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THE RECORD

Rain or shine!

Brewing Local

Page 9

THE RECORD

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Watch for The Lantern in The Record on May 31

WEEKEND EDITION

95 CENTS + TAXES

PM#0040007682

FRIDAY, MAY 27, 2016

Failure to show up for jury selection earns fines

Record Staff
SHERBROOKE

Some twenty residents of the judicial district of Saint-François have been fined for failing to show up for jury duty.

Fines ranging from \$50 to \$250 were handed out to individuals who failed to show up when summoned for cases in March and April on Wednesday by Superior Court Judges Martin Bureau and Yves Tardif who presided over the two trials.

After hearing various explanations from those accused, Bureau acquitted two of the fifteen who came before him, while Tardif acquitted three out of eight.

The highest fines were given to two people who didn't even show up before Bureau on Wednesday, and two others whose excuses showed a lack of respect for the judicial system.

If fines are not paid by July 31, 2016, a sentence of seven days could be imposed.

Originality and passion in Bishop's production



BU DRAMA PRESENTS AN ORIGINAL MUSICAL
ECHOES
8PM JUNE 3-5&7-11 15s&22s

RACHEL NEWCOMBE

A happy and enthusiastic cast is ready to stun the crowd next week. Echoes runs from June 3 to June 11

SEE FULL STORY INSIDE ON PAGE 5

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Weather



TODAY:
MIX OF SUN
AND CLOUDS

HIGH 30
LOW 15



SATURDAY:
SHOWERS

HIGH 23
LOW 11



SUNDAY:
60% CHANCE
OF SHOWERS

HIGH 25
LOW 15



MONDAY:
60% CHANCE
OF SHOWERS

HIGH 22
LOW 14



TUESDAY:
60% CHANCE
OF SHOWERS

HIGH 26
LOW 10

Women in pain, women in revolt

Anne Hébert's poetic, gothic novels are also filled with tragedy



GOOD READS

ELEANOR BROWN

Anne Hébert's complex and poetic novels feature women who love too much. They are at the edge of madness and nightmare, their memories of the past suffocating the present. And yet they are also women in revolt.

Anne Hébert was born 100 years ago, and died in the year 2000, an icon in Quebec and beyond, honoured by awards from around the world. Her writing is stunning. But don't read Anne Hébert unless you're also prepared for death and tragedy.

The 1970 novel *Kamouraska* is her masterpiece (you'll find a translation into English, by Norman Shapiro and dated 2000, filed in Adult Fiction on Lennoxville Library shelves, an Adopt-A-Book gift of Eda Tarlo).

The book is set in the mid-1800s, and (very) loosely based on a real event. On New Year's Eve in 1839, a man is murdered.

Hébert offers the story of the dead

man's wife, Elisabeth. She married at 16 and comes to despise her husband, while doting on him in public: "Inside, her hidden heart. The underside of all that sweetness. Violent counterpart. Your delicate face, Elisabeth d'Aulnières. Film of angel skin laid over your loathing. Thin as can be."

Following hubby's death, she remarries, and after many years together her second groom is on his own deathbed. He fears her.

In the meantime, she relives her earlier union. Did Elisabeth kill her first spouse? "There must be some mistake. You're confusing me with someone else. I have the perfect alibi..."

Certainly there was an affair, with a man first drawn to protect her from her husband's violence, but soon there is more ("His absence, more than I can bear. I'm going to die").

Kamouraska is one of the many writings to be considered at an international conference looking at Hébert's work and scheduled for June 7 to 9 at the Université de Sherbrooke (check out Usherbrooke.ca/centreanne-hebert/ for more info; you can find more Hébert novels in the Lennoxville Library's French Fiction section, too). There will also be a related show at the U de S art gallery up until August 7 (entry is free, and the gallery's open from 1 to 4 p.m. Wednesday to Saturday).

If the full-length *Kamouraska* seems too daunting, try Hébert's short work, *Am I Disturbing You?* It's just under 100 pages and explores many of Hébert's favoured themes (the novella is translated into English by Sheila Fischman, 1998/1999, also filed in Adult Fiction at the Lennoxville Library). The naïve youngster Delphine has been seduced by a travelling salesman, and is determined to steal him away from his wife. She stalks him from Quebec to Paris.

