

Culture for seniors raises \$10,000

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THE RECORD

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Information and advice inside.

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MONDAY, JULY 6, 2020

Province gives leave for in-person council meetings

Record Staff

Quebec's Minister of Municipal Affairs and Housing, Andrée Laforest, has announced that municipalities and municipal organizations can once again hold open council meetings and public assemblies in the presence of citizens. In addition, calls for tenders can now be made in the presence of witnesses and bidders, as provided for by municipal laws, without being pre-registered.

"With the evolution of public health directives, municipalities can once again hold their activities in the presence of the public," Laforest said. "I am sure that all administrations will continue to put in place the means necessary to protect their citizens. We must continue our fight against the spread of COVID-19 all together."

Under the reopening, a municipal body may limit access to the public, or part of it, to a meeting of the council in order to ensure compliance with the social distance requirement of two meters between people. In such a case, a municipality must publicize the session as soon as possible so as to allow the public to know the content. For any meeting that must include a question period, any municipal body must also allow citizens to send written questions

CONT'D ON PAGE 3

Artists unite to strategize for the coming year



PERRY BEATON

Record Staff

A group of artists from a variety of disciplines gathered in Strathcona park in Sherbrooke on Friday to share ideas and develop strategies to ensure support during what will be a

precarious upcoming year for the arts.

With no major events or festivals confirmed at the moment, members of the artistic community met to rethink their safety net by looking at the working relationship between artists and clients, unemployment challenges and

accumulating working hours.

The goal of the meeting was to brainstorm ideas and compile demands to share with political decision-makers so that the livelihood of artists is protected during the pandemic.

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LOW OF 17



THURSDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 31
LOW OF 18



FRIDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 31
LOW OF 18

Lion? Tigers? Bears! "Oh my!"



THE SCOOP MABLE HASTINGS

Our family has resided in the same place in the Eastern Townships just 3km from the US/Canada border for over fifteen years now. Surrounded by forest and less than a kilometre from the Missisquoi River, we have been fortunate enough to see many forms of wildlife while residing where we do: deer, fox, moose (in the yard) and more...

The following is comparable to a scene from the movie the "Great Outdoors" starring the late John Candy with my son playing his role in the film....

Last week while exiting his car to go and fetch the mail down the road, my son heard a noise across the road in the neighbour's yard a few feet from our home. Being mid afternoon he looked up expecting to see a stray cat or even a raccoon rummaging in the garbage left by renters beside the neighbour's small garage. To his surprise, a black bear sat up on its hind legs to see who was watching him. While my son was shocked to see the visitor, we'd never seem a bear in mid day so close to the house, the bear continued eating the leftovers of the barbecue he'd managed to retrieve from the small garbage can. Sizing him up, he didn't seem to think my son was much of a threat and he continued as if he were alone.

With three small pigs in our backyard, my son decided to abandon getting the mail and instead got into his car and honked the horn to startle the bear and send him back into the woods. Not more than an hour later, a resident living a kilometre from us posted on Facebook photos of a black bear within feet of her Mom's porch comfortably searching for scraps under their bird feeder.

According to research, there are more than 60,000 black bear in Quebec and multiple reports of black bear sightings have surfaced in places where



PHOTOS: ETHAN BALL



they are known to inhabit but have rarely been seen; especially during the day only feet from people's homes. While black bear can be found in nearly every corner of Quebec, wildlife experts tell us that encounters are rare. Until last week, my son would likely have agreed but it seems that something is changing...

If you see a black bear experts suggest that you back away slowly. When at a safe distance, make noise to alert the bear of your presence and likely it will retreat into the woods. Leaving left over food and garbage in an easily assessable container or location is probably not the best idea! While I do not believe that a bear would attack if not provoked, I would suggest that startling the bear in person or approaching it would be a very bad idea. Respecting it as the wild animal it is and finding away to safely encourage it to move along would be the best course of action.

With so many people choosing camping as an option this year in hoping to



physically distance and still enjoy the wonders of summer and a break from it all I felt it important to alert readers to this personal experience and that of our neighbours. Wildlife is a beautiful thing and something to be marvelled at however, it is best to be smart and vigilant as we mix in with them in their surroundings...or in this case, when they mix into ours.

Ben by Daniel Shelton



Local News

"We do as much outdoors as we can," Wharry continued, explaining that the camper capacity was reduced by one third to account for indoor space if the weather really becomes a problem.

"A different kind of fun" at day camp this summer

By Gordon Lambie

Last week marked the beginning of a very different kind of summer for day camps across the province. While everyone is working on adjusting to new standards and practices put in place in light of the COVID-19 pandemic, however, representatives of two local camps told The Record that the changes have not gotten in the way of giving those kids who got a spot an enjoyable way to spend their days.

"The kids can still have fun, it's just a different kind of fun," said Chris Fowlis, building manager for the sports complex at Bishop's University, where the Lennoxville day camp has been based for the last several years. Fowlis pointed out that, like with pretty much everything else in society at the moment day camp staff have had some big adjustments to make in the weeks leading up to the start of the summer. "This is something completely new, but it's new for everyone," he said.

So far, Fowlis said that the biggest difference he's seen with regard to past summers was in the counselor training, which took place much more online than in person.

"It almost feels like it was against the rules of camp counselors," he laughed in reflecting that even at the training level the normal standard for camp is lots of face-to-face, hands-on activities.

When it came to thinking of new ways to play, Fowlis said that much more than in years past the team reached out to local teachers for information on life in the classroom in

May and June and recommendations on ways to engage children while also keeping them safe.

Brian Wharry, Director of Quebec Lodge, shared that although this year has brought with it a range of new challenges for staff, he doesn't feel it has had a negative impact on the experience of campers.

"It's been great," he said, explaining that the camp's 20 campers spent almost all of the first week outside.

"We do as much outdoors as we can," Wharry continued, explaining that the camper capacity was reduced by one third to account for indoor space if the weather really becomes a problem.

"Social distancing is the hardest part," the director said, observing that with distance rules different at different ages, and some children being siblings, there are a lot of different possible distances to moderate.

"You always have to think of the rainy days," Fowlis said as he pointed out that although the Lennoxville camp has been able to benefit from being one of the city's smallest camps in fairly large facilities, the camp is still limited by ensuring that it has appropriately distanced indoor space available if everyone needs to come in out of a storm.

Although it is not the case everywhere, both of the camps with which The Record spoke have been able to maintain swimming activities.

"That's been a big plus," Fowlis said. "We're lucky."

The day campers at Bishops have exclusive access to the university's indoor



COURTESY QUEBEC LODGE/FACEBOOK

pool for a 40 minute period two times per week, while Quebec Lodge campers have access to swimming activities at the camp's waterfront on Lake Massawippi. Even outdoors, though, Wharry pointed out that swimming rules need to be different.

"We've split the camp into two groups of ten," he said, "one group swims while the other goes out in the canoes. When they come back we have to disinfect the boats."

Disinfection and personal protective equipment are, of course, also big parts of the summer plan.

According to Wharry, the Quebec Camping Association required camps to have at least half of the protective

equipment needed for the whole summer available on hand before things got started. Without providing a precise figure, he said the camp had to spend thousands of dollars on materials for their relatively small group, although he also shared that they bought their full stock in advance.

Looking back, Fowlis argued that the first day and, to a certain degree, the first week of any camp, is going to be hard no matter what the circumstances as people settle into a new routine. All things considered, he gave the first week a good grade.

"I think it was relatively good," he said.

Quebec reports 79 new cases, eight additional deaths linked to COVID-19

The Canadian Press and Matthew McCully

Quebec is reporting eight additional deaths due to COVID-19. The province now has reported 5,574 deaths since the beginning of the pandemic, but only one of those

reported today is considered a new death.

Authorities say the other seven newly reported deaths occurred before June 27.

The province also reported 79 new cases in the past 24 hours, bringing the total to 55,863.

Locally, three new cases of were reported on Saturday and one on Sunday, bringing the total to 963 cases of COVID-19 in the Estrie region.

On Saturday, the province had crept up over 100 daily cases for the first time since June 20.

The number of hospitalizations and

intensive care cases decreased slightly for a total of 371 and 26 patients, respectively.

According to the Quebec Public Health Institute website 25,346 have recovered from the virus.

In-person council meetings

CONT'D FROM PAGE 1

to council members. In addition, it is always possible to replace a public meeting with a written consultation, provided that it lasts for 15 days.

Public audiences of all kinds had previously been suspended as a part of measures to help control the spread

of COVID-19. On March 15 the minister informed municipal organizations that they could hold council meetings in camera and elected officials were allowed to participate by any means of communication, such as the telephone or videoconference. On March 19, all municipal organizations were asked to cancel or postpone all forms of

meetings requiring the presence of the public. On April 3, municipal organizations were informed of their obligation to open tenders without the presence of the public or those who submitted tenders. Calls were instead to take place before at least two witnesses who had no interest in the contract concerned and audiovisual recording of the call

for tenders was made compulsory.

