control and Prevention in May, the incidence of disease spread by ticks and mosquitoes has more than tripled between 2004 and 2016.

In just 13 years, the number of tick- and mosquito-borne illnesses in the United States has ballooned from 27,388 reported cases in 2004 to 96,075 reported cases in 2016. Even more concerning is the fact that more than half of that increase occurred between 2015 and 2016. And the key word here is "reported." Not every tick- or mosquito-borne illness is identified or gets reported, so the number of people made ill by a tick or mosquito bite is quite likely higher. (The CDC's report also covers fleas, with a total of 89 reported cases of plague over the 13 years of the report.)

Lyme disease accounted for 82 percent of the increase in tick-borne illness, according to the report. A closer reading of a breakout of the data reveals some troubling trends. For example, babesiosis, a malaria-like illness carried by deer ticks, went from zero cases in 2010 to more than 1,900 reported cases in 2016. Anaplasmosis, also caused by a bacterium carried by the deer tick, jumped more than 650 percent, from 875 cases in 2004 to 5,750 cases in 2016. If left untreated,

the disease can cause internal bleeding, difficulty breathing, neurological problems and kidney failure.

When it comes to mosquitoes, the report offers both good and bad news. Cases of Zika have gone from zero in 2015 to 41,680 the following year. Virtually all were reported in Puerto Rico, American Samoa and the U.S. Virgin Islands. West Nile virus, meanwhile, which hit a high of 5,674 cases in 2012, dropped by half by 2016. In addition, the CDC reports that nine new germs that are spread by ticks and mosquitoes have been identified since 2004. Scientists say the rise in disease rates, as well as the widening of their geographic scope, is due in part to the warming climate, which expands the pests' habitats. Global trade and travel also play a role.

Our aim here is not to alarm, but to stress the importance of vigilance in protecting yourself and your family. Bottom line: Create a barrier between yourself and the potential threats. That means appropriate clothing to cover you when spending time outdoors, bug repellent for a chemical shield, and regular visual checks of your skin, scalp and clothing. And don't forget about the pets — a range of excellent meds are available to keep your furry companions tick- and flea-free as well.

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

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMS, BRIEFLETS:
Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)
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TOWNSHIPS

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

LENNOXVILLE

Men's general meeting, A.N.A.F. Unit 318, Wednesday, June 27 at 7 p.m. on the

main floor.

NORTH HATLEY

Naomi Bristow, The Yodelin' Cowgirl, at The Piggery Theatre on Wednesday, June 27 at 8 p.m. Come and hear music of Loretta Lynn, Dolly Parton, Patsy Cline, Tammy Wynette, Patti Page and many more. Tickets are available by contacting Janet McBurney at 819-565-9716 after 6 p.m. Proceeds to benefit Plymouth-Trinity's UCW.

GEORGEVILLE

Strawberry Social at Murray Memorial Hall, June 29, 7 - 9 pm. Strawberries, biscuits, ice cream, cookies, etc. Tea & coffee. Admission charged. Benefit

Georgeville United Church.

AYER'S CLIFF

A friendly Meet & Greet organized by MP Marie-Claude Bibeau and the Federal Liberal Association of Compton-Stanstead. 4 to 6 p.m. - Thursday, June 28th at the Auberge Ayer's Cliff, 1087 Main St. All are welcome! For info: 819-868-7656

RICHMOND

Richmond 4-H invites you to their annual Strawberry and Ice Cream Social on Sunday, July 1 from 7 p.m. to 10 p.m. at the Richmond Fair Grounds. Weather permitting, there will be fireworks at dusk. Admission charged. Everyone is welcome!

WATERVILLE

The Waterville-North Hatley United Church will hold their annual Ice Cream Social on Thursday, July 5 from 5:30 p.m. to 7:30 p.m. Hotdogs, chips, drinks, ice cream with strawberries or cones. Rain or shine. Admission charged.

