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## View Point park vandalism sparks renewed concerns

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# THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

## A Canadian karate champion in the Townships

Sports - Page 7

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WEDNESDAY, JULY 6, 2022

## Shelters witness an increase in pet abandonment in the Eastern Townships

By Michael Boriero

Refuge le Château, a non-profit organization in Sherbrooke housing abandoned kittens, cats and other small animals, noticed a significant increase in pet abandonment well before Quebec's province-wide move-in date on July 1.

"There's like 50 per cent more abandoned pets, especially kittens and cats, but we also received a lot of rabbits, birds, lizards, and other kinds of animals. We still have a lot of animals coming in on July 1, but this year is just more than past years," said Anne-Marie Viens-Larin.

Viens-Larin volunteers at the pet rescue. The organization also hosts several chickens, squirrels, and turtles. According to Viens-Larin, the uptick in abandoned kittens and cats could be a

CONT'D ON PAGE 3

## Discover Sherbrooke with the help of Aki the pigeon



CASSIE MACDONELL

On Thursday, Musée d'histoire de Sherbrooke launched Aki explore, QR route project that will help locals and visitors alike explore Downtown Sherbrooke.

By Cassie MacDonell  
Local Journalism Initiative

Want to explore Downtown Sherbrooke this summer? Aki the pigeon may be able to

help! On Wednesday, Musée d'histoire de Sherbrooke (Mhist) announced the launch of Aki explore, a QR route project that will help locals and visitors alike explore Downtown Sherbrooke. Search for Aki the pigeon's QR codes,

which are near 15 businesses and cultural buildings in the Downtown Sherbrooke area.

After scanning one of the QR codes, people can discover historical

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## Weather



TODAY:  
MIX OF SUN  
AND CLOUD

HIGH 23  
LOW 11



THURSDAY:  
SUNNY

HIGH 25  
LOW 16



FRIDAY:  
CHANCE OF  
SHOWERS

HIGH 21  
LOW 9



SATURDAY:  
SUNNY

HIGH 20  
LOW 6



SUNDAY:  
MIX OF SUN  
AND CLOUD

HIGH 25  
LOW 8

## HAND IN HAND

# A hand in hand refresher

By Gordon Lambie

Since May of 2018 the Hand in Hand page has offered local community and not-for-profit organizations a free space to talk about their work in the community. It provides an accessible space for getting to know who is out and at work in the community on a number of different fronts and a large number of groups have been excited to participate. The ongoing success of the column, however, depends on having groups who are ready and able to submit, so here is a reminder of what this space is all about and that we're always interested in hearing what your organization has got going on.

Here's what we need: A clear, well written description of who you are as an organization and what you do. It is a task as simple as the "about us" section many groups already have on their website. Beyond that, the space is available to share news about upcoming or recently finished events. We also ask for a copy of your group's logo, and a photo or two. A few well-chosen images can go a long way toward making a simple description come to life. Because of the work they do, some organizations are better able to offer photos than others, though, so we're flexible on that point on the condition that those who can't give us a photo send a slightly longer text. We're looking at a range of 400 to 600 words.

Over the lifetime of the column so far, The Record has helped share news from a remarkable number of different groups and projects. These have included Operation Backpack, the prom fairies, the

Cornerstone food bank, Lennoxville Youth Centre, the Lennoxville UCW, the Lennoxville and District Women's Centre, the Lennoxville Girl Guides, Mental Health Estrie, the Ascot Masons, the Townshippers' Foundation, Lennoxville and District Community Aid, The Lennoxville Art Group, The Missisquoi North volunteer centre, Uplands Cultural and Heritage Centre, the Lennoxville Knitting and Crochet group, The Piggery, Townshippers' Association, the Purple Project, the St. Francis Valley Naturalists' club, Musecole, The Townships Sun, the Lennoxville Scouts, The Bishop's/Champlain student refugee sponsorship committee, the empty bowls fundraiser, the Horizon pour elle women's shelter, Tierra del Fuego, the Richmond community learning centre, Literacy in Action, the Lennoxville Business Association, the Sherbrooke Rotary club, the Sherbrooke Snowshoe Club, the Yamaska Literacy Council, the Mae Sot education project, the Sawyerville community garden, The Canadian Federation of University Women, Val-famille, Mon Shack, Sercovie, the Eaton Corner Museum, the Service d'aide aux Neo-Canadiens, HandiApte, La Releve Haut Saint Francois, The Richmond County Historical Society, Camp Garagona, the CAVAC, Arrimage Estrie, the Townships Grandmothers, Options Pregnancy Centre, the Maison Oxygene, Fraser Hickson, Les Arbrisseaux, Blue Massawippi, the AQDR retirees' rights group, the Les Coteux bike club, Friendship Force international, the Yamaska Valley Optimist Club, the British Home Children Advocacy

and Research group, Les Oubliés de l'autobus memphremagog, Project PRÉE, Frontier College, the English Language Arts Network, Big Brothers Big Sisters Sherbrooke, the ASJHE intellectual impairment group, CALACS Estrie, IRIS Estrie, the Maison Aube Lumiere, Bulle et Baluchon, Equijustice, Prema Quebec, the Lennoxville Girl Guides, the Quebec Anglophone Heritage Network, Alzheimers Estrie, the Carrefour Education Populaire, JEVI, Concertation Femmes Estrie, the Sherbrooke museum of science and nature, Foundations for Farming, Leucan, the Conseil regionale de l'environnement, Memphremagog conservation Inc., the Eastern Townships Community Foundation, the CHUS foundation, GRIS Estrie, Educaloï, the Adaptive Sports Foundation, the Fondation Justin Lefebvre, the Grace Village Foundation, Appalachian Corridor, the BMP Foundation, the Centre for Access to Services in English, Forces Avenir Quebec, Fibromyalgia Estrie, Val famille, Actions Interculturels, Write here write now, Joblinks, Caritas Estrie, the Ble d'or community kitchen, the Massawippi foundation, SOS Grosseesse, Y4Y Quebec, and the Carrefour Jeunesse Emploi, among many others. We would love to add your group to the list.

If you don't see the name of your group on this list, or even if you do but you know it has been a long time since your last submission, feel free to reach out to newsroom@sherbrookerecord.com or directly to glambie@sherbrookerecord.com to let us know you might be interested. You can also give us a call at 819-569-6345.



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## Ben by Daniel Shelton



# Local News

While many Quebecers struggle to find affordable housing — over 30 households in Sherbrooke are still homeless — property owners have also made it difficult for tenants with pets.

## Sherbrooke police kept busy over holiday weekend

Record Staff

The Sherbrooke police reported three arrests for impaired driving over the Canada Day Long weekend.

The three drivers were all men, aged 23, 24 and 52 years old respectively. All three failed the breathalyzer test and had their driver's license suspended for 90 days and two of the three had their vehicles seized for 30 days.

The offenses occurred on July 1 and 2. In the first case, the driver, a

52-year-old man, was driving with his headlights off and crossing the median and the center line on King Street East, heading west, at around 10:30 p.m.

As for the events that occurred on July 2, the first was a hit-and-run on Bourque at Fortier S at around 3:50 a.m. The accident overturned a light pole and left debris on the ground, allowing the police to track down the heavily damaged vehicle and arrest the driver: a 24-year-old man. The third occurred around 10:45

p.m., when a 23-year-old driver was traveling in the wrong direction on Bowen Street North, heading south.