The narrator is the emotionally stunted Edouard, who befriends this lost soul out of pity and fascination, and is always listening to Delphine talk, talk, talk: "She is alone before me, as I am alone before her. She extracts her life from between her ribs, a little at a time. I respond with the brutality of the deaf, who hear nothing and who measure neither voice nor speech."

He later asks himself, "Shall I take advantage of her anger, rub myself against it like a match, and blaze in turn from a strong and violent life?"

The gothic elements of Hébert's writing find full haunting in *Children Of*

The *Black Sabbath* (translated by Carol Dunlop-Hébert, 1975/1977, filed in Adult Fiction).

Julie is a novice in a 1940s-era Catholic nunnery, possessed by the devil ("You are of sound mind and body. It's your soul that is sick, dangerously sick," Mother Superior rules). Julie's parents were Satanists, and the novel is filled with Latin liturgy, inverted, and the multiple horrors of her youth.

Hébert claws into the suffocating blankets insulating Quebec society, family, the church, and women's lives.

"The doctor leaves the convent, conscious of having escaped from great danger... [he must] keep her from doing harm, render her powerless, shut her dirty yellow eyes for the duration of a good anesthesia; hold her life and death in my hands, open her belly and sew it back up at will, throw in the garbage all this obscene paraphernalia (ovaries and womb), serving no earthly purpose."

As with Julie, her brother also tries to escape the evil of their conjoined childhood. But she cannot forget.

BOOK ENDS

The artworks of Catherine-Anne Gillies are on our walls until June 4. Please come visit!

The Lennoxville Library's biweekly English-language Books And Brown Bags meets at noon on Wednesday, June 1. It's the last gathering before the summer break. Bring your lunch and a book you'd like to chat about. The French-language book club meets monthly; ask at the front desk for details.

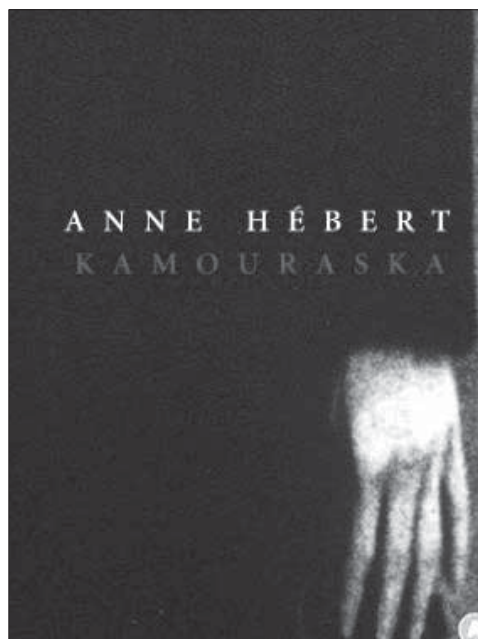
Our Saturday children's events return in October.

Because the City of Sherbrooke is our principal sponsor, Lennoxville Library membership is free for all residents of Sherbrooke. Books and audio books are always free to members; DVDs are \$1 (the money will be used to keep the collection up to date).

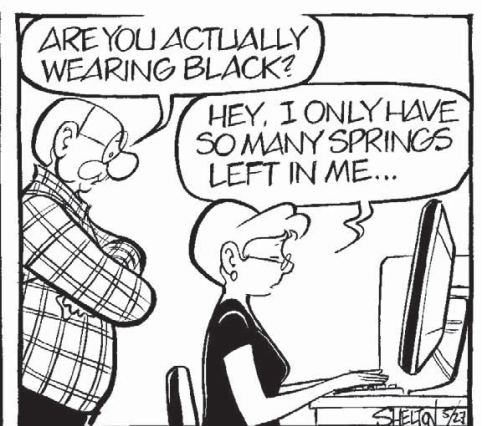
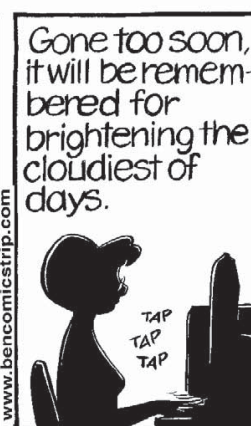
If you're housebound, we can bring books and audio books to you through Books on Wheels.