Despite the change, the meeting scheduled in Sherbrooke for Monday night will continue to take place without an in-person audience. Those wishing to send a question to the council can submit it online at sherbrooke.ca/questioncm

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Expansion plans in motion at CHSLD Santé Courville de Waterloo

By Michael Boriero – Local Journalism Initiative Reporter

The Quebec government announced the start of construction on a new wing at the CHSLD Santé Courville de Waterloo on Friday morning.

Quebec's Seniors Minister Marguerite Blais led the press conference in front of the Courville building. The project will cost the provincial government \$10.3 million, creating space for 22 new beds in the long-term care facility.

The expansion is expected to resemble a seniors' home but it won't be exactly the same, Blais explained in a phone interview. She also provided a timeline for the opening date, saying the facility should be completed by late winter 2021.

The restructured building falls under the CHSLD privé conventionné for the first time since 1980, she added, which means it is entirely subsidized by the Ministry of Health and Social Services (MSSS).

The project effectively shuts down

the CHSLD Waterloo, or Horace Boivin, across the street. Santé Courville will absorb the 22 beds from the dilapidated Boivin centre, placing them in the newly constructed wing.

However, the provincial government originally wanted to transfer residents from Horace Boivin to the new CHSLD Granby until it completed renovating the old building. But once it was determined that they would incur too many costs, they moved on to the Courville plan.

Blais assured current employees that their jobs aren't at risk, saying "the employees will be paid the same salary that you can find in the public, with the same social advantage and the people who are working in Waterloo who want to work in the other CHSLD just in front of Horace Boivin will be able to move on and work at Santé Courville."

While Boivin employees can transfer to Courville, they can also choose to work at the CHSLD Granby. Some of them already live in Granby, Blais explained, so it's just easier for them. A survey conducted by the government shows a balanced interest for both lo-

cations.

Santé Courville President Kenneth Courville also confirmed that employees can stop worrying about their jobs. They won't lose any of their benefits, he said, their salary and retirement plans also will remain intact.

"They've done an evaluation and we believe we can absorb all 100 per cent of the employees who wish to work in Waterloo," Courville said.

While the Quebec government is footing the construction bill, if it ends up costing more than \$10.3 million, Courville will have to dip into his own pockets. He is confident that the project can be completed with the current budget.

The expansion will be different in some ways from a typical long-term care home because, according to the president, they have an opportunity to apply new concepts. He wants to make bigger resident rooms, more public spaces, and build balconies overlooking Lake Waterloo.

Courville explained that the current layout of his CHSLD consists of 24 privé conventionné designated beds, 20 beds

under contract with the CIUSSS de l'Estrie and another 11 other beds under various programs. He's adding 22 new rooms and repurposing 11 of the present rooms.

"We're going to be trying to improve the environment for the residents, so when we're completely done we're going to have 66 beds privé conventionné; no other beds," he said.

Although Quebec has reopened many of its public spaces, restaurants, bars, and other businesses, COVID-19 is still a threat, especially within CHSLDs. But Courville is confident that won't be an issue for his facilities.

He isn't worried about transferring residents from one centre to another, and, if there is a positive case, people will be tested and his staff will act accordingly. The 22 beds are also in a new section, so he doesn't foresee any problems.

"I have two nursing homes, one in Waterloo and one in Laval, and neither nursing home has had any cases," he said. "We've been acting very proactively to do our best to keep cases out of our nursing homes."

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Culture for seniors raises \$10,000

Record Staff

The Culture for Seniors Emergency Committee announced last week that it has surpassed the \$10,000 goal for its campaign launched on June 1, 2020. A total of \$10,170 was raised thanks to the support of the entire community, including the Le Val-Saint-François and the Les Sources MRCs, which contributed \$2,000 each.

By supporting the I Am a Cultural Caregiver campaign we are supporting both our seniors and our artists," said Luc Cayer, prefect of the Le Val-Saint-François MRC. "This contribution will also help break the isolation while providing access to arts and culture."

"It was very important for us to contribute to this project because we know that culture is part of our citizens' daily lives," added Pierre Therrien, Head of Cultural Affairs for the Les Sources MRC Council and Mayor of Saint-Adrien. "We wanted to make sure that our seniors could take advantage of

this great opportunity designed especially for them. It is our way of thanking them for all the efforts and sacrifices they have made over the last few months."

Culture for Seniors will be offering the following summer cultural programming to senior residences: Christine Bolduc and Jessica Paradis from Sherbrooke will present the musical tale *De sel & d'écume*, inspired by maritime songs and anecdotes with Harp, accordion, and vocal harmonies on the menu. Benoît Converset and Jacques Bergeron from Racine will present a repertoire of jazz, swing, and traditional music. The musicians' energy is sure to make the spectators' eyes sparkle with enjoyment. André Côté from Asbestos presents a wide-ranging repertoire featuring the songs of Leclerc, Léveillé, Moustaki, and Aznavour, the artist's compositions, and Cuban melodies are sure to enchant the crowd. Robert Daigneault from Sherbrooke gives a musical presentation on unusu-

al instruments from prehistory to today. History and music will delight the ears of our audience.

In addition, the money raised will be used to purchase tablets for future projects for seniors. Culture for Seniors is one of three projects in Quebec that

has received funding for five years from the New Horizons for Seniors Program (NHSP). Its objective is the social participation of isolated seniors in the Le Val Saint-François and the Les Sources MRCs through the use of arts and culture.

Missing kayaker found dead

Record Staff

The body of 79 year old Laurent Messier was recovered from the waters of Lake Champlain last Thursday afternoon. Messier had been reported missing last Monday, June 29, after he failed to return from a kayaking trip. According to

the Sûreté du Québec, the body was found by search teams around 1 p.m. although the identification process meant that no formal announcement was made until after The Record had gone to press. An investigation into the death is ongoing, and an autopsy is expected.

Carrefour district citizen committees announce community summer project

Record Staff

Several citizen committees from the Carrefour district in Sherbrooke announced the official launch of Découvre ton quartier on Friday morning, a project that aims to add colour to the city.

The project encourages people to create "points of interest", citizen-made installations on their property or elsewhere on municipal land. The committees want people to go outside more and walk the streets and parks of their neighbourhood.

"Usually, the summer season is an opportunity to hold community events. This year, we had to find another way to

liven up our neighbourhoods," said Liliane Carvalho, a member of the Découvre ton quartier coordinating committee, in a press release.

These "citizen stations", coined by the project creators, will be identified by colourful signs and listed on a map available on the Découvre ton quartier website. People are also invited to submit collective works to display in parks in the Carrefour district.

The project is led by the Comité citoyen du parc Chauveau, le Comité du quartier Marie-Victorin, les Amis du parc André-Viger (APAV), le Comité du quartier Saint-Charles-Garnier et le Comité citoyen du quartier Don Bosco.

It is supported by the Arrondisse-

ment des Nations de la Ville de Sherbrooke and endorsed by Évelyne Beaudin, municipal councillor for the Carrefour district. She explained that this project is unique for citizen committees in the area.

"This is the first time that the neighbourhood's citizen committees have joined together to set a common project in motion," Beaudin said. "Everyone wanted to get involved in order to break isolation, strengthen ties in the community and motivate people to get out of their homes and rediscover their neighbourhood in a new light."

The process originally started when she announced a participatory budget at the beginning of March. It slowly

transformed into a collaborative project benefitting citizens in every neighbourhood of the district.

Carvalho added that the stations aren't required to be artistic. She has heard from several people that they will be putting up plant displays, writing poetry, creating a bug hotel, a puzzle race, and sports challenges.

"We invite everyone in the Carrefour district to participate and follow the evolution of the project," said Carvalho.

People interested in finding out more, or who want to participate, can visit the website decouvretontonquartier.ca or join the Découvrir ton quartier - Sherbrooke Facebook group.



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EDITORIAL

There will be lasting memories of this pandemic, but the one that will linger longest perhaps for those not directly affected by the virus, is that of lineups here, there and everywhere.

You are how you queue: Some folks love lineups, others can't stand 'em



PETER BLACK

If you've ever seen photos of the Chillkoot Pass during the Klondike gold rush of 1896-1899, you'll likely never forget them. A seemingly endless line of shabbily dressed men (and probably a few women), huge packs on their backs, are seen trudging step by agonizing step up a steep trail in deep snow.

All of these people came from far and wide, as they say, the Yukon being the very definition of remote and inaccessible. (As a point of trivia, Donald Trump's grandfather Frederick was one of those hustlers drawn to the Klondike where he opened a hotel, restaurant and brothel. He later died of the Spanish flu in New York City).