The suspects were released on a promise to appear at the Sherbrooke courthouse later.

There was also one incident involving shoplifting.

Around 1:45 p.m. on Sunday, July 3, he police received a call for a shoplifting in progress at the Simons store in the carrefour de l'Estrie shopping mall. At that point the

security guard was in pursuit on foot in the direction of rue des Érables.

Thanks to the collaboration and information of the public, the SPS agent was able to intercept and arrest the suspect, a man of around 30 years. Following a search, the responding officers discovered that the man had also committed another theft at the mall's Pharmaprix store. The suspect is known to police and was released on a promise to appear (subject to conditions).

## Increase in pet abandonment

CONT'D FROM PAGE 1

result of pet owners failing to get their animals sterilized throughout the pandemic.

"We can never say this enough, but people should sterilize their cats. I heard a lot of people who bring in their female and they told me 'well, my female wasn't supposed to go outside, she got out once and she came back pregnant,' and I'm like 'yeah, it takes one shot,'" she said.

The refuge received an unusually high number of kittens, she explained, adding that co-founder Martin Provost has already taken in dozens of unwanted pets, and the number has continued to climb into July. The organization has over 100 animals in total at the moment.

"I know that Martin told me that with the foster family that we've got right now, we have up to 70 kittens right now. Some of them are in the foster family, and we have to rearrange the space in the refuge to be able to have more of them," Viens-Larin told The Record on Tuesday.

In a phone interview, she added that Provost and other volunteers have been forced to turn pet owners away because there's simply no more room at the shelter. Viens-Larin also attributed the spike in abandoned pets to the housing crisis that is currently impacting the province.

While many Quebecers struggle to find affordable housing — over 30 households in Sherbrooke are still homeless — property owners have also made it difficult for tenants with pets. The result is households are either turned away or they are forced to get rid of their pets.

"We don't really understand why property owners don't allow people to get cats because usually, if you take care of your cats, they aren't going to break your apartment. It should be fine, but a lot of people decided to not allow pets anymore," said Viens-Larin.

SPA Estrie Communication Officer Alexane Bégin told The Record that it was mostly business as usual throughout Canada Day weekend. They received three cats and two dogs, which, she noted, is right around the average. However, lack of housing has posed a number of issues.

Quebecers are also moving throughout the year, she said, and the pet clause has become commonplace for many property owners. According to Bégin, SPA Estrie has admitted 200 more animals between January and June 2022, compared to the same period last year.

"I think it's becoming more and more of a problem because rental owners can now choose which families they give their apartment to, so even



COURTESY REFUGE LE CHÂTEAU

if they don't necessarily ban animals, they can choose to give the rental to a family that just doesn't have pets," Bégin explained.

The organization has joined its voice with others trying to implement a law that would stop property owners from turning away pet owners. However, Bégin said SPA Estrie has also tried to push for other methods, such as keeping communication between tenant and landlord.

Bégin, like Viens-Larin, also noted the importance of pet sterilizations. There are always more kittens and bunnies, she shared, adding that in the bunnies situation, it's because owners are often unsure whether they have a

female or male, which subsequently leads to newborns.

However, while there are several factors to the pet abandonment problem, Bégin said much of it can be attributed to the pandemic and lifting of health and safety measures. Pets are coming in with behavioural issues, she continued, and now people are just too busy to care about it.

"The main problem with the pets in our shelter is also the fact that because the pandemic is slowing down and restrictions are pretty much gone, people might not be as interested in adopting pets. They're going on vacations more and they're out of the house more," she said.

## Discover Sherbrooke

CONT'D FROM PAGE 1

information about the very place where they are standing. "At each of the places chosen by Aki, a QR code leads to a historical summary of the building, a person, or an area, in addition to a text on the business that occupies the place today. It is therefore both a historical journey and commercial development," said David Lacoste, general director of Mhist. The list includes restaurants, cafes, microbreweries and cultural locations.

QR codes can be scanned using the camera of most mobile phones. After pointing the device's camera at the

QR code, a website URL will appear. By clicking on the URL, the Aki explore website will present historical details alongside modern information. After scanning the QR code, visitors will be able to discover businesses and hopefully, Lacoste added, enter and shop.

Aki the pigeon's QR codes can be found on seven roads in the city centre: rue Wellington Nord et Sud, rue King Street West, rue Albert, rue Alexandre, rue du Dépôt, rue Dufferin, and rue Frontenac. "We're not going to talk about the list (of QR code locations)

right now. Go explore!" said Lacoste, encouraging anyone interested to walk around Downtown Sherbrooke to discover the locations of Aki the pigeon.

Anyone who brings a receipt from a participating business to Mhist, located at 275 rue Dufferin, will be entered to win prizes at participating businesses.

The program received funding from the City of Sherbrooke's programme d'atténuation du centre-ville, which aims to bring traffic to downtown businesses that could be affected by

construction. "This is a great initiative that both talks about our history and stimulates local shopping during the work period in the city center. It's a great way to enhance Sherbrooke's built heritage and invite people to rediscover their city center differently," said Mayor of Sherbrooke Evelyne Beaudin in a press release.

Fonds Pionnier d'Entreprendre Sherbrooke and ministère du Tourisme du Québec also provided funding to make Mhist's initiative a reality.

# From The Record archives

## 100 YEARS AGO

On July 5, 1922, a very novel idea was brought up at a meeting of the Eastern Townships Associated Boards of Trade in Knowlton—following the Parent-Teachers' Associations movement. "It is well known that in practically every community where there is a school there is natural tendency on the part of parents to pay little or no attention to what is going on at the school," said Mr. A. S. McCaw of Bedford, who was explaining the value of establishing a parent-teacher association. However, he regretted to admit that the Bedford association has not yet proved as successful as anticipated.

## 60 YEARS AGO

On July 5, 1962, Sherbrooke's Mayor Armand Nadeau expressed his discontent with residents who asked to teach children swimming lessons in city parks, at \$2 each lesson. He explained that he disliked the idea because children from rich families would have an advantage over those who could not afford the lessons.

The city council ended the discussion by agreeing that the lifeguard on duty should be a perfect swimmer and help teach the children how to swim when he has time—there is no need for paid lessons.

## 20 YEARS AGO

On July 5, 2002, a Sutton resident was implicated as head of a drug ring, along with 26 Townshippers in the network facing criminal charges. The RCMP believed his main job to be exporting marijuana to the United States. The man had quite the list of goods seized, such as three properties, 16 acres of land, three boats, a tractor, a new camper trailer, and \$160,000 in Canadian funds.

## 10 YEARS AGO

Sherbrooke was close to an airport deal with WestJet airlines, which would see WestJet planes flying out of Sherbrooke's airport by 2014. A study found that an aerial link between Sherbrooke and Toronto was deemed relatively or very important by 93 per cent of respondents, and 72 per cent would be interested in a flight to a sunny destination. Unfortunately, as we know now, no such deal ended up being made.

## Ride de Filles fundraiser is back

### Over 550 women riders return to raise \$1 million for breast cancer

#### Record Staff

Canada's largest all-women motorcycle ride, the Ride de Filles, is back in full force for its 14th edition on July 9, starting in Drummondville! This initiative, organized for the benefit of the Quebec Breast Cancer Foundation, aims to raise funds to support the development of services for people living with breast cancer.