NORTH HATLEY

The North Hatley Piggery Theatre presents: Penny Dustin and Jim Malmberg on Friday, July 6. This husband and wife duo sing Bluegrass and Folk music. Tickets are available by contacting Krista Fidler at 819-842-1401. Please leave a message. Proceeds to benefit the Waterville-North Hatley United Church.

Monday, June 25th crossword. Tuesday, June 26th crossword on page 15.

ACROSS

- 34 Istanbul strait
- 37 Mo. multiples
- 38 Cameo stone
- 39 Shelled out
- 41 Je ne sais —
- 43 Firefly holder
- 44 Poet or novelist
- 46 Etching fluids
- 49 Chomped
- 50 Pen points
- 52 Dozens
- 54 Hot time in Quebec
- 55 Vacillate (hyph.)
- 56 Great Lake
- 57 Berlin article
- 58 Pantyhose shade
- 59 Gym iterations

DOWN

- 1 Jacques' girl
- 5 Small, in Dogpatch
- 8 Fabric meas.
- 11 Cheers
- 12 Dismounted
- 14 Search engine find
- 15 Gator's cousin
- 16 Floor model
- 17 Big green parrot
- 18 Leeway
- 20 Nothing doing! (2 wds.)
- 22 Wrestler's coup
- 23 Tough spot
- 24 Was an omen of
- 27 Oregon, to Yves
- 29 Swimsuit piece
- 30 Crumpled (2 wds.)
- 1 Curved line
- 2 Rover's planet
- 3 Flapjack acronym

Answer to Previous Puzzle

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

- 4 Get away from
- 5 Full of cargo
- 6 Percent ending
- 7 Sketch
- 8 Jack London venue
- 9 Fear greatly
- 10 Cuff
- 13 What a shame! (2 wds.)
- 19 Medieval hero
- 21 Setting
- 24 Consumer protection org.
- 25 El Dorado loot
- 26 Trial VIPs
- 27 — de vie (brandies)
- 28 NFL events
- 30 Ironic
- 31 Apply henna
- 32 Samovar
- 33 Calif. hours
- 35 Tigger's pal
- 36 Pungent
- 39 Pouch
- 40 Base coat
- 41 Very
- 42 Sheer
- 43 He jilted Medea
- 44 Sacked out
- 45 Rampage
- 47 Be adventurous
- 48 Trim
- 51 Lose — — whisker
- 53 Affirmative

1	2	3	4		5	6	7		8	9	10	
11					12			13		14		
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	18			19			20		21			
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			38						39	40		
	41	42						43				
44					45			46		47	48	
49					50		51			52		53
54					55					56		
57						58				59		

Datebook

TUESDAY, JUNE 26, 2018

Today is the 177th day of 2018 and the sixth day of summer.

TODAY'S HISTORY: In 1870, the U.S. Congress recognized Christmas as a federal holiday.

In 1945, the United Nations charter was signed by 50 nations.

In 1963, John F. Kennedy gave a speech while visiting West Berlin, declaring "Ich bin ein Berliner" ("I am a Berliner").

In 2000, scientists announced the completion of a basic structural map of the human genome.

TODAY'S BIRTHDAYS: William Thomson, Baron Kelvin (1824-1907), physicist; Pearl S. Buck (1892-1973), author; Peter Lorre (1904-1964), actor; Babe Didrikson Zaharias (1911-1956), athlete/golfer; Milton Glaser (1929-), graphic designer; Greg LeMond (1961-), cyclist; Sean Hayes (1970-), actor; Nick Offerman (1970-), actor; Gretchen Wilson (1973-), singer; Derek Jeter (1974-), baseball player; Ryan Tedder (1979-), singer-songwriter; Jason Schwartzman (1980-), actor; Aubrey Plaza (1984-), actress; Ariana Grande (1993-), singer.

TODAY'S FACT: The United Nations currently has 193 member states.

TODAY'S SPORTS: In 1944, a "tri-cornered" exhibition baseball game to raise money for the war effort featured the New York-based Yankees, Dodgers and Giants. In nine innings of play, each team batted for 18 outs, played defense for 18 outs, and watched for 18 outs. The Dodgers won the game with five runs, the Yankees scored one run and the Giants were shut out.