All these people deliberately put themselves through misery with one thought driving them: striking gold and getting rich.

There was the similarly jaw-dropping spectacle observed last week; a lineup numbering what had to be some several hundred people waiting to get into the giant Ikea store out in the Quebec City suburbs. This was not a lineup waiting for the store to open, it was early afternoon, and, we should add, in stifling heat.

What could possibly motivate normal human beings to submit themselves to such prolonged suffering and humiliation? Was there gold in them thar Swedish meatballs? Were they giving away free Hogsten lawn chairs or

Smycka fake flowers? This is a BIG store, so, even with the COVID-19 capacity restrictions, there had to be hundreds of shoppers already inside following the arrows like rats in a labyrinthian retail box.

There will be lasting memories of this pandemic, but the one that will linger longest perhaps for those not directly affected by the virus, is that of lineups here, there and everywhere. When things do return to normal, when you can enter a store with brazen and breezy freedom, the sight of a lineup for a movie or concert could well trigger some kind of swooning flashback.

Lineups, specifically one's willingness to endure one for whatever reason, are one of those great measures of human thought and character. How one reacts to the prospect of a lineup is a determinant of your psychological makeup. Some will calculate, in the internal balance of inconveniences, whether waiting in line is better than being denied whatever it is one seeks. Some will set a specific maximum time they are willing to shave off their lives in pursuit of said object of desire. Some will immediately swivel on their heels and bolt at the sight of any number of folks queued up for whatever.

Surprisingly or not, there actually is a community of scholars specializing in the psychology of waiting in line. One David Maisters, a London School of Economics and Harvard Business School-educated management guru who wrote a thesis called The Psychology of Waiting Lines, did an oft-cited study in the 1980s that found eight general principles of line-waiting.

Principle #1 is: Unoccupied time feels longer than occupied time. Long lineups become more tolerable if you have a distraction. The proliferation of cell phones simply has to be a major factor to explain contemporary tolerance for queues. Legions of folks spend



hours of time on their phones, so, hey, why not line up at Ikea, while you're texting and scrolling.

Maisters, being a Brit, quips, "It is said of the English that if they see a line they will join it." Maybe a bit of that mentality left the Atlantic.

Another lining-up scholar, MIT prof Richard Larson, known as Dr. Queue, has calculated (how we can never know) that some people spend between up to three years of their lives waiting in line.

Dr. Queue is one of the authorities Montreal humorist Josh Freed, um ... lined up for his shrewdly titled 2017 documentary The Taming of the Queue, in which he travels the world to

explore the fascinating phenomenon of queueing.

The documentary identified the supposed four worst lineups in recent history: thousands of Britishers seeking entrance to Wimbledon tennis matches; the endless march of mourners at Lenin's tomb in Moscow; also in Moscow, the 1980 lineup for the opening of the first Macdonald's; and, a 2010 traffic jam on China's National Highway, that lasted 12 days.

In light of the Great Pandemic of 2020, Freed might not want to wait to do a sequel. The lineup of post-pandemic documentary producers promises to be a very long one.

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2020 RRHS winner of the Mckeage family scholarship

By Pascale Duguay

For the fifth year in a row, a graduating student of Richmond Regional High School has been awarded the prestigious Mckeage Family Scholarship. This \$5,000 bursary aims to help hard-working students who have made an impact on the community by providing them with the financial means to continue their studies while allowing them to find their passion and follow their dreams.

The 2020 Mckeage Family Scholarship was awarded to Jessica Blais-Martin on June 20 amid a joyous cacophony of cheers and car horn blasts. This special day is sure to remain imprinted in this teen's memory as for the first time ever the RRHS grad ceremony was held outdoors with families watching the stage from the safety of their vehicles due to the COVID-19 pandemic.

A motivated student, Jessica has truly blossomed during her five years at RRHS. Described by teachers as being very quiet and shy, her academic achievement improved dramatically throughout high school where she made the honour roll with an overall average of 85 per cent or more in her final two years. Most remarkably, she received an award last year for having the second highest average in her grade, being only one of two students to achieve honour roll status.

Socially, Jessica has also grown. She has been involved in the school's drama department and volunteers in a children's community drama program as assistant director. She has also participated each year in the school's choir and helped seniors learn computer skills.

Her Drama teacher, Lori Cloutier,

wrote: "I have taught Jessica Social Studies, and she is a good student. She takes her schoolwork seriously. Nevertheless, I really got to know Jessica when she joined Drama in Secondary IV. At first, she was a bit reserved and only wanted behind the scenes parts. She excelled there because she is reliable and respectful of the work being done. During the second term, I convinced Jessica to take an onstage part, and she did that with no problem. In fact, I learned that Jessica can add wit and humour to her talents. She quickly understands scene and character development. As a result, when the director of the village children's theatre group asked for a helper, I immediately suggested Jessica. She can do it all—she has all the qualities to work alone or in a team."

Mr. Paul Gella, her Math teacher, described Jessica as "a very bright and hard-working young lady. She did very well in Math and was always at the top of the class. I'm positive that she will succeed in all her future endeavours."

Jessica's math skills will surely come in handy as she wishes to become a crime statistics analyst. In the fall, she will be studying at Champlain College, Lennoxville in the Criminology profile of the Social Science program.

This scholarship has been made possible by the generous contribution of Ms. Connie Mckeage. A former graduate of RRHS and Danville resident, Ms. Mckeage now lives in Australia where she is the founder of OneVue. She is also on the OneVue Board and is Managing Director of the OneVue Group.

Ms. Mckeage's extensive experience in the Australian, Asian, European, and North American financial services markets solidly underpins her role as



PICTURE CREDIT : JULIA BARROWMAN

Managing Director. In her day-to-day role, she is responsible for overseeing the strategic direction of the company and delivering sustainable growth for the group. Ms. Mckeage was awarded the Centenary Medal for her contribution to Australian business leadership. She is a Founder of Financial Executive Women (FEW) and in 2015 was an Eastern Finalist for E&Y's Entrepreneur of the Year. She has been recognised by Insights Success magazine as one of "the 30 most influential Women in Business". In 2018 Ms. Mckeage was awarded Chief Executive Officer of the Year and in 2019 won the coveted

Women of the Year award for her commitment to the financial services industry and for going beyond in creating a more inclusive and diverse sector.

Ms. Mckeage is passionate about creating equal opportunities for all regardless of gender, racial background or financial circumstances.

Past winners of the Mckeage Family Scholarship include:

Promise Rocheleau
Alycia Chabot-Bélanger
Allisha Hampton-Pettigrew
Shania Chatterton-Jerome

Police announce fourth victim stemming from tractor tragedy southeast of Montreal

The Canadian Press

Quebec provincial police say a fourth person has died following Wednesday's tractor accident in Notre-Dame-de-Stanbridge, southeast of Montreal.

The accident had claimed the lives of three children _ all under the age of five _ out of a total of 10 people who were thrown from the front loader of a tractor.

Sgt. Claude Denis says today that police were informed Friday night of

the death of one of the two adults who had been listed in critical condition earlier this week.

The condition of the second adult wasn't immediately available.

Five others _ three children and two adults _ were also seriously injured in

the accident.

A 38-year-old Quebec man was charged with criminal negligence causing death and criminal negligence causing bodily harm during a court appearance on Thursday.

SQ completes operation at methamphetamine laboratory in Danville

Record Staff

After making four arrests on June 26 in Montreal, Terrebonne and Danville in connection to synthetic drug trafficking, the Drummondville Organized Crime Coordination and Investigation Team (EECCO) dismantled a methamphetamine production laboratory.

The laboratory, located in Danville, was raided on June 27. According to a press release from Sûreté du Québec, the

synthetic drug production laboratory was one of six locations searched by police officers as part of an investigation that began in the fall of 2019.

The operation concluded on Friday following eight consecutive days of disassembling the lab. Two 53-foot trailers were required to transport all of the seized material.

The SQ discovered 260 kg of a substance that would have been used to manufacture more than 20 million methamphetamine tablets. They also

seized 2.5 kg of cocaine, the equivalent of \$1 million in property, firearms, and approximately \$140,000 Canadian.

The Organized Crime Coordination and Investigation Division, the Escouades régionales mixtes, the Division des enquêtes sur les crimes majeurs, the MRC Investigation Division, the Service de police de la Ville de Montréal, the Service de police de Terrebonne, the MRC des Sources and Pierre-De Saurel of the Sûreté du Québec mobilized their police force in a

joint effort to investigate and dismantle the lab.

The Sûreté du Québec reminds the public to reach out with any information relating to drug trafficking or production. Information is taken in confidence when contacting the Sûreté du Québec's Central Criminal Information Unit at 1 800 659-4264.