For this new and highly anticipated edition, a record number of 564 women bikers, including many breast cancer survivors and fighters, will take to the road for a 250 km ride, on the roads of Centre-du-Québec, Montérégie and Estrie, to collect donations for the Quebec Breast Cancer Foundation.

Since 2009, the famous motorcycle ride has raised more than \$943,675 in donations to support the Foundation in its primary mission, which is to improve the survival rate and quality of life of people affected by breast cancer.

With this year's donations, this amount is expected to exceed \$1 million, which marks an important milestone in the history of the summer event!

#### This year's program

The start will be at the Carrier Harley-Davidson motorcycle retailer in Drummondville. The motorcycle procession will then head towards Saint-Hugues and Acton Vale to end the day at the Centrexpo Cogeco in Drummondville. To close this edition in style, a great musical show will be given, featuring Mélissa Bédard, Dan Bigras, Brigitte Boisjoli, Rick Hughes, Lulu Hughes and Jonas Tomalty. Over 100 volunteers will be generously involved throughout the day to ensure the safety and success of the event.

Breast cancer survivor, singer Lulu Hughes, became the volunteer chair and spokesperson for the Ride de Filles in 2018 and has been supporting the cause ever since.

"The Ride de Filles is all about caring and solidarity in its purest form. I am proud and honoured to be able to invest and offer my time to such an important cause, and most importantly, to do it in a fun way," Hughes said in a press release. "It's a big bonus! In fact, for our 15th anniversary next year, the Ride de Filles team is hoping to break the world record for the most female riders in one place, with over 1,200 participants," she said.



COURTESY

According to Karine-Iseult Ippersiel, President and CEO of the Quebec Breast Cancer Foundation, the Ride de Filles is the community initiative that gives the most to the Foundation. "It is an organization with heart and I am deeply touched and grateful to see it continue year after year. Having a front row seat to the positive impact that such an initiative can have, I can see the impact of this event on the many support services that we can offer free of charge to people living with breast cancer and their loved ones," Ippersiel said.

The general public can also make a donation to the Ride de Filles on the

event's website until Oct. 31.

#### About the Ride de Filles

The Ride de Filles was founded in 2009 by Mrs. Sylvie Brisebois, to support two of her friends with breast cancer. The first edition, with 50 participants and just over \$6,000 raised, marked the beginning of what would become "THE" Ride de Filles in Quebec. The first 13 editions have raised over \$943,675 in donations to the Quebec Breast Cancer Foundation, more than half of which has been raised in the last 5 years. For more information: [www.ridedefilles.org](http://www.ridedefilles.org).

## Recyc-Art challenge: a creative experience to try as a team

#### Record Staff

La Ressourcerie des Frontières has announced the launch of its very first Recyc-Art Challenge this fall: an event focused on the creation of sculptures from specially selected household items.

Six teams will be called upon to take up the challenge: three in Coaticook, on September 17 during the Fête de la rentrée and three in Orford, on October 2 during the Journées de la culture. Each team will have to create, in three hours and in front of an audience, a work of art using only the variety of objects that will be part of the palette of items recovered by the Ressourcerie that will be provided.

The teams will be accompanied in their artistic exploration by the artist Étienne Plante from Bois D'Fer. "The Recyc-Art Challenge is an innovative cultural mediation project," Plante explained, in a press release. "It offers an opportunity to exercise one's creative sense while strengthening relationships with colleagues, family members or friends!"

#### Ten years of putting down roots

The theme of the challenge is "harvesting", echoing the Ressourcerie's 10th anniversary slogan: 10 years of putting down roots.

The organization has been pursuing its environmental mission in the Coaticook and Memphremagog MRCs for ten years now. The Ressourcerie

diverts 90 per cent of the materials it collects from landfills: 30 per cent is sold in its stores after being checked, cleaned or repaired and 60 per cent is dismantled and recycled, explained Denis Ferland, president of the board of directors of Ressourcerie des Frontières. "The Recyc-Art Challenge will ask the same of the participating teams: they will have to use at least 90 per cent of the items provided to them to make their sculpture."

According to Ressourcerie Executive Director Claire Audet, The challenge is one of many activities the Ressourcerie is organizing this year to mark its 10th anniversary. Last spring, the organization held a clean-up along the banks of the Coaticook River and a tent-

raising competition to strengthen the ties of friendship between employees and partners. "For the fall, we have planned artistic events that call for public participation and that will have a lasting effect in communities. In doing so, we hope to make the Ressourcerie a source of inspiration on the unlimited possibilities offered by the recycling of used items."

#### Want to take on the challenge?

You don't have to be a professional artist! All you need is a team of two to six people - family, friends or co-workers - who are creative, skilled and inspired! Register now at [www.ressourceriedesfrontieres.com/nouvelles/defi-recyc-art.php](http://www.ressourceriedesfrontieres.com/nouvelles/defi-recyc-art.php).

Registration closes Aug. 22.

# View Point park vandalism sparks renewed concerns

By Gordon Lambie

A group of residents from Lennoxville's View Point neighbourhood attended Lennoxville's most recent Borough Council meeting to express their concerns that Alexander Galt Regional High School's "open campus" policy is resulting in such great damage to the local park that people in the community are no longer comfortable spending time there. A petition with over fifty signatures gathered within the neighbourhood was presented to the council following the discovery, earlier in June, that several pieces of playground equipment had been damaged beyond repair during school hours.

The View Point residents linked the vandalism of the park to the installation of a gate in the southeast corner of the Galt campus a few years ago, just a short walk through the woods from the playground. Although the stated purpose of the gate on the part of the board is to give students and staff access to a route off campus that is not busy highway 108, those present at the meeting said that the area around the gate is well known within the school and surrounding community as "the smoking corner." Given that smoking is not allowed on the school campus or in the municipal park, they questioned whether or not this use of the space was being sanctioned and whether the risks of a smoking area within a forest had been taken into consideration.

Lennoxville Borough President Claude Charron said that the gate was

negotiated with the school board as a part of the ongoing effort to create a safe and legitimate path from View Point into the centre of town, but he said that the degree to which the local residents are concerned about the presence of students was news to him.

"The new factor, for me, is that people aren't using the park because they're scared," Charron said, expressing appreciation for the petition as a means of measuring the level of discontent.

Borough councillor Jennifer Garfat, who lives in the neighbourhood, contested the idea that the issue was new, however, arguing that she had brought the issue up in the past.

Charron said that the primary mediator between the city and the school on matters of public safety is Lennoxville's designated police patrol officer, but thus far he said that there has been very little in terms of official complaints. The counterargument on the part of the local residents is that many of the issues happen during the school lunch hour and recess periods, when there is no police presence in the park.

"A teacher is supposed to be doing surveillance," Charron added, noting that the city and the school board will need to discuss the matter in the lead up to the next school year. "We'll have to sit together and find another solution."

Asked about the recent vandalism, Eastern Townships School Board President Michael Murray told The Record that he was not aware of any issue.

"It certainly didn't reach the board



GORDON LAMBIE

The "smoking corner" just outside of the fence surrounding Alexander Galt Regional High School

level as a serious concern," Murray said, questioning the idea that the equipment was broken by students at all. "I don't know why they would do that at the park, they don't do it at the school."