TODAY'S QUOTE: "Ah well, perhaps one has to be very old before one learns how to be amused rather than shocked." — Pearl S. Buck, "China, Past and Present"

TODAY'S NUMBER: \$0 — amount graphic designer Milton Glaser charged the New York state tourism board for designing the "I (heart) New York" logo in 1977.

TODAY'S MOON: Between first quarter moon (June 20) and full moon (June 27).

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Many Record readers expect to change employment within the next year. Shouldn't your ad be in The Record's Career Section?

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569-9525

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.

“ B ' O G K I O Z L U J U W , E T A U N U K C F B O U
 B H I F I E W I L T F K C , B R E C F Y E F . . .
 B F ' R F Y U O I R F B O M I K F E T F F Y B T H F I
 O U . ” — W U D B T U A B I T

Previous Solution: “You know about death; that it's just a change, not an end.”
 — The Log Lady (Catherine E. Coulson)

TODAY'S CLUE: \emptyset equals Z

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.

“ G V W B B K L A M S Z E W V T Z V K L M W
 G U L U T U , M S Z I U B J Z T K N K S U T U L I
 N K V Z U V X B P K M S X Z . K B U K T , ' P Z D D ,
 P S U M T W I W Y L Z Z T ? ' ” — B M Z H Z L
 P V K A S M

TODAY'S CLUE: J equals K

Previous Solution: “I'm from Quebec, and every time I go to a country, I say that... it's the most important thing to me.” — Celine Dion

Previous Solution: “I'm from Quebec, and every time I go to a country, I say that... it's the most important thing to me.” — Celine Dion