Quebecers can also send any information concerning the fight against synthetic drugs to sq-info-precursus@surete.qc.ca.

Enjoy summer, but continue to protect yourself!

Summer has just begun and like other vacationers, you are likely looking for things to do. To know what is allowed, click on this link: [Québec.ca/relance](https://quebec.ca/relance)

The success of reopening depends on everyone's commitment to rigorously implementing public health recommendations at all times.

If you have COVID-19 symptoms, **remain at home**, call 1 877 644-4545 and take care of yourself.



Exploring/rediscovering Québec

To safely explore Québec, plan your trips and stays in advance and learn which public health measures have been put in place in the areas you intend to visit.

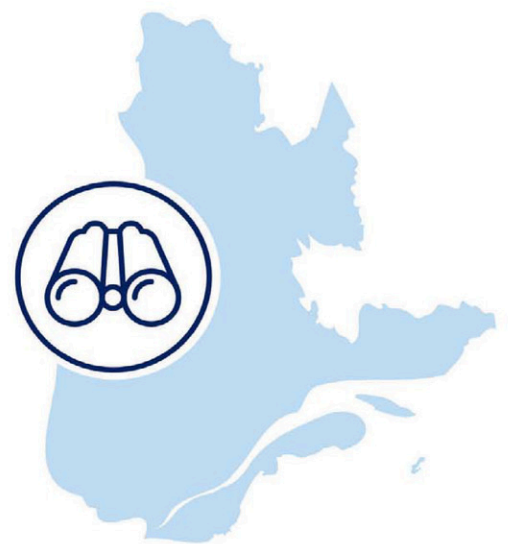
Check BonjourQuebec.com to learn about the attractions you can discover in the regions of the province and take advantage of 25% off package pricing for overnight getaways when you use Explore Québec on the road.

All that's left to do is to choose your destination, and off you go to explore a paradise that awaits you so close to home!

Finding lodging

Various types of tourist lodging are available for rent, such as chalets, ready-to-use campers, yurts and rustic shelters. If you prefer hotels, they are available throughout Québec. Those who wish to sleep under the stars can choose from a variety of camping grounds or outfitters.

Remember how important it is to always follow **all public health recommendations**, including the ones that apply to gatherings and physical distancing.





What's available this summer?

Enjoy the bounty of nature

If you feel the need to chill in the great outdoors, why not take the trail less travelled by hiking, canoeing or cycling? If you enjoy fishing, you can tease the beasts all day long, no problem. Check the list of Sépaq and other Québec trails and lakes—you won't regret it. For more details about available activities and public health recommendations visit sepaq.com/covid-19

Enjoy summer with your family

Are you looking for fun things to do with the family? Try discovering the wild and wonderful animal life at Québec zoos or walk among the plants and flowers in the fabulous public gardens of the province. Whether you are looking to discover the most popular attractions in Québec or little hidden treasures in your own region, don't miss out on savings of 20, 30 or even 40% with the Attractions Passport. Visit Quebecvacances.com to get one.

If your desire is to take a one-day cruise ship excursion, you can do this since July 1, 2020.

Are you a "culture vulture?"

Québec offers many museums and exhibitions for art lovers. Go to musees.qc.ca/en/museums/ to locate your ideal museum and visiting hours.

Enjoying the water

Are you looking for a great place for a tan and a dip in the water? The endless Québec beaches are now available to you—don't miss out! Fine sand, loungers and multi-coloured beach umbrellas combine to offer you so many paradise experiences for the great days of summer.

If exploring lakes and rivers is your thing, you can try paddleboards, kayaks or windsurfing. But always remember to be careful and abide by applicable safety measures. You don't want to risk drowning!

Staying active outdoors and indoors

Do you like to move your body and stay active? Both individual and group sports are now allowed whether they are practised indoors or outdoors. Just put on your sneakers and get moving!



Savouring local products

If you have a taste for discovering local products, you can visit craft food makers and tourism farms near you.

But you will be able to feast on local products on restaurant patios. In open restaurants, 2 metres physical distancing measures or physical barriers between customers (except for people who live under the same roof) have been put in place to limit contagion.



Spending time with friends and family

From now on you can invite guests to your home, on condition of abiding by all **public health recommendations**. Gatherings must be limited to no more than 10 people and a distance of at least 2 metres must be kept between people who are not from the same household. Furthermore, it is requested that they include people from no more than 3 households.

We are counting on everyone to find solutions that keep the danger of the virus spreading as low as possible. This could include writing the name of each guest on their personal glass and serving in plates or bowls that are unique to each household. Be creative!



Enjoy summer!

Being watchful will help the good times stay safe.

This fact sheet is based on information that was available on June 25, 2020. The situation can evolve quickly and changes may occur, so please visit the following website to be sure you have the latest available information: Quebec.ca/reliance

[Québec.ca/coronavirus](http://Quebec.ca/coronavirus)

1 877 644-4545

Québec 

Local Sports

"We are very pleased to offer baseball and family entertainment to the people of the region," commented team president François Lécuyer.

Expos up to bat on July 18 at Amédée-Roy stadium

Record Staff

With the agreement of the health authorities and the City of Sherbrooke, eight local games will be held at the Amédée-Roy stadium for the Sherbrooke Expos starting Saturday, July 18 at 7 p.m.

And to launch this 2020 local season, nothing less than the visit of our great rivals of all time, the Big Bill of Coaticook.

"We are very pleased to offer baseball and family entertainment to the people of the region," commented team president François Lécuyer. "I would like to thank all the stakeholders and the City of Sherbrooke for their confidence and now the ball is in the court of the spectators who will have to follow the various instructions in place."

The conditions for the presentation of the matches at the Amédée-Roy stadium are as follows.

1) Players, staff and spectators must maintain a distance of two metres between each other at all times outside of activities on the field during games (bleachers, locker rooms, corridors, player shelters, scorekeepers, announcers, etc.).

2) Players, staff and spectators must disinfect their hands upon entering the stadium.

3) Players, staff and spectators who have symptoms of cough, flu or what looks like COVID-19 are not allowed in the stadium.

4) Sticks and equipment must be disinfected before and after each event.

5) Sharing of equipment between players and staff is prohibited.

6) Players, staff and spectators must respect the rules issued by the public health department at the stadium.

Other directives have been issued, but they are more addressed to players, staff and officials according to Baseball Quebec's rules and the City of Sherbrooke's requests.

Expos president Lécuyer had a message for base-

ball fans in the region.

"As we have often talked about in the last few weeks, this 2020 season is very special. We have not solicited our various technical and financial partners for this season for the reasons you know. The only income we will have will be through the presence of fans at the stadium and I hope with all my heart that the population will come to spend beautiful evenings and days at the Amédée-Roy stadium."

"We'll have a great team, a young team that will fight hard at every game. They deserve to be encouraged," Lécuyer.

Sherbrooke Expos local 2020 calendar

Coaticook	Sherbrooke	July 18	7 p.m.
Thetford	Sherbrooke	July 19	2 p.m.
St-Jean	Sherbrooke	July 26	7 p.m.
Victoriaville	Sherbrooke	Aug. 2	7 p.m.
ABC 18U	Sherbrooke	Aug. 14	8 p.m.
Shawinigan	Sherbrooke	Aug. 23	7 p.m.
Coaticook	Sherbrooke	Aug. 28	8 p.m.
Shawinigan	Sherbrooke	Aug. 30	7 p.m.