The board president reiterated the fact that there is supposed to be supervision at the gate, and he also underlined the importance of the school having a safe connection to the surrounding community.

"It's our only prison campus," Murray said, noting that both Massey-Vanier High School and Richmond Region High School students can walk right out of their schools and into the community without having to cross any dangerous roads. He also praised the project to establish trails between

downtown Lennoxville and View Point as something that has benefits for the whole community, with the Galt connection just being one small part of that.

Although the issues raised were numerous and varied, Charron said that he hopes to pursue two possibilities to address the situation: the implementation of a neighbourhood watch group in View Point, and the creation of a group similar to the Town and Gown committee formed between the community and the post-secondary schools that has proven successful at improving relationships between the student bodies at those schools and the residents of the borough.

"That's what I think is a solution," he said.

# Tenants of Residences Oxford upset by removal of garden

By Cassie MacDonell  
Local Journalism Initiative

Tenants of Lennoxville's Residences Oxford were upset at the management's decision to remove tenant Carolyn Bentzen's garden from Residences Oxford property. The garden has been planted in the same space every year—a tradition started by late tenant Eddie MacEachern.

"Ever since I've been here, a neighbour has always gone out and planted (the garden) and put flowers in," said Bentzen. She has lived at Residences Oxford since 2012, adding that the community has always appreciated MacEachern's work. After his passing in 2019, the garden stayed empty, but was started again this year due to the wishes of his widow, who still resides at Residences Oxford.

She explained she personally contributed around \$470 towards the purchase of plants, perennials, solar lights, mulch, and other items for the garden. Other tenants and community members donated plants and money, and MacEachern's antiques were

used to brighten the garden. Bentzen explained that the garden was funded by tenants, without permission from Residences Oxford, which owns the property where the garden is located.

"People were saying 'we love coming to walk with our dog now, it's so nice to look at this,'" Bentzen said, adding that community members sent her thank-you notes to express appreciation for creating the garden.

Annie Dix, tenant of Residences Oxford, agreed with Bentzen's sentiments. "It was beautiful. Frankly, that little building (95 Oxford Crescent) doesn't have much to look at, they just have the little rock. (Bentzen) really worked hard and beautified it," she said.

After spending the week creating the garden, Bentzen received a notice at her door a few days after its completion. She was one out of two tenants who received the notice. The note stated that tenants should remove personal items from the front of 95 Oxford Crescent parking lot—the location of the garden—within the next 24 hours, as the area was to be restored. Bentzen alleged she was

targeted by Residences Oxford.

Two days later, a backhoe loader removed the garden from the premises. "They removed all the rock, the slate edging, the border. They just took out whatever plants were left and the mulch. I had 24 bags of mulch in there, and there was a rosebush planted, and other plants," said Bentzen. The antiques in the garden were removed and placed to the side. "I was just carrying on a tradition," she said. "The most hurtful thing was the woman that I did it for, because her husband did it for years and years, she wasn't even here (when the garden was removed)," she said, "she was devastated."

Dix was also sad to see the garden removed. "I think everybody was shocked," she said, "it's just heartbreaking. I've been here 10 years. As far as I can remember, that little patch of ground in front was a garden," she said.

The police were unable to take action because the tenants did not have permission to have a garden on the property of Residences Oxford.

Residences Oxford declined to comment on the situation.



COURTESY

Late Residences Oxford tenant Eddie MacEachern began the annual tradition of planting a garden for the community to enjoy. Pictured is the garden Carolyn Bentzen created in 2022 to continue this tradition.

# EDITORIAL

*Bill C-13 removes the sense of equality that currently exists between the minority language communities in the Official Languages Act, leaving English-speaking communities at a significant disadvantage and in danger of losing even more of their rights and freedoms than they already have.*

## Townshippers' Association

Op-Ed on Bill C-13

Canada's Official Languages Act was put in place in 1969 to protect the long-term vitality of our country's Official Language Minority Communities (OLMCs), which include the French-speaking communities outside Quebec and the English-speaking communities in Quebec. The act provides a legislative framework for how the government supports OLMCs across the country through its Action Plan for Official Languages. This action plan determines how Canada invests in the vitality of its OLMCs to ensure that these communities not only get what they need to survive, but also what they need to thrive, in the coming years.

Locally, the 2018-2023 Official Languages Action Plan invested in initiatives that supported leadership and built connections within our Eastern Townships community. Some examples of projects that received support included: The Creating Connections project, which brought together French and English community organizations serving our region; the Made en Estrie project, which created networking opportunities for local artists; and the OLMC Leadership Project, which equipped English-speaking community leaders with tools to support their professional development. Without support through the Action Plan for Official Languages, our community would not have been able to carry out these kinds of unifying projects. Townshippers' Association would also not have been able to carry out any of its core programs or host the annual Townshippers' Festival, a beloved event that brings our English-speaking community together each fall to celebrate our culture and our roots in the region.

At the current time, a bill to modernize the Official Languages Act (Bill C-13) is making its way through Parliament. This amended act puts

an increased emphasis on protecting French across Canada - as well as in Quebec. This departure could significantly alter the relationship between Canada's English-speaking minority communities and the federal government, however, because it puts our communities at great risk. Bill C-13 removes the sense of equality that currently exists between the minority language communities in the Official Languages Act, leaving English-speaking communities at a significant disadvantage and in danger of losing even more of their rights and freedoms than they already have. At this moment in history, our English-speaking communities need Canada's support more than ever.

Although we applaud the government's desire to promote and protect the French language across Canada, we are deeply concerned about the damaging effects this protective measure will have on the English-speaking minority language communities in Quebec - communities that are still reeling from the recent passing of Bill 96. The proposed Bill C-13 puts the rights and freedoms of Quebec's OLMCs in jeopardy, in the name of the protection and promotion of French.

Additionally, our government must not ignore the very important needs of English speakers in Quebec at the present time. English-speaking Quebecers are often labelled as "privileged Anglos," but we know that the reality for most English speakers is remarkably different. Statistics indicate that English-speaking Quebecers have the lowest median income of any linguistic community in the country, and that the percentage of English speakers who live below the LICO (low-income cut-off) is 17.8 percent compared to 11.9 percent for the French-speaking majority in Quebec. The unemployment rate for English



speakers is also 2 percent higher than it is for French-speaking Quebecers - and four percent higher for our youth.

These statistics clearly show that our community is not receiving the support it needs to ensure its vitality and sustainability. To ensure that adequate support is available to the English-speaking communities of Quebec, these communities must be recognized in Bill C-13 and positive measures must be taken to ensure that the government can follow through on the priorities identified in the new action plan.

We are confident that the new Action Plan for Official Languages can protect and promote the French language in Canada without disenfranchising the English-speaking minority communities in Quebec. We believe that the action plan should build connections between community members and institutions in both official languages, support unity in diversity, and connect our communities to essential services that will improve quality of life for all.

Canada's Minister of Official Languages, the Honourable Ginette Petitpas Taylor, will visit our region this week as part of the Government of Canada's consultation process for

the development of the next Official Languages Action Plan. We look forward to this exchange, and we hope Minister Petitpas Taylor will consider the negative impacts that the proposed Bill C-13 will have on English-speaking minority communities.

We believe it is important for the voices of English-speaking Quebecers to be heard, and so we encourage community members and stakeholders to participate in this week's consultations with Minister Petitpas Taylor to ensure that the objectives and priorities of the next action plan align with the needs of our English-speaking communities.