REALITY CHECK

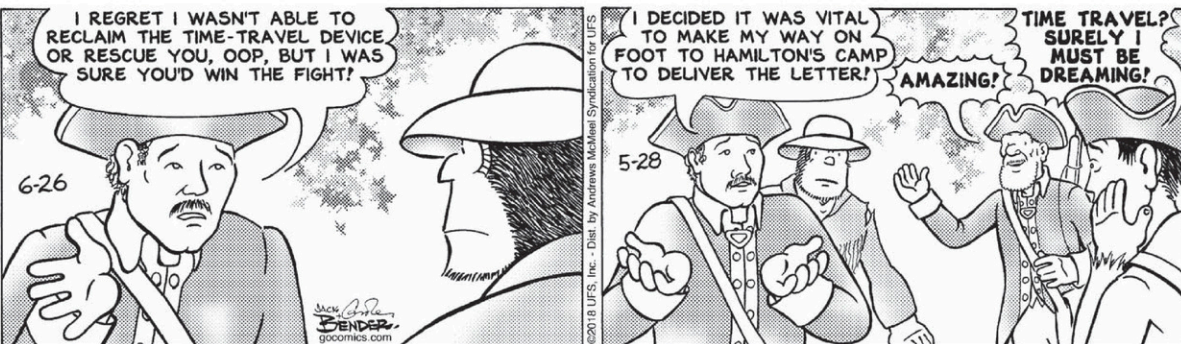


HERMAN



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ALLEY OOP



ARLO & JANIS



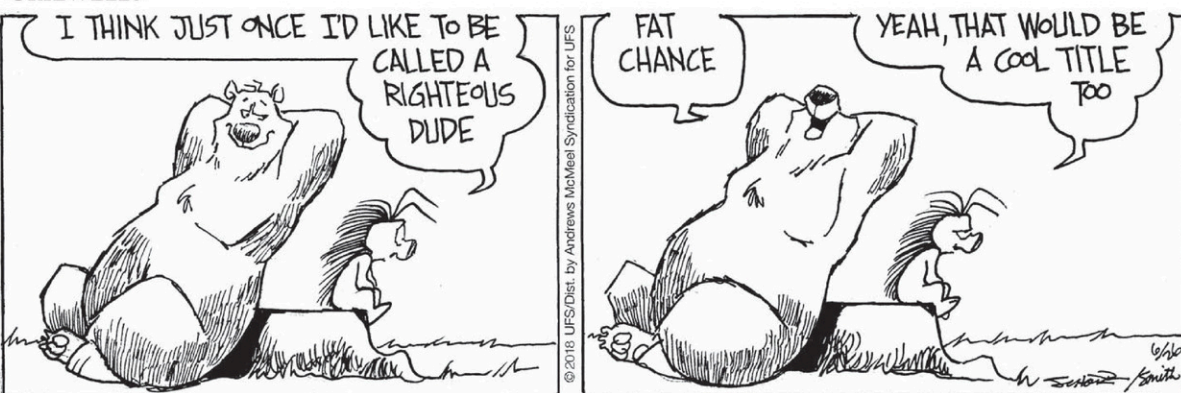
THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



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Let us sing the praises of the humble, grillable flank steak

By America's Test Kitchen

We wanted a simple, economical cut of meat for a casual backyard barbecue. After considering various cuts, we landed on flank steak. Like other cuts from the chest and side of the cow, such as skirt steak and hanger steak, flank steak boasts rich, full, beefy flavour.

What's more, because it is very thin, it cooks quite quickly, making it an ideal candidate for grilling. We visited our supermarket's meat counter, bought a 2-pound flank steak, trimmed it, and got cooking.

We found that there was no need to marinate this cut before cooking; with just a little salt and pepper and some sugar (which we added to aid in browning), it was ready to hit the grill.

For this quick-cooking steak, we opted for a half-fire grill setup: We spread the coals over half the grill to concentrate the heat for optimal char on the steak and left the other side of the grill much cooler so we could move the steak over if it started to burn. In just about 10 minutes, the steak was perfectly done.

For a bright counterpoint, we made a quick and easy herb sauce. Fresh parsley contributed a grassy, herbal element; pungent garlic stood

up to the meaty flavour of the steak; and lemon juice added a touch of acidity. A bit of sugar introduced sweetness and helped mellow the potent sauce.

We prefer flat-leaf parsley as opposed to curly parsley here. California Olive Ranch Everyday Extra Virgin Olive Oil is our favourite supermarket extra-virgin olive oil.

EASY GRILLED FLANK STEAK WITH GARLIC-HERB SAUCE

Servings: 4-6

Start to finish: 50 minutes

- 1 (2-pound) flank steak, trimmed
- 1 teaspoon sugar
- Salt and pepper
- 1 cup minced fresh parsley
- 1/3 cup extra-virgin olive oil
- 2 tablespoons lemon juice
- 3 garlic cloves, minced

Pat steak dry with paper towels, sprinkle with 3/4 teaspoon sugar, and season with salt and pepper. Combine parsley, oil, lemon juice, garlic, remaining 1/4 teaspoon sugar, 1/4 teaspoon salt, and 1/4 teaspoon pepper in small bowl and set aside for serving.

- For a charcoal grill: Open bottom vent completely. Light large chimney starter filled

with charcoal briquettes (6 quarts). When top coals are partially covered with ash, pour evenly over half of grill. Set cooking grate in place, cover, and open lid vent completely. Heat grill until hot, about 5 minutes.

- For a gas grill: Turn all burners to high, cover, and heat grill until hot, about 15 minutes. Leave primary burner on high and turn other burner(s) to medium.

Clean and oil cooking grate. Place steak on hotter side of grill. Cook (covered if using gas), turning as needed, until lightly charred and meat registers 120 to 125 F (for medium-rare), 8 to 12 minutes.

Transfer steak to carving board, tent with aluminum foil, and let rest for 5 to 10 minutes. Slice steak against grain very thin on bias and serve with garlic-herb sauce.