CROSSWORD

CLUES ACROSS

- 1. Cyprinids
- 6. Icelandic literary works
- 10. Break in half
- 14. Japanese mushroom
- 15. Have offspring
- 17. Not feeling well
- 19. A very large body of water
- 20. Witch
- 21. Behemoth
- 22. Speak negatively of
- 23. Absence of difficulty
- 24. Pampering places
- 26. Drives
- 29. Truck that delivers beer
- 31. Makes
- 32. A team's best pitcher
- 34. __ Carvey, comedian
- 35. Seas
- 37. S. American plants
- 38. Time zone
- 39. Deviate
- 40. No longer are
- 41. Moving in slowly
- 43. Patrick and Glover are two
- 45. Living quarters
- 46. Taxi
- 47. Pancake made of buckwheat flour
- 49. Swiss river
- 50. Not happy
- 53. Have surgery
- 57. Formal withdrawal
- 58. Give way to anxiety
- 59. Greek war god
- 60. 2K lbs.
- 61. Word of farewell

CLUES DOWN

- 1. __ ex Machina
- 2. WWII diarist Frank
- 3. Concluding passage
- 4. Supplement with difficulty
- 5. Title of respect
- 6. Cubic measures
- 7. Remnant

- 8. __ Jones
- 9. Salts of acetic acid
- 10. Long, upholstered seat
- 11. Capital of Okinawa Prefecture
- 12. A one-time aspect of Egyptian sun god Ra
- 13. Prefix denoting "in a"
- 16. Propels upward
- 18. What we are talking about
- 22. Prosecutor
- 23. Employee stock ownership plan
- 24. He brings kids presents
- 25. Burmese monetary unit
- 27. Hurries
- 28. Injury remnant
- 29. Tooth caregiver
- 30. Elvis backup singer Betty Jane
- 31. "The Partridge Family" actress Susan
- 33. Midway between east and southeast
- 35. Most excellent
- 36. Heat units
- 37. Possess legally
- 39. Food items
- 42. Skeletal structures
- 43. Challenge to do something bold
- 44. Blood type
- 46. Sammy __, songwriter
- 47. Farmer (Dutch)
- 48. Clare Booth __, American writer
- 49. Piers Anthony's protagonist
- 50. Malaysian coastal city
- 51. Hairstyle
- 52. NY-based department store
- 53. Geosciences organization (abbr.)
- 54. Brazilian city
- 55. Niger-Congo languages
- 56. Gesture

Datebook

MONDAY, JULY 6, 2020

Today is the 188th day of 2020 and the 17th day of summer.

TODAY'S HISTORY: In 1785, Congress chose the dollar as the monetary unit of the United States.

In 1854, the Republican Party was formally launched at a convention in Jackson, Michigan.

In 1892, 16 people were killed during fighting between guards and striking steelworkers at a Carnegie Steel Co. plant in Homestead, Pennsylvania.

In 1942, diarist Anne Frank and her family went into hiding in a "secret annex" in a warehouse in Amsterdam.

TODAY'S BIRTHDAYS: Frida Kahlo (1907-1954), painter; Nancy Reagan

(1921-2016), actress/first lady; Merv Griffin (1925-2007), TV personality; Janet Leigh (1927-2004), actress; Tenzin Gyatso (1935-), 14th Dalai Lama; Ned Beatty (1937-), actor; George W. Bush (1946-), 43rd U.S. president; Sylvester Stallone (1946-), actor; Geoffrey Rush (1951-), actor; Brian Posehn (1966-), actor/comedian; 50 Cent (1975-), rapper; Kevin Hart (1979-), actor/comedian; Pau Gasol (1980-), basketball player; Manny Machado (1992-), baseball player.

TODAY'S FACT: Future Beatles bandmates John Lennon and Paul McCartney met for the first time at a fair in Liverpool, England, on this date in 1957.

TODAY'S SPORTS: In 1957, Althea Gibson became the first African

American athlete to win a tennis title at Wimbledon.

TODAY'S QUOTE: "Life is a story. It's full of chapters. And the beauty of life is that not only do you get to choose how you interpret each chapter, but your interpretation writes the next chapter." - Kevin Hart, "I Can't Make This Up: Life Lessons"

TODAY'S NUMBER: 49,200 - fans in attendance at Major League Baseball's first All-Star Game, held on this day in 1933 at Comiskey Park in Chicago. The American League defeated the National League by a score of 4-2.

TODAY'S MOON: Between full moon (July 4) and last quarter moon (July 12).

In Memoriam

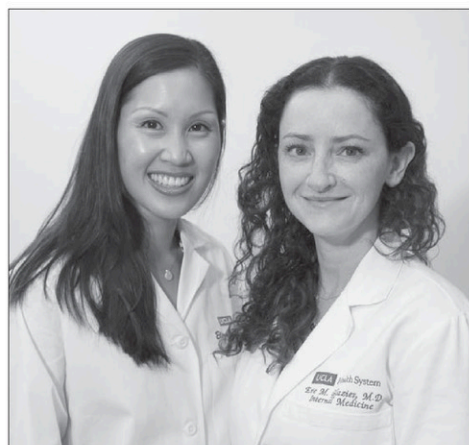
GILCHRIST - In loving memory of our dear parents, Herbert, July 6, 1997 and Dorothy, July 27, 2009.

*Those we love we never lose,
For always they will be,
Loved, remembered, treasured
Always in our memory.*

**JOHN, JOAN, HEATHER, BOB
AND FAMILIES**



Eye tracking tests may help diagnose Alzheimer's disease



ASK THE DOCTORS

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

Dear Doctor: I've heard that there's finally a test for Alzheimer's disease, and that it has to do with your eyes. What is it, and how does it work?

Dear Reader: Although researchers continue their search for a single and definitive diagnostic test for Alzheimer's disease, they haven't reached that goal at this time. However, they continue to make advances in the field, including recent studies that suggest impaired eye movement may be a predictive symptom in some cases. We don't yet have a cure for Alzheimer's disease, but early intervention has been linked to better outcomes for patients, including an improved quality of life. That makes any developments that aid

in diagnosis important.

As most of you probably know, Alzheimer's is a progressive disease. Physical changes that occur within the brain gradually result in cognitive impairment and dementia. Although Alzheimer's disease is most often seen in older adults, it is not considered a normal part of aging. Symptoms include a decline in memory, thinking, speech, judgment, concentration and the ability to carry out tasks. The disease also results in changes to mood and personality. Other types of dementia and cognitive impairment share many of the same symptoms, which makes early diagnosis more challenging. A diagnosis of Alzheimer's involves a range of screening processes, including a neurological exam, tests to assess cognition and mental status, genetic testing and brain imaging scans. For some patients in the early stages of the disease, watchful waiting is a necessary - and sometimes frustrating - part of the process.

The study you're asking about looks into impaired eye movement as a diagnostic tool in at-risk patients. Participants with two different types of cognitive impairment were assigned visual tasks on a computer screen. For example, they were asked to look at the left side of the screen whenever a flashing icon appears on the right side. A device that can measure 500 eye movements per second then analyzed how well each person completed

the task. The researchers found that the visual behavior of each group was unique enough that they could differentiate between the two types of dementia just by the results of the tests. Even more promising was the fact that the eye movement pattern in one type of dementia, where people struggled to look at the correct side of the screen, was similar to those with an Alzheimer's diagnosis.

The takeaway here is that eye tracking shows potential for predicting whether someone with mild cognitive impairment is likely to progress to Alzheimer's disease. That means instead of waiting for advancing symptoms, more patients could begin treatment earlier than is now possible.

Without a cure for Alzheimer's, patients rely on therapies developed to prolong and increase independence and improve quality of life. These include memory training, mental stimulation, social integration and physical exercise programs. Cognitive therapies, such as puzzles, simple number and arithmetic problems and memory exercises have also been shown to have a benefit. These are all most successful before Alzheimer's disease has progressed too far, which makes early diagnosis all the more important.

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.

Do Just One Thing



By Danny Seo

Even during these uncertain times, your local food bank is actually discouraging the donation of food to help fill their shelves. The reason is donated food is often expired, contaminated or just unsafe to give away. Sorting through donations also takes time, which could be used instead by volunteers to help those in need. What they really need is cash donations. Food banks and pantries have relationships with wholesalers, and this means a single dollar can be turned into about nine cans of food. Cash donations enable them to get a lot more product to help people, and they can control the inventory to get what's really needed in the community.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMS, BRIEFLETS:

Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)

Discounts: 2 insertions or more: 15% off

With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.

BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:

Text only: \$16.00 (includes taxes)

With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.

WEDDING WRITE-UPS:

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

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

DEADLINES FOR DEATH NOTICES:

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

Anxious to the point of paralysis

Dear Annie

MONDAY, JULY 6, 2020

Dear Annie: As birthdays and important holidays approach, like the recent Father's Day, I am forced to reanalyze my social anxiety all over again. I know I should call friends and family members to let them know I'm thinking about them, but I get butterflies in my stomach and put it off for hours because I feel like I never know what to say. When it comes to disagreements with anyone, I shake in my boots at the thought of arguing and causing a rift, so I will often let things that bother me go without telling the person when they've hurt me. Strangers are, of course, tougher.

Family is one of the most important things to me, so I want to maintain strong relationships with them and not let months go by without talking, but I don't know how to get over my silly fear of conversations. Currently, I don't have the money for counseling. Do you have any ideas or words of comfort for anyone struggling with this? – Desperate to Change

Dear Desperate to Change: Making up your mind to change is the first and hardest step when you want to change. You are already halfway to being able to reach out comfortably to family and friends. I applaud your desire to change. Some simple breathing exercises might help you take the edge off. Regular

exercise and a healthy diet also help.

Try to take the focus off of yourself, and what you are feeling, and instead focus on how you want to make your friends and loved ones feel appreciated. Express how much you care about them; it'll leave both parties feeling great.

If you can't afford counseling, check out local support groups, perhaps as part of a church or a 12-step organization, that offer support for people with anxiety. You are not alone.