We also hope that Minister Petitpas Taylor, and federal policymakers, will listen attentively to our concerns and our realities, and choose to take positive measures in the next Action Plan for Official Languages to not only ensure the survival of our English-speaking minority language communities here in Quebec, but to help enhance the vitality of all OLMCs across the country.

**Donald Warnholtz**  
President,  
Townshippers' Association

### THE RECORD

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# Local Sports

Offering an elevation gain of 3,700 m, the race course crossed 14 municipalities of the MRC du Granit and ended in front of the Mont-Mégantic Observatory.

## Antoine Jolicoeur-Desroches flies over CanadaMan/Woman

Record Staff

Tipped as one of the favorites, Quebecer Antoine Jolicoeur-Desroches met expectations by easily winning the 2022 Lac-Mégantic CanadaMan/Woman Triathlon on Sunday, more than an hour ahead of his fellow racers.

Originally from the Laurentides région but currently studying at the Université de Sherbrooke, Jolicoeur-Desroches completed the extreme course of 3.8 km of swimming, 180 km of cycling and 42 km of running in a time of 9:40, setting a new course record, improving on the time set by Jérôme Bresson in 2018.

The new champion easily edged out Alberta's Jordan Bryden (10:52) and Ontario's Nick Cosman (10:57).

No less than 35 participants crossed the finish line in less than 14 hours after starting at 4:30 a.m. on Sunday morning in the waters of Lake Mégantic. Martin Lamontagne-Lacasse from Magog finished in 11th place (12:11).

On the women's side, spectators had to wait until mid-evening before seeing Roxanne Létourneau (15:37), from Chambly, appear at the top of Mount Mégantic.

The crowd was then treated to a moment of pride for the local population as Sylvie Roy, originally from Lac-Mégantic, came in second place. The 57-year-old athlete, a new retiree, tamed the course in 16:01, just 23 minutes behind the winner.

The women's podium was completed by Brazilian Daniele Crivelaro in 16:29.

Considered the toughest triathlon in the country by Kevin Mackinnon, publisher of Triathlon Magazine Canada, the CanadaMan/Woman has once again lived up to its reputation by forcing athletes to tap into their energy reserves.

Offering an elevation gain of 3,700 m, the race course crossed 14 municipalities of the MRC du Granit and ended in front of the Mont-Mégantic Observatory.

Some 125 athletes took part in this event highlighting the beauty and immensity of the landscapes of the Mégantic region, while receiving a warm welcome from the local population. After a year of absence and an edition adapted to sanitary conditions, a dedicated team of volunteers met this year's race with enthusiasm and energy, and the event was a highlight for local spectators.



ENDURANCE AVENTURE

## A Canadian karate champion in the Townships

Record Staff

On July 1, 2 and 3, the Canadian Karate Championships were held in St-John's, Newfoundland. This event gathered more than 631 participants, 187 of which were from Quebec. Quebec finished first in the medal standings with a total of 75 medals, including 22 gold medals.

For her part, Léa Morin picked up where she left off during the break due to the Covid. She took first place in the U21 category in Katas and thus secured the title of Canadian champion and a place on the Canadian junior team for the 2022-2023 season.

This ranking gives her a pass for the next Pan-American Championships to be held in Mexico next August, "I'm taking a few days off and getting back to work to be at the top of my game for my next competition, because my goal for 2022 is the World Championship in Turkey next fall" says Léa Morin.


The calendar will be quite busy for the 19-year-old athlete, because in addition to the Pan American Championships, she will participate in the Commonwealth Championships in September and if the results are adequate, there will be the World



COURTESY

Championships in October. In addition, she will start on the senior network of the WKF with a possibility of 10 more international competitions.

"I can't forget the support of the Eastern Townships community that helps me reach my sporting goals: Excellence Sportive Sherbrooke, Clinic le Garage with Théo Laroche Physiotherapist and Manuel Breton Osteopath, Charles Héroux Chiropractor, Éric Joly and STAXX Performance, Émilie Richard, Alliance Sport-Études, the FAEQ and the National Bank," added the young champion.



### OPERATION BACKPACK

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# Royal Canadian Legion Ladies Auxiliary Branch 15 Richmond

On June 14 the ladies auxiliary held a meeting, social hour and potluck supper.

The minutes of the last meeting were read and approved. All committee reports were given and accepted. We are planning a chicken pie supper for Sept. 24 at 5.30 p.m., providing all in the health department is ok. Also if all goes well we will have a Christmas tea and food sale on Dec. 3. Time will follow. If anyone is interested in

playing military whist in Sept. either in the afternoon or evening, please contact Shirley at 819-826-2665, again this will depend on health situation.

The meeting was adjourned by Cmde Patsy ad seconded by Cmde Dawn.

A social hour followed by a delicious pot luck supper.

Thanks to everyone who helped at the garage sale on June 4th, also to

everyone who donated sales articles and food table items. Great turnout!

A funeral luncheon was held on the 6th. Again, thanks to everyone for their help.

See you in September. A date will be decided for the next meeting.

*In comradeship  
Bev Jones, publicity  
Ladies Auxiliary Branch 15.*

# Datebook

WEDNESDAY, JULY 6, 2022

Today is the 187th day of 2022 and the 16th 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 1885, Louis Pasteur successfully tested his rabies vaccine on a boy who had been bitten by a rabid dog.

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 house 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 (1937-2021), 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 Black athlete to win a tennis title at Wimbledon.

**TODAY'S QUOTE:** "I feel like whatever you've done in your career, good or bad, it's nothing but preparation for the big events to come." – Kevin Hart

**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:** First quarter moon (July 6).

## Benefits of colonoscopy outweigh risk of IBS flare



### ASK THE DOCTORS

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

**Dear Doctors:** My internist has recommended a colonoscopy. I dread having it, though, because I'm concerned about the liquid laxative prep it requires. I suffer from IBS, which is often painful. Is it possible that the prep will provoke a severe IBS occurrence, or might it make my condition worse?

**Dear Reader:** You've asked a challenging question and, unfortunately, there is no clear-cut answer. To explain why, let's begin with some background.

Irritable bowel syndrome, or IBS, is a disorder that causes pain, discomfort and dysfunction in the large intestine. In addition to cramping, bloating, gas and abdominal pain, people with

IBS experience ongoing episodes of diarrhea or constipation, and often both. There is no cure, which makes it a chronic condition.

Although the specific cause of the syndrome is not clear, recent research has linked it to certain changes that take place in the population of the gut microbiome. The vast majority of the microbiota that comprise the gut microbiome reside in the colon, which is also referred to as the large intestine. This is the portion of the gastrointestinal tract that is examined during a colonoscopy.

In order to perform an effective colonoscopy, the large intestine, which is where the body's solid waste collects, must be free of all debris. That's the only way for abnormalities to be visible. This necessitates the so-called colonoscopy prep, which entails a brief change of diet followed by the use of a laxative drink to completely void the bowel.

It's here that the requirements of colonoscopy prep bump up against the challenges of IBS. While cleansing the bowel provides the clear field of vision needed to identify potential cancers, it also affects the intestinal flora. Studies show that this process alters the numbers, diversity and stability of the populations of microbes living in the gut, and that it takes several weeks for the microbiome to recover. How this affects people with IBS, whose

gut microbiome may already be out of balance, is not clear. Research is scarce, and people's experiences vary. Some say they are unaffected by the prep, and some experience a mild flare. Others report that their symptoms of IBS go away altogether for several weeks after the bowel is cleansed.