Nutrition information per serving: 299 calories; 170 calories from fat; 19 g fat (5 g saturated; 0 g trans fats); 86 mg cholesterol; 271 mg sodium; 2 g carbohydrate; 0 g fiber; 1 g sugar; 28 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Easy Grilled Flank Steak with Garlic-Herb Sauce in "Cooking At Home With Bridget And Julia." (The Associated Press)

Monday, June 25 & Tuesday, June 26 sudokus

SUDOKU

DIFFICULTY RATING: ★★★★★

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

6/25

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PREVIOUS SOLUTION

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

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

e	v	o	l	l	2	l	8	3	5
l	2	5	o	3	8	e	l	v	
l	3	8	v	5	e	o	2	l	
8	o	3	e	l	v	l	5	2	
v	5	e	2	l	o	l	8	3	
2	l	l	3	8	5	v	o	e	
5	e	l	8	v	3	2	l	o	
o	l	2	5	e	l	3	v	8	
3	8	v	l	o	2	5	e	l	

PREVIOUS SOLUTION

	2		8	o				l	
e	8			2		l	5		
	l		5	l	8			2	
l			8	2	5				
2			5	l	e			3	
		e	l	3				8	
8		2	3	e			l		
	e	l		l			8	v	
3			v	8			2		

DIFFICULTY RATING: ★★★★★

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NEA Crossword Puzzle

Answer to Previous Puzzle

A	M	I	E	L	I	L	Y	D	S			
R	A	H	S	A	L	I	T	U	R	L		
C	R	O	C	D	E	M	O	K	E	A		
S	P	A	C	E	N	O	S	O	A	P		
		P	I	N		B	I	N	D			
B	O	D	E	E	E	T	A	T				
B	R	A		W	A	D	D	E	D	U	P	
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		O	N	Y	X		S	P	E	N	T	
	Q	U	O	I		J	A	R				
A	U	T	H	O	R		A	C	I	D	S	
B	I	T		N	I	B	S		M	A	N	Y
E	T	E		Y	O	Y	O		E	R	I	E
D	E	R		T	A	N		R	E	P	S	

ACROSS

- 40 Cranes' kin
- 43 Email provider
- 44 Pique
- 47 Boathouse gear
- 48 Makes a muffler
- 50 Sign after Taurus
- 52 Narrow inlet
- 53 Smell
- 54 Synthetic rubber
- 59 Ms. Moreno
- 60 Shade tree
- 61 Credit —
- 62 Lair
- 63 Veggie tray item
- 64 Remain

DOWN

- 1 ABC rival
- 2 Bullfight yell
- 3 May honoree
- 4 Greek marketplace
- 5 Diver's find
- 6 Mr. Fleming
- 7 Colorful lizard
- 8 Uses an ax

- 9 Europe-Asia divider
- 10 Waits patiently
- 14 Give up land
- 16 Prom rental
- 20 Good connections
- 21 Epic
- 22 Jagged rock
- 23 Upset
- 24 Hitchcock forte
- 28 Held back
- 29 "The Loco-Motion" girl
- 31 Pale gray
- 34 Jai —
- 35 Carbon deposit
- 36 Electric swimmers
- 41 Period of time
- 42 Bounce
- 44 Stravinsky of music
- 45 Changed decor
- 46 Chew the scenery
- 49 DEA agents
- 51 Where Tehran is
- 52 Frisk about
- 55 Yalie
- 56 Gobble down
- 57 D.C. gun lobby
- 58 Ben & Jerry rival

1	2	3	4	5	6	7	8	9	10		
11				12			13				14
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37					38			39			
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44	45	46		47				48	49		
50			51					52			
53					54	55			56	57	58
59					60				61		
	62				63				64		

Your Birthday

TUESDAY, JUNE 26, 2018

Don't dwell on the negative when, if you look beyond it, you'll realize how much you have going for you. Positive thought and action will encourage others. Listen to your intuition, not to what others want you to do. Make this year memorable.

CANCER (June 21-July 22) — Don't hesitate to make a change if it will stabilize your life. Your reluctance to accept the inevitable will cause you to be left behind. Get moving.

LEO (July 23-Aug. 22) — Simplify your life. Concentrate on personal growth, integrity and taking care of unfinished business. Make plans with a loved one or start a new exercise and fitness regimen.