We have large-print books too, plus an Easy Reads section. There are sections for Young Adult novels and graphic novels, and children's non-fiction and fiction.

The Lennoxville Library is at 101 Queen Street, corner of College. E-mail bibliolen@gmail.com or phone 819-562-4949. The website is at www.bibliolennoxvillelibrary.ca. Older book reviews and reading suggestions are on our blog at bibliolennlibrary.wordpress.com.



Ben by Daniel Shelton



LOCAL NEWS

"I will be involved, because I believe in being involved," Beaudry said, "but after 32 years, well, I am not 32 years old."

Lennoxville businesses band together

By Gordon Lambie

Members of the Lennoxville business community gathered at the Amédée-Beaudoin community centre on Wednesday night to hold the first meeting of the new Lennoxville Business Association. Developed through a local business promotion initiative called "Explore Lennox" that was founded by Commerce Sherbrooke in late 2015, the new association aims to help commerce in Lennoxville thrive through mutual promotion and networking.

"We are very happy to see the mobilisation and engagement of business owners in the area," said Gilles Marcoux, Executive Director of Commerce Sherbrooke "Lennoxville is an important sector to us, but we can't work without the support of the area and when we see a sector lifting itself up, that's very positive."

Marcoux said that in the two years that Commerce Sherbrooke has been working closely with the Lennoxville business community, they have seen a strong desire for networking and mutual support in local commerce.

Claudette Beaudry, owner of the Lennoxville florist shop, not only echoed that feeling but said that Commerce

Sherbrooke's work to help connect Lennoxville businesses with one another might be the key element to making this new Business Association different from others that have failed in the past.

"It's been 32 years that I have been either in the chamber of commerce or one of the of the business associations," Beaudry said. "They have not always been successful, but now that we're with metropolitan Sherbrooke we can get help from Commerce Sherbrooke and that will be a big help."

The flower shop owner pointed out that in a world where the people running the stores and businesses in a community don't necessarily live in that community, it becomes easy to flounder in isolation. She praised the mixer events that the Explore Lennox program has organized this year for the way that they have gotten businesses interacting with each other and building a mutual understanding of what the community needs.

"We didn't know each other before, and if we don't know each other then we don't help each other's businesses," Beaudry said. "This time I think there is a future because we're off to a good start."

Beaudry said that there were 20 to 30 people at Wednesday night's meeting,

including enough new interest that she could feel comfortable turning down a nomination to be on the association's executive committee.

"I will be involved, because I believe in being involved," Beaudry said, "but after 32 years, well, I am not 32 years old."

Marcoux said that in addition to the engagement of local business owners, he was happy to see the level of involvement that Bishop's University has shown in the new undertaking.

"Here we see a university investing not just in academics but in its surroundings," the Commerce Sherbrooke Director said. "There is a lot of talk in the city of work done by the University of Sherbrooke, but here we see Bishop's University playing a role in its community as well."

Among the roles played by representatives of the school, Marcoux highlighted the fact that Bishop's was deeply involved with the development of the new association's marketing plan for the borough.

The Lennoxville Business Association is still in the process of establishing details like its member dues, but Marcoux said that it is open to all businesses, self employed workers, non-profit organizations, or institutions with storefronts in

Lennoxville. The Commerce Sherbrooke Director also said that the association has room for businesses outside of the borough if there is interest. Membership in the association is voluntary.

"They should have a meeting in the coming weeks to define their action plan," Marcoux said, adding that Commerce Sherbrooke has put its full support behind Louise Mathieu, of the Royal Bank for her decision to serve as President of the new association's executive committee.