Another thing to keep in mind is that colonoscopy prep has made great strides in recent years. The gallon of liquid once required is now often just two small bottles. There is evidence that splitting the dose, with half consumed the night before the procedure and half the morning of, is easier on the gut. Each colonoscopy center has its own protocols, and you can check for the one you are most comfortable with.

Your reluctance to undergo a colonoscopy due to the potential effects of the prep is understandable, but it's important to look at the big picture. The benefits of screening for colon cancer outweigh the risk of an IBS flare. A colonoscopy can identify precancerous polyps, which can be removed before they turn into cancer. When colorectal cancers are found early, they are highly treatable. And with normal results, you won't need another colonoscopy for 10 years.

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



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# Love is the answer

Dear Annie

WEDNESDAY, JULY 6, 2022

**Dear Annie:** I just read your Father's Day column, and I am here to say you are SO right! My husband (a well-beloved teacher) passed away in 2016, and shortly after that, he visited me in a dream. He wrapped me up in his arms and ecstatically exclaimed, "The answer is love!" He was so happy. I will never forget it. I am not really into this sort of thing, but it has stuck with me ever since, and reading your column just brought it all back! Thank you! Maybe someone needed to hear it. - Wife of Beloved Teacher

**Dear Wife of Beloved:** I am so glad that you shared a common experience. Thank you for writing in. Love really does solve most things.

**Dear Annie:** I am a 37-year-old woman, and I have three younger siblings who all live with my dad. I'm not allowed over to my dad's house because his girlfriend is there, and she hates me.

The whole thing started when I got cancer a few years back, and I found out she was cheating on my father. So being loyal to my dad, I told him. He confronted her, and that's when she started to hate me. She was nice at first, but now she and my father live in the same house and they don't even talk to each other.

My siblings are teenagers, and I don't believe they should live in a household like that. I have not seen my father in two years. I miss my dad and the teens. I told my dad to just leave, but he said he can't because of his kids.

My dad is 66 years old; his kids are two 16-year-olds and a 15-year-old. I miss them so much and am writing to ask you: What should I do? Please help. - Miss Family

**Dear Miss Family:** Of course you miss your family. It is terrible what your stepmother is doing and also terrible how your father is enabling her to be so cruel to you. Could you reach out to your siblings individually - or as a group, but not at their house - so that she is not involved?

I would also speak with your father about it. She sounds like a very controlling woman, ruining all the love between you and your family. I'm sure your dad misses you as well, so sit him down and speak with him. You might suggest that he and his girlfriend seek couples counseling.

**Dear Annie:** I have struggled almost all of my married life with never being accepted by my mother-in-law. I have tried everything, just shy of learning how to do backflips. No matter what I do, it is never right.

It is extremely hurtful, especially because my husband never stood up for

me until a few years ago. I even went and tried to visit with her, but since then, I have become the bad one for calling her out on several hurtful actions. I told her she was welcome at my house.

She has a great son and wonderful grandchildren who she is missing out on. She lives in the same town and doesn't acknowledge our children because she might have to see me. It is so sad!

I like to fix problems and make people happy. I can't figure out how to fix this. Any advice would be helpful. It puts a strain on our marriage and is just plain sad. - How Do I Fix This?

**Dear How Do I Fix This?:** You can't control other people's actions toward you. How she treats you says a lot more about her than it does about you.

When you say you've been "calling her out on several hurtful actions," ask yourself if these conversations are done in a loving and productive manner. Conflict resolution does not usually consist of one person pointing out all the hurtful actions of the other person - at least not without the help of a trained therapist in the room.

The best way to fix this problem is to lay low and stop trying so hard to please her and instead just be yourself. If she can't accept that, then it is her problem, and you are correct that she is missing out on quality time with her

grandchildren and son. Keep trying to see if your husband can speak with her. You might have to consult the help of a professional.

**Dear Annie:** Your column with letters from both sides concerning the mixing of church and politics was enlightening. I believe each side made valid points, but I think the issue boils to justice: how it works and what it is.

The problem is that politics have become a religion, and religion has become politicized. At best, people on each side are talking past one another; at worst, people are really enraging one another.

The solution is easy to say but hard to implement: We all have to learn to listen better, and with an open heart, if we expect to be heard ourselves. No one has ever changed someone else's mind by yelling at that person. We could all do well to heed Shakespeare's admonition that just as we pray to God to have mercy on us, we should at least try to do the same for our fellow passengers.

"The quality of mercy is not strain'd;/ It droppeth as the gentle rain from heaven/ Upon the place beneath ..." - Still Trying

**Dear Still Trying:** Your letter offers a lot of wisdom. Thank you.

Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).



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### CELEBRITY CIPHER

by Luis Campos

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

“ B P O S D B A D H C P L O S W P L U O S X B  
G X F A S O U L . D O D H H O L U B A O S O P  
G X F A S X B N O P X J X B N P B P B U H U G Y , O P  
J U G D A S O . ” — Y L D N X T X S G P

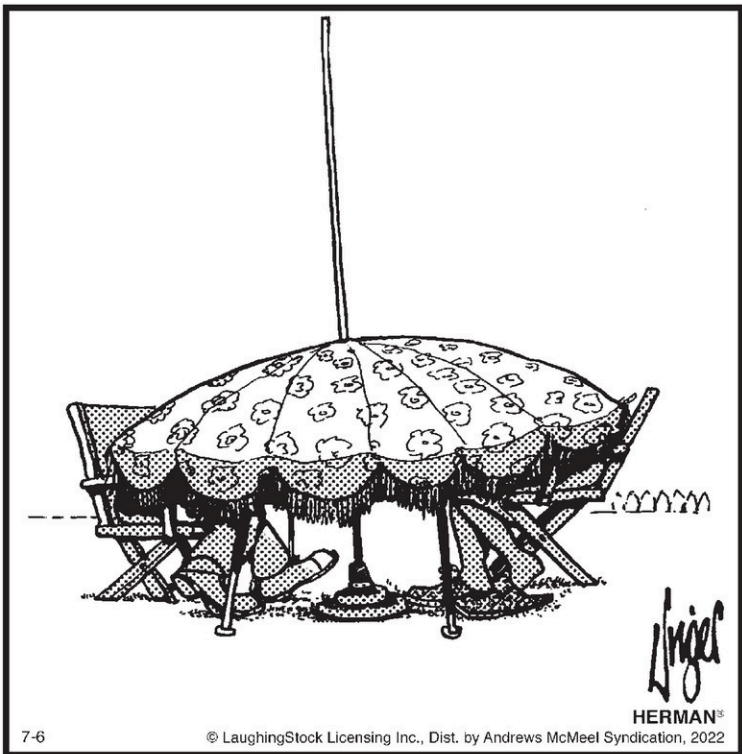
Previous Solution: “Knowledge is the basic foundation of the universe. Everything is first based on something being known.” — Rapper RZA