VIRGO (Aug. 23-Sept. 22) — Don't hesitate to carry out changes that will encourage you to learn, explore and expand your interests and skills. Embrace an opportunity to connect to people who can help you get ahead.

LIBRA (Sept. 23-Oct. 23) — Look past what's right in front of you. Don't allow negativity to seep into your outlook or deter you from doing what you want to do. Put your energy into personal growth.

SCORPIO (Oct. 24-Nov. 22) — Think before you act. Consider all sides of a situation before you make assumptions or place blame. Anger is not the answer. Consider what is fair and in everyone's best interest.

SAGITTARIUS (Nov. 23-Dec. 21) —

You've got the right idea, but you may not be collaborating with the right person. Look for signs of insincerity that could indicate problems ahead.

CAPRICORN (Dec. 22-Jan. 19) — Bring about change. Your experience will help you figure out what to do next. Don't give in to someone trying to get you to spend money or take on too much.

AQUARIUS (Jan. 20-Feb. 19) — Disregard any invitation to be indulgent. Think and do for yourself, and avoid becoming beholden to someone who doesn't play fair. Put your energy into positive personal change.

PISCES (Feb. 20-March 20) — Evaluate your financial situation before you make a donation or offer a loan to a friend. If you invest wisely, your assets will grow. Act on facts, not on someone's hard-luck story.

ARIES (March 21-April 19) — Get involved in activities that will challenge you physically. Personal contracts or settlements can be drawn up and signed. Romance should be on your mind and plans should be formulated.

TAURUS (April 20-May 20) — You may desire change, but acting prematurely is discouraged. Dig deep and discover the ins and outs of a deal before you sign up. Poor physical choices are apparent.

GEMINI (May 21-June 20) — Consider the consequences before you make an unrealistic promise. Stay ahead by focusing on the best way to use your skills to promote yourself, not someone else. Personal improvements are favored.

TUESDAY, JUNE 26, 2018

Can the mathematics always be trusted?

By Phillip Alder

Albert Einstein wrote, "Do not worry about your difficulties in mathematics. I can assure you mine are still greater."

Of course, that was only because he was trying to solve much more complicated problems than the rest of us. A bridge player needs to add and subtract numbers — the more he does it, the better he will play.

How would counting help in this deal? South reaches four spades after West opened one club. West cashes the club ace and king, then shifts to a heart. How should South continue?

In the auction, South's two-club cuebid in advance of his partner's takeout double just showed 12 high-card points or more. It was purely a point-showing call.

South can anticipate that the diamond finesse is losing — finesses never work in constructed deals. If so, then declarer must play the trump suit without loss. Yesterday, we learned that with eight cards in the suit, the mathematicians strongly advise taking a second-round finesse of the jack. They would cash dummy's king, then play low to their jack. But here, they will be disap-

North		06-26-18	
♠ K 6 3 2			
♥ A J 7 3			
♦ Q J 9			
♣ J 5			
West		East	
♠ Q 5		♠ 10 9 8	
♥ 10 8 4		♥ 6 5 2	
♦ K 7 4		♦ 8 6 3	
♣ A K 10 9 6		♣ 7 4 3 2	
South			
♠ A J 7 4			
♥ K Q 9			
♦ A 10 5 2			
♣ Q 8			
Dealer: West			
Vulnerable: Neither			
South	West	North	East
	1♣	Dbl.	Pass
2♣	Pass	2♥	Pass
2♠	Pass	3♠	Pass
4♠	Pass	Pass	Pass
Opening lead: ♣ A			

pointed — why?

When you buy the contract after an opponent opened the bidding, always count the high-card points. Since dummy has 12 and declarer 16, that leaves only 12 for East and West. So West must have the spade queen (and diamond king). South should cash dummy's spade king and play low to his ace, hoping that the queen falls.

As Einstein also pointed out: Pure mathematics is, in its way, the poetry of logical ideas.

HAPPY CANADA DAY!

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