Dear Annie: My husband and I are in our 80s. When we were young, we enjoyed the usual sexual activities. As we became older, my husband's ability to have that kind of sex diminished. I did not initiate it because I was afraid that his not being able to perform would depress him. Drugs helped, but he did not like the side effects. We just cuddled and kissed.

In the last couple of months, we discovered that we both could experience great pleasure by fondling each other. It is fun to play with each other while watching TV, lying in bed or just standing in the kitchen.

We want to invite others who have not discovered this different kind of sexual activity to give it a try. I know some women in my generation feel uncomfortable with erotic pursuits, but the ability to give and receive this kind of pleasure can make one's senior

years more enjoyable. You don't have to worry about getting pregnant or a sexually transmitted infection. The pleasure can last much longer than when we were young. Try it. You will like it. – Happy Grandmother

Dear Happy Grandmother: Good for you for keeping up a healthy sex life. Thanks for sharing your secrets.

Dear Annie: My husband has a long history of being unfaithful to me. He says that it isn't cheating because he can't help himself. I've forgiven him five times.

Recently, I discovered that he's been going to a website where a girl talks to him on a webcam. In exchange for their virtual time together, he buys her jewelry, clothes and other presents.

He sends her photos from his own life: for instance, pictures from when we watched fireworks with the grandkids – except the pictures are only of the fireworks, and he doesn't mention that he was with his wife and grandchildren.

I never usually pay attention to the phone bill, but this month I looked – and I found out he'd sent and received more than 17,000 text messages. He was exchanging texts with women he'd met on a dating site. He said that it isn't cheating since he's not having sex. But I think the emotional cheating is worse. I am at my wit's end. Should I just divorce him and walk away? Please help. – Mrs. Undesirable

Dear Mrs.: I refuse to call you that "U" word because your husband's behavior is no reflection on you. If anything, it shows that he has issues around his own desirability. Perhaps he's so insecure he must constantly seek the validation of women he hardly knows – and/or he's suffering from sex addiction. (You can learn more about that at <https://saa-recovery.org>.) However, the root of his problems is irrelevant if he's not willing to seek a cure. If your husband shows no willingness to change his behavior, then leaving may indeed be the best course. Listen to your heart, and find out what it desires.

Dear Annie: I really need your insight. I have a male best friend. He's

been married a while now, but he's said before as though he feels I'm really his wife. I think the world of him; I love our long conversations. And I notice that he never brings up his wife around me. What should I do? – Burning in North Carolina

Dear Burning: Stop, drop and roll on out of this man's life so you can get on with your own. He is using you to avoid working on his marriage. And why would you want to be with a man who treats his wife that way? You deserve to be with someone who gives you his all, and I promise he is out there somewhere.

Dear Annie: I wanted to respond to the letter from "Excuse You," who complained that her new boyfriend burps constantly after eating. My husband of 36 years also had that problem for the first 20 years of our marriage. I also thought it was just a rude habit, but then I read it could be a symptom of acid reflux or an inefficient digestion of food (indigestion). I gave him a good probiotic from a vitamin store every day for a couple of months to build up the "good" bacteria in his gut and I could see the difference within the first two weeks. The good bacteria are necessary to break down the food and are destroyed when taking antibiotics. He continues to take probiotics, but only a couple of days per week as he is not a very healthy eater. The burping is gone, and we are much happier for it. – Joyce

Dear Joyce: Probiotics have indeed been shown to sometimes help improve a range of digestive and gastrointestinal issues, of which acid reflux is one. I would urge anyone to first speak with his or her doctor before deciding on the best course of action.

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book – featuring favorite columns on love, friendship, family and etiquette – is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

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

THE RECORD

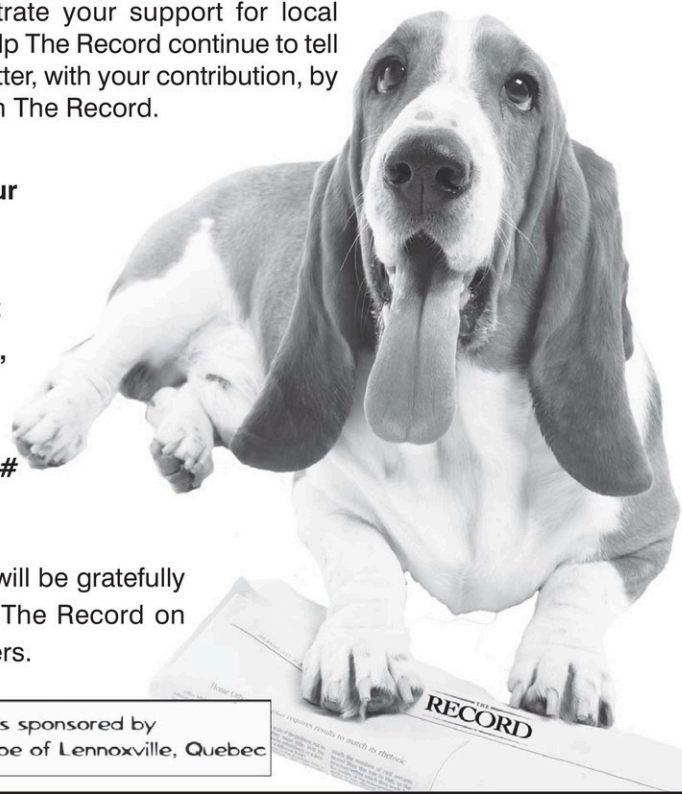
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More than ever the community needs to be able to stay abreast of rapidly changing events. We need to know how the government intends to make improvements to the longterm care system, what the future holds for our English-language schools and school board, where to turn for mental health services, when church, community services and social activities will resume.

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This page is sponsored by
Mr. and Mrs. John Doe of Lennoxville, Quebec

Guess Who?

I am a rapper/singer born in New York on July 4, 1995. I taught myself to play guitar through the game "Guitar Hero" and YouTube tutorials. I was in a high school hardcore band at age 16. I have collaborated with Quavo and dated Ashlen Diaz.

Answer: Post Malone

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.

"GB ISXLCWSOXP ISXLLXJ FU MOXPX
UN GWU MNRJYJ'DX ISXLLXJ FU - IFA
HFJI, CFDX NC SOXG TNBI - WUJ
SOWS'I OXPNFV." - SFG WYYXU

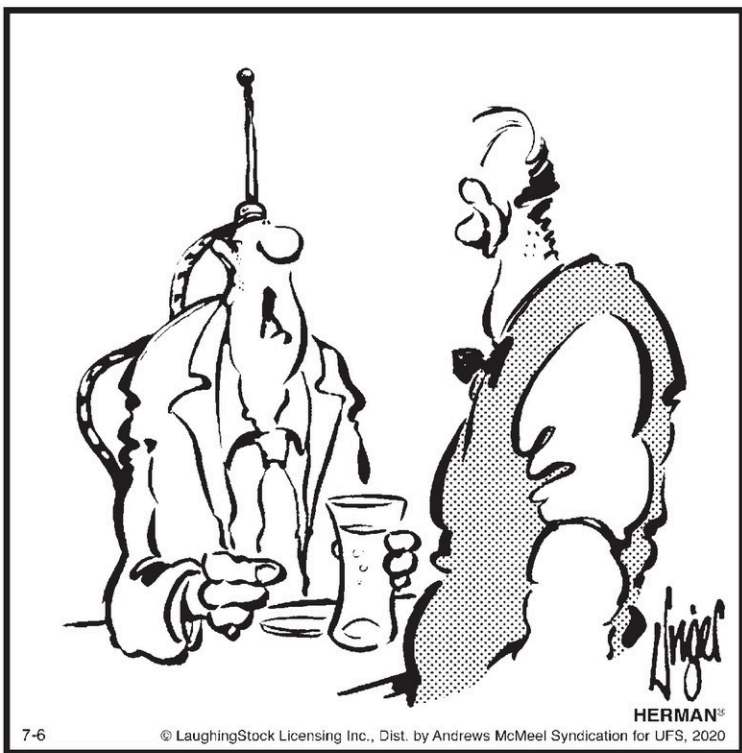
Previous Solution: "I have sworn upon the altar of God eternal hostility against every form of tyranny over the mind of man." - Thomas Jefferson