TODAY'S CLUE: *l sjanbe d*

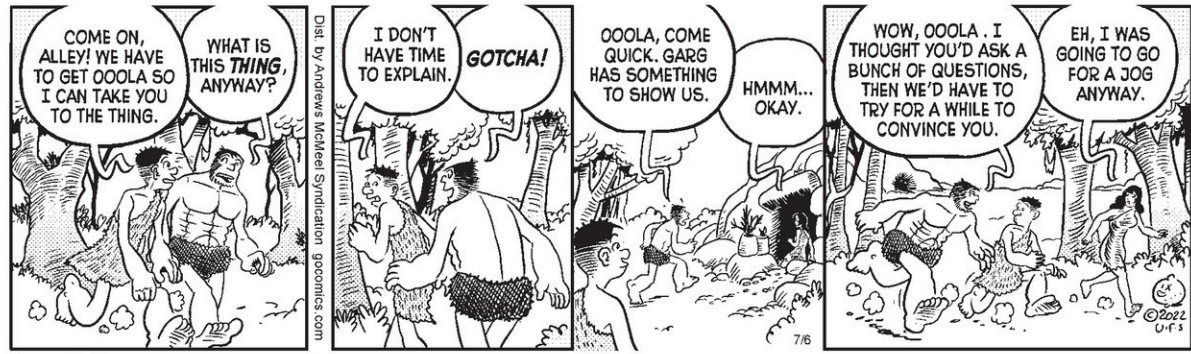
### REALITY CHECK



### HERMAN



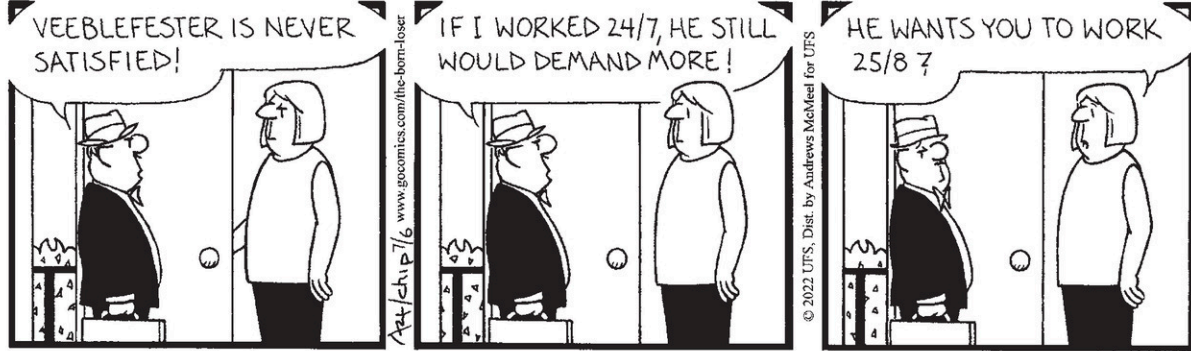
### ALLEY OOP



### ARLO & JANIS



### THE BORN LOSER



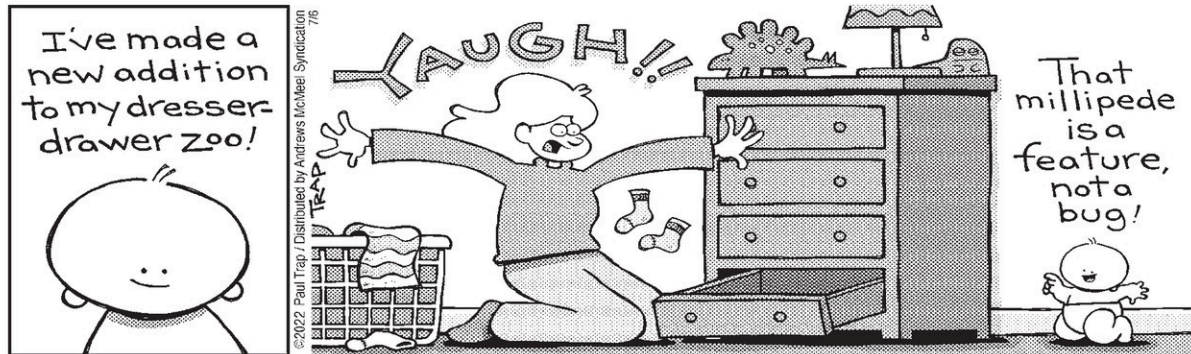
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## Melon salad with spicy pork? A sweet and savory yes!

By Christopher Kimball  
 THE ASSOCIATED PRESS

A summery fruit salad and spicy pork tenderloin might not seem the most natural pairing – until you consider the precedents of pork chops with apple sauce and Italian prosciutto with melon.

Truth is, cooks have been pairing sweet fruits and savory meats for centuries. And there’s something about the subtle inherent sweetness of pork tenderloin that makes it a prime candidate. That’s why we experimented with this recipe from our book “Milk Street Tuesday Nights,” which limits recipes to 45 minutes or less.

This colorful dish is a study in contrasting flavors and temperatures, sweet cool fruit balancing the warm spice of succulent pork. We draw on the fresh and spicy fruit salads of Mexico to create a dish of seared and spiced pork paired with cool, crunchy melon and cucumber. Ground cumin and ancho chili powder add a savory depth to the salad and the spice rub.

For an optional salty, tangy accent, offer crumbled queso fresco at the table for sprinkling.

Be sure not to cut the cooked pork without first letting it rest. Resting allows the juices to redistribute throughout the muscle fibers so they don’t flow out when the meat is cut. That keeps the pork juicy.

**Chili-Rubbed Pork with Cucumber-Melon Salad**

Start to finish: 35 minutes  
 Servings: 4

- 5 teaspoons ancho chili powder, divided
- 2 teaspoons ground cumin
- Kosher salt and ground black pepper
- 1-pound pork tenderloin, trimmed of silver skin and cut crosswise into 3 pieces
- 2 teaspoons lime zest, divided, plus 3 tablespoons lime juice
- 3 tablespoons light agave syrup, divided
- 2 cups cubed seedless red watermelon (about 8 ounces)

- 2 cups cubed cantaloupe (about 8 ounces)
- 1/2 English cucumber, halved lengthwise, seeded and cut into bite-size pieces
- 5 tablespoons roughly chopped fresh mint, divided
- 2 tablespoons grapeseed or other neutral oil

Heat the oven to 450 degrees F with a rack in the middle position. In a medium bowl, mix 2 teaspoons of the chili powder, the cumin, 2 teaspoons salt and 1/2 teaspoon pepper. Add the pork and toss to coat, massaging the seasonings into the meat. Let stand at room temperature for 15 minutes.

Meanwhile, in a 10-inch oven-safe skillet over medium, toast the remaining 3 teaspoons chili powder, stirring constantly, until fragrant, 1 to 2 minutes. Transfer to a large bowl and add 1 teaspoon of the lime zest, 2 tablespoons of the lime juice, 2 tablespoons of the agave and 1 teaspoon salt. Stir to dissolve the salt, then add the watermelon, cantaloupe, cucumber and 4 tablespoons of the mint. Toss, then cover and refrigerate until ready to use.

In the same skillet over medium-high, heat the oil until beginning to smoke. Add the pork and cook, turning occasionally, until golden brown on all sides, 3 to 4 minutes total. Move the skillet to the oven and roast until the center of the thickest piece reaches 140 degrees F or is just barely pink when cut into, 9 to 12 minutes. Transfer the pork to a plate and let rest for 10 minutes.