TODAY'S CLUE: g sienbe 1

REALITY CHECK



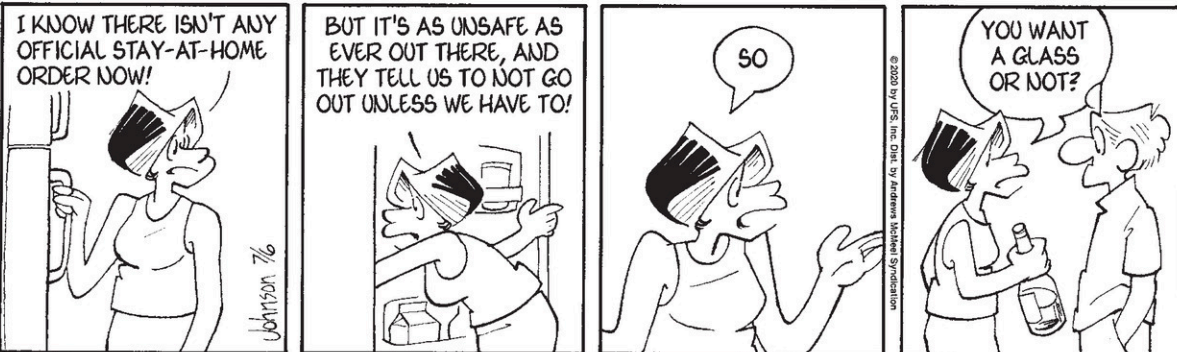
HERMAN



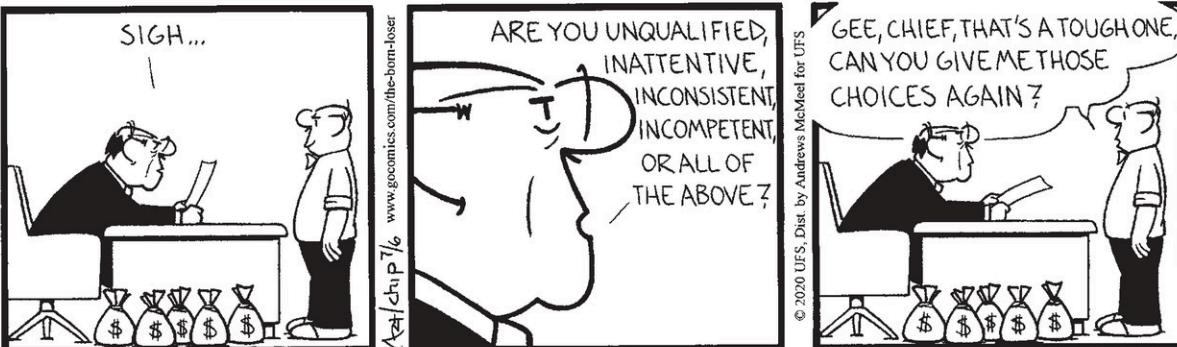
"D'you know how many people are hit by lightning every year?"



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



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Today in History

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Today in History for July 6: On this date:

In 1415, Czech reformer Jan Hus was martyred. He was condemned for heresy and burned at the stake because of his outspoken appeals for church reform and for political and religious rights for the common people.

In 1535, Sir Thomas More was executed. More, once King Henry VIII's chief minister and friend, had refused to take the oath of supremacy accepting the English monarch as head of the Roman Catholic church. He was beatified in 1886 and canonized in 1935.

In 1777, a British force under General John Burgoyne captured Fort Ticonderoga, New York.

In 1809, French troops arrested Pope Pius VII, who had excommunicated Emperor Napoleon I.

In 1852, a fire in Montreal destroyed more than a thousand buildings.

In 1854, the Republican Party came into being at a convention in Jackson, Mich.

In 1854, German physicist Georg Simon Ohm died. The physical unit measuring electrical resistance was named for him.

In 1885, French scientist Louis Pasteur tested an anti-rabies vaccine on a boy who had been bitten by an infected dog. It worked.

In 1896, the boundaries of Quebec were enlarged to the shores of Hudson Bay, adding 306,765 square kilometres to the province by an order-in-council.

In 1906, Parliament passed the "Lord's Day Observance Act" to prohibit work, entertainment, sport and almost all

commerce on Sundays. The law remained on the books until the Supreme Court of Canada struck it down in 1985.

In 1917, during the First World War, Arab forces led by British Capt. T. E. Lawrence captured the port of Aqaba from the Turks.

In 1923, the Union of Soviet Socialist Republics was formed.

In 1928, in New York, the first all-talking picture, "Lights of New York" opened.

In 1930, Fred Newton began swimming the Mississippi River from Fort Dam, Minn., to New Orleans. He reached his destination on Dec. 29 after swimming more than 2,900 kilometres.

In 1933, the first All-Star baseball game was played at Chicago's Comiskey Park. A home run by Babe Ruth led the American League over the National League 4-2.

In 1935, the 14th Dalai Lama was born to a farming family in northeastern Tibet. At the age of two, the child - who was named Lhamo Dhondup - was recognized as the reincarnation of the 13th Dalai Lama. The Dalai Lamas, both the head of state and the spiritual leaders of Tibet, are believed to be manifestations of the patron saint of Tibet.

In 1944, 168 people died when fire broke out in the main tent of the Ringling Brothers, Barnum and Bailey Circus in Hartford, Conn.

In 1950, in Nelson, B.C., 195 radical Doukhobors, the Sons of Freedom, were given prison sentences totalling 793 years on numerous charges, including burning schools and conspiracy. After much unrest in the 1950s and 1960s, the fanatical activism died down. Descendants of the original Doukhobors, a sect of Christian Russian dissenters, number about 30,000 across Canada.

In 1954, Argentinian Ana Beker, 36, arrived in Ottawa after a four-year, 27,000-kilometre horseback ride from Buenos Aires.

In 1957, Althea Gibson became the first black tennis player to win a Wimbledon Singles title, defeating fellow American Darlene Hard 6-3, 6-2.

In 1961, Robert N. Thompson was elected president of the Social Credit Party.

In 1967, the Biafran War erupted as Nigerian forces invaded an eastern region that had declared its independence on May 30. The war ended in 1970.

In 1975, a hailstone weighing 249 grams fell near Wetaskiwin, Alta.

In 1977, federal Solicitor General Francis Fox announced a royal commission to investigate mounting allegations of wrongdoing by members of the RCMP.

In 1980, former Canadian lightweight champion Cleveland Denny, 24, died 17 days after being knocked out by Gaetan Hart in a fight in Montreal.

In 1988, an explosion and fire aboard the Piper Alpha oil rig in the North Sea killed 167 crew members, including two Canadians. The worst disaster of its kind to that date, the explosion was blamed on a gas leak. The rig's owner, Occidental Petroleum, later offered families of the victims compensation totalling US\$180 million.

In 1989, Ottawa sold its remaining 57 per cent interest in Air Canada, completing privatization of the airline. Air Canada's new issue of 41.1 million shares was an immediate sellout. Ottawa had begun its sale of the Crown corporation in October. The Tories had sold 12 Crown corporations since coming to power in 1984.

In 1989, nine Indian tribes across Canada signed a mutual defence treaty to go to one another's aid in confrontations with authorities.

In 1994, Dirk van Zyl, the then longest-

surviving heart-transplant patient - at 23 years - died in South Africa. He was 68.

In 1995, Saidye Rosner Bronfman, patron of arts and matriarch of the wealthy Bronfman family, died.

In 1998, a British court found Canadian Albert Walker guilty of murder in the 1996 death at sea of British-born Ronald Platt. The accused swindler was sentenced to life in prison.

In 2000, Kingston's infamous Prison for Women closed its doors in a private ceremony marking the end of a turbulent history at the 66-year-old institution. The dreary stone facility had been the subject of at least 13 inquiries and commissions.

In 2001, members of Canada's Anglican and Lutheran churches voted at separate conferences in Waterloo, Ontario to forge closer ties.

In 2004, U.S. fighter pilot Major Harry Schmidt, who killed four Canadian troops and wounded eight others when he mistakenly bombed them in Afghanistan, was found guilty of dereliction of duty and fined more than US\$5,000.

In 2005, New York Times reporter Judith Miller was ordered jailed after she refused to identify a confidential source to a grand jury investigating a suspected leak by White House officials of the name of a CIA undercover agent. (Miller was jailed for 85 days before agreeing to testify).

In 2006, Stephen Harper met with U.S. President George Bush at the White House during his first official visit to the United States as prime minister. The low-key visit focused on world trouble spots and new U.S. border identification rules.

In 2008, Pte. Colin William Wilmot from the Princess Patricia's Canadian Light Infantry died in an explosion while on foot patrol in the Panjwaii district in Afghanistan.

In 2009, two Canadian soldiers, Master Cpl. Patrice Audet, 38, of Montreal, a flight engineer, and Cpl. Martin Joannette, 25, a gunner from St-Calixte, Que., and a British soldier died in a helicopter crash in Zabul province in Afghanistan.

In 2010, Queen Elizabeth addressed the United Nations for the first time since 1957 during her first New York visit in over 30 years; she then laid a wreath at Ground Zero.