In a medium bowl, stir together the remaining 1 teaspoon lime zest, the remaining 1 tablespoon lime juice, the remaining 1 tablespoon agave and the remaining 1 tablespoon mint. Cut each piece of pork in half lengthwise, then crosswise into bite-size pieces. Add the pork and any accumulated juices to bowl and toss to coat.

Using a slotted spoon, transfer the melon salad to a serving platter, then top with the pork. Pour the liquid from the melon salad into a small bowl and serve with the melon and pork.

# SUDOKU

DIFFICULTY RATING: ★★☆☆☆

					6	9	4	
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	2	5	8					

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### PREVIOUS SOLUTION

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

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

YOU'VE GOT IT.

Somebody else wants it!

Got something you no longer use?  
 Sell it in the Classifieds!

It may just be the perfect item to fill somebody else's need.

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THE VOICE OF THE EASTERN TOWNSHIP SINCE 1897

# NEA Crossword Puzzle

# Your Birthday

WEDNESDAY, JULY 6, 2022

- ACROSS**
- 1 Dynamite inventor
  - 6 Over-indulge
  - 11 Excessive interest
  - 12 Hunter constellation
  - 13 — uno
  - 15 Nearly won
  - 16 Stopped
  - 18 Double curve
  - 19 Explosive letters
  - 21 Home, in the phone book
  - 22 Woodwind
  - 23 Blackthorn
  - 25 Sweet murmur
  - 28 Serfs' masters
  - 30 PC button
  - 31 Ozarks st.
  - 32 Jr. naval officer
  - 33 Boot liner
  - 35 Movie award
  - 37 Visualize
- DOWN**
- 38 Diligent insects
  - 40 Blues singer — James
  - 41 "Smoking or —?"
  - 42 Go for the gold
  - 43 Final letter
  - 46 Where Sweden is
  - 48 Horrify
  - 50 Roam
  - 54 Wharves
  - 55 Gondolier's land
  - 56 Commotion
  - 57 Short poem
  - 1 Wimple wearer
  - 2 Columbus sch.
  - 3 Mooch
  - 4 Put up
  - 5 Old harp
  - 6 Intrepid
  - 7 Rollover subj.
  - 8 Agreeable

## Answer to Previous Puzzle



- 9 Pushes off
- 10 Tackles' neighbors
- 14 Dory need
- 15 Mexican money
- 17 One who chooses
- 19 Carnivore's delight (hyph.)
- 20 Like Thor
- 22 Cheers for toreros
- 24 "Foucault's Pendulum" author
- 25 Dry-climate plants
- 26 Take the dais
- 27 Slimy vegetable
- 29 Health resort
- 34 Cancel
- 36 "— Heaven"
- 39 Blizzard maker
- 43 Microwaves
- 44 Homer opus
- 45 Rapier's kin
- 46 Otherwise
- 47 Socks set
- 49 Prince Valiant's son
- 51 Calendar square
- 52 Stately tree
- 53 Deli loaf

your strengths to the test, and don't stop until you reach your goal. Self-improvements will fetch compliments and encourage talks about intentions and plans with someone you love.

**CAPRICORN** (Dec. 22-Jan. 19) — Keep everything in perspective. Too much of anything will leave you in a quandary. Concentrate on positive changes at home, and nurture relationships you have neglected.

**AQUARIUS** (Jan. 20-Feb. 19) — Put everything you've got into making your environment better. Spend time at home going over pending matters and cleaning up unfinished business. What you accomplish will buy you some freedom.

**PISCES** (Feb. 20-March 20) — You can think big, but when it comes to putting your plans in motion, do so with a minimalist approach. Use only what's necessary to reach your target. Waste not, and you'll have no regrets.

**ARIES** (March 21-April 19) — You'll find it difficult to say no to a persuasive talker or someone who's trying to sell you something. When temptation sets in, rethink your steps. Personal improvement will pay off.

**TAURUS** (April 20-May 20) — You'll be quick to make decisions. Put a hold on voicing your opinion or making promises you haven't thought through. Don't limit your possibilities by tying up your time and energy.

**GEMINI** (May 21-June 20) — Seize the moment, do something you find inviting and immerse yourself in mastering what you set out to achieve. Don't wait for someone to take charge. Romance is encouraged.

Take your time, think matters through and keep things in perspective. The decisions you make will impact your life as well as other people. Show compassion, and put thought and energy behind your promises. Precision and attention to detail and quality will determine your success. Have a solid plan in place before you share your intentions.

**CANCER** (June 21-July 22) — Exhaust all your options before making a move. Getting along with others will be mandatory if you want to get things done on time. Stick to what's feasible, and avoid overreacting and overspending.

**LEO** (July 23-Aug. 22) — Pay attention to how you present yourself. Your image will make a difference when networking. A chance to impress someone you feel drawn to will pay off. Go for the brass ring!

**VIRGO** (Aug. 23-Sept. 22) — Keep your emotions in check. Refuse to let someone upset you or back you into a corner. Look for ways to improve what you can offer, and move forward quickly. Don't let anyone hold you back.

**LIBRA** (Sept. 23-Oct. 23) — Keep your thoughts to yourself. Focus on self-improvement instead of trying to change someone. Look for a chance to nurture and improve your relationships, and you will inspire others.

**SCORPIO** (Oct. 24-Nov. 22) — Don't shun your responsibilities. Take care of duties before moving on to more enjoyable or creative tasks. Having a clear mind will make it easier for you to develop an original plan.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Put

WEDNESDAY, JULY 6, 2022

## Winners now, winners later

By Phillip Alder

There are times when you won't be sure what to bid. If so, consider all the possible actions and try to come up with the answer by using a process of elimination. Sometimes, though, there still won't be an obvious solution. Often then it is best to shut your eyes and bid what you hope you can make.

On today's deal, South didn't know what to do after East opened with a weak two-bid. He made a takeout double; then, mentally shrugging his shoulders, he jumped to six diamonds. He knew he could be either too high or too low, but he had no way of finding out.

West led the spade seven: nine, 10, queen. Declarer's immediate reaction was to cash the spade ace, discarding a heart from the dummy. Then he could play to ruff his heart loser and one spade loser in the dummy. However, he recalled the bidding. East had to have six spades, leaving West with only two. West would ruff the third spade high in front of the dummy.

Instead, South spotted a better line. At trick two, he immediately ruffed the spade four in the dummy. Declarer returned to his hand with a heart to the ace. He then led the spade five. What

North		07-06-22	
♠ 9			
♥ 8 6 3			
♦ 4 3 2			
♣ K 10 6 5 3 2			
West	East		
♠ 7 3	♠ K J 10 8 6 2		
♥ J 9 7 5	♥ Q 10 4		
♦ 8 7 5	♦ 6		
♣ A J 9 8	♣ Q 7 4		
South			
♠ A Q 5 4			
♥ A K 2			
♦ A K Q J 10 9			
♣ —			
Dealer: East			
Vulnerable: Both			
South	West	North	East
			2♠
Dbl.	Pass	3♣	Pass
6♦	Pass	Pass	Pass
Opening lead: ♠ 7			

could West do? If he ruffed, declarer would pitch a heart from the dummy. Eventually South would ruff his heart loser in peace. If West discarded, dummy would ruff. Then declarer would draw trumps and claim, conceding a heart trick at the end.

The key point, which applies in most contracts, is that winners can wait — losers can't.