In 2012, Col. Tammy Harris was sworn in as the first female base commander at CFB Borden, assuming responsibility for Canada's largest training base.

In 2013, a runaway train carrying crude oil derailed in Lac-Megantic, Que., igniting explosions and fires that incinerated the small town's centre, killing 47 people and forcing the evacuation of nearly 2,000 others. Millions of litres of oil also leaked into the soil and nearby water bodies.

In 2013, an Asiana Airlines flight from Seoul, South Korea, crashed while landing at San Francisco International Airport, killing two Chinese students. A coroner found a third Chinese student, who later died in hospital, survived the crash but was killed by an emergency vehicle racing to the scene.

In 2016, an appeals court judge sentenced double-amputee Olympic runner Oscar Pistorius to six years in prison for the 2013 murder of his girlfriend Reeva Steenkamp. The State appealed the sentence and the South African Supreme Court of Appeal more than doubled it to 13 years and five months.

In 2019, Brazilian singer and composer Joao-Gilberto - considered one of the fathers of the Bossa Nova genre - died at 88. His son said he had been battling a variety of health problems. (The Canadian Press)

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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

7/6

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PREVIOUS SOLUTION

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

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

NEA Crossword Puzzle

Your Birthday

MONDAY, JULY 6, 2020

- ACROSS**
- 1 Use the microwave
 - 4 Team cheer
 - 7 Affix
 - 10 Claire or Balin
 - 11 Cop's ID
 - 13 Call — — cab
 - 14 Veld inhabitant
 - 15 Exhorted
 - 16 Devotee's suffix
 - 17 Actress — May
 - 19 Tibet neighbor
 - 21 Sweater sizes
 - 22 Interest amt.
 - 23 Put up alfalfa
 - 26 Dries up
 - 30 Ovid's bird
 - 31 Paper item
 - 32 Stooge with bangs
 - 33 Wash the floors
 - 34 Returns org.
 - 35 Bradley or Sharif
- DOWN**
- 1 Sharp turn
 - 2 Actress Bancroft
 - 3 A Beatle
 - 4 Tall tales
 - 5 Boundary
 - 6 Bronze or Iron

Answer to Previous Puzzle

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

- 7 In the thick of
- 8 Mr. Arnaz
- 9 PC fodder
- 11 Put up
- 12 Manifesto
- 18 Hatchets
- 20 Utmost degree
- 22 Greedy ones
- 23 Scenery chewers
- 24 Assert
- 25 Egad!
- 26 On the lookout
- 27 TV award
- 28 Traipse
- 29 Arid
- 31 Apron tops
- 35 Buckeye state
- 37 Son of Prince Valiant
- 38 Kind of rocket
- 39 Up and about
- 41 "Ghosts" playwright
- 42 Remnant
- 43 Flapjack chain
- 44 Spanish title
- 45 German auto
- 46 Tatum's dad
- 47 Make a tunnel
- 50 Quiche base
- 52 Pilot's sighting

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		

Take it easy, live in the moment and cherish what you have. Refuse to let trivial matters get to you or disgruntled people bring you down. Make adjustments that will add to your happiness. Live, love and laugh.

CANCER (June 21-July 22) - Back away from anyone trying to start a fight. Keep your papers, possessions and cash in a safe place. Pay more attention to self-improvement and happiness.

LEO (July 23-Aug. 22) - Reconnecting with someone you used to know through social media will lead to memories that bring back powerful feelings. You will be inspired to make a lifestyle change.

VIRGO (Aug. 23-Sept. 22) - An unexpected change will lead to a window of opportunity. Explore new possibilities and touch base with people who are heading in a direction similar to yours. Personal growth is encouraged.

LIBRA (Sept. 23-Oct. 23) - Distance yourself from negativity, demanding people and anyone looking for a fight. Treat yourself to something that will put a smile on your face. Promote peace, love and happiness.

SCORPIO (Oct. 24-Nov. 22) - Keep your emotions under control and your mind on what you want to accomplish. A chance to take your plans further than anticipated looks promising. Stay focused and reach for the stars.

SAGITTARIUS (Nov. 23-Dec. 21) - Remember the way things were. It will

serve you well to dwell on the pastimes and people who were an integral part of your life.

CAPRICORN (Dec. 22-Jan. 19) - Make a personal change that will enhance your relationship with loved ones and improve your outlook and lifestyle. Change begins with you.

AQUARIUS (Jan. 20-Feb. 19) - Pour your heart into something that makes you feel good about yourself and your life. An affectionate gesture will encourage someone to reciprocate. Praise will follow a physical improvement.

PISCES (Feb. 20-March 20) - Your imagination will conjure up unique ideas. Choose to do something that will benefit others as well as yourself. Don't take a risk that could lead to ill health or injury.

ARIES (March 21-April 19) - Strengthen your body, mind and soul. Strive for balance, equality and harmony. Choose to work with the trends, not against them. Be kind instead of divisive.

TAURUS (April 20-May 20) - Consider what's doable and put your energy where it counts the most. Voicing your opinion may be met with opposition, but it will also show your strength of character.

GEMINI (May 21-June 20) - Make today about you. Research self-help books that you can relate to and start working toward a goal that encourages you to look out for your best interests. Physical improvements are favored.

MONDAY, JULY 6, 2020

An abnormal lead needs partner awake

By Phillip Alder

Ronald Reagan quipped, "I have left orders to be awakened at any time in case of national emergency, even if I'm in a cabinet meeting."

At the bridge table, sometimes you will see a winning defense, but it needs partner also to be aware of what is happening.

This deal was reported to the International Bridge Press Association by Michael Byrne, the coach of England's under-20 squad. Sitting East and West were two 16-year-olds: Jasmine Bakhshi and Henry Rose.

South opened with the so-called gambling three no-trump. This showed a solid seven-card or longer minor suit with, in principle, no side ace, king or void. So, he lied a little!

The textbook lead against this opening bid is an ace. You usually need to take the first five tricks. Here, Rose had two aces. He correctly realized that the club ace was a safer lead than the spade ace; the club ace was unlikely to damage the defense. But what did he do at trick two?

Rose saw that he and his partner had to take four spade tricks immediately. Otherwise, declarer had at least nine winners via the heart ace, the club king and seven diamonds. What did Rose do?

North		07-06-20	
♠	J 10 7 2		
♥	A J 9 5 3 2		
♦	5		
♣	K Q		
West		East	
♠	A 9 6	♠ K Q 8 3	
♥	Q 8 7 4	♥ 10 6	
♦	4 3	♦ 9 7 6	
♣	A J 10 9	♣ 6 4 3 2	
South			
♠	5 4		
♥	K		
♦	A K Q J 10 8 2		
♣	8 7 5		
Dealer: South			
Vulnerable: Neither			
South	West	North	East
3NT	Pass	Pass	Pass
Opening lead: ♣ A			

He hoped his partner had four or five spades headed by the king, queen and eight. But West still had to be careful not to block the suit. At trick two, Rose shifted to the spade nine. Bakhshi took dummy's 10 with her queen and returned the spade three to her partner's ace. West then pushed the spade six through dummy's jack-seven into East's king-eight tenace.

Beautiful, especially from two players so young.

GAMES & PUZZLES

SHOPPING DAY WORD SEARCH

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

Find the words hidden vertically, horizontally, diagonally, and backwards.

SHOPPING DAY
WORD SEARCH

CREDIT CARD
DEALS
DISCOUNT
ELECTRONICS
EMPLOYEE
EXCHANGE
EXPERIENCE
FITTING
GROCERIES
MALL
MEMBERSHIP
MERCHANDISE
PACKAGES

PARKING
PRICE
PURCHASES
QUEUE
RETAIL
RETURN
SALE
SHIPPING
STOCK
STORE
TOOLS
TRANSACTION

ADVERTISEMENT
AISLE
BAGS
BROWSING
BUDGET
CART
CASH
CLOTHING
COMPARISON
COUPONS

WORD SCRAMBLE

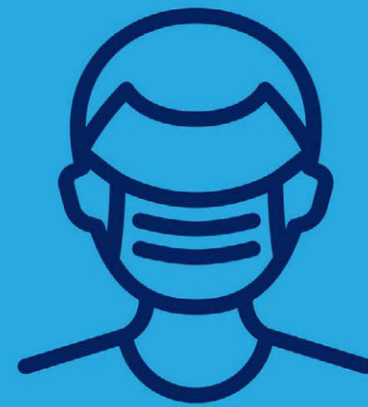
Rearrange the letters to discover something pertaining to baking.

E K N D A

□ □ □ □ □

Answer: Knead

**Wearing a mask
will become
mandatory
aboard all public
transit starting
July 13.**



**bus
metro
train
ferry
taxi
carpooling**

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

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