Mathieu has been recognized by several local business owners as a key player in getting the ball rolling on the formation of the new association. Though The Record was unable to reach Mathieu for comment, she is quoted in a Commerce Sherbrooke press release on the meeting as being very enthusiastic and proud of the new initiative.

"I believe in the power of mobilizing the Lennoxville business community," the President's statement reads. "We are ready to put the shoulder to the wheel in order to breathe new life into our commercial sector and see our streets busier than ever."

The next "Explore Lennox" networking event for local businesses is set to take place from 5pm to 7pm on June 8 at Sebbly's.

City sends clean-up bill to national union

Record Staff
SHERBROOKE

The City of Sherbrooke's Executive Committee is reacting to a demonstration by unionized employees in front of City Hall last week and is sending the cleanup bill to the Canadian Union of Public Employees (CUPE).

At the event, union members who are not employed by the City affixed stickers on windows and columns at the entrance of the building. In the hours that followed, city authorities asked municipal employees to clean up. The time required to accomplish this task has been calculated and an invoice in the amount of \$1,020.68 was sent out yesterday to

CUPE national headquarters.

"We recognize that municipal employees have the right to express their point of view," said Mayor Bernard Sévigny. "However, it is unacceptable that public goods are targeted at such events and that citizens have to pay that bill."

Magog lake access ramps

Record Staff

The City of Magog is reminding residents, visitors, and other Lake Memphremagog users that the municipality provides two municipal boat ramps into the water.

The ramp at 353 Hatley St. can receive boats with or without motors. It has a

washing station and a service building 'The Captaincy'. From late April to late September, it opens at 6 a.m. with various closing times displayed on site. For information, call: 819 843-1927.

A second ramp is located at Page des Cantons at the Memphremagog Sailing Club, 155 Ch. De la Plage des Cantons that can handle various types of non-mo-

torized boats. A service building is accessible and opening hours are from 9 a.m. to 6 p.m. For information, call 819 847-3181.

All other access routes to Lake Memphremagog are private.

Family Day and Soap Box Derby this weekend

Record Staff
SHERBROOKE

The Borough of Rock Forest-Saint-Élie-Deauville is inviting the public to its 5th annual Family Day and soap box derby, this Saturday in Parc Beaulieu, 755 Coombs Street.

The race is recognized by the Quebec Association of Soapbox Racers (ACBSQ).

In addition to the race, inflatable games, pony rides, and makeup are also available along with the presence of the Sherbrooke Fire Department.

In case of rain, the event will be held the next day.

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May 27th, 2016, 7:30 p.m.

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under 6 years Free**

Great dining for the whole family!

Over 700 pigs perished in Stanstead-East fire

By Matthew McCully

A fire broke out on Tuesday evening in a barn on Route 143 in Stanstead-East at the Ferme Porcine et Avicole Viens Inc.

According to Ayer's Cliff Fire Chief Dany Brus, over 700 pigs died in the fire, but thanks to efforts from the firefighters on the scene, an adjoining barn was spared and the animals in the second barn survived.

The 911 call was made at 6:15 p.m. on Tuesday by a passerby who smelled smoke. When they approached to investigate, they could see flames shooting out of the barn, Brus said.

Within eight or nine minutes, Ayer's cliff Fire Department was on the scene, and the Stanstead department, dispatched as mutual aid, arrived a few minutes later.

"On the main building, the roof was already starting to collapse," Brus said, when the department arrived.

"We concentrated all our efforts to save the other barn that was attached," he said.

The operation included between 40 and 50 firefighters and tankers from Ayer's Cliff and Stanstead, as well as additional tankers from North Hatley, Coaticook and Canton de Stanstead. An air trailer from Newport, VT was also on the scene, Brus said.

"The firemen did an exceptional job at containing it," Brus said, pleased the adjoining barn was saved. "That's very rare. Usually if one catches, everything goes," Brus said, crediting good training

and good teamwork.

The cause of the fire has yet to be confirmed and is under investigation, but Brus said the evidence so far points to an electrical issue as the possible origin.

He estimated the damages and lost livestock to be at a value of well over \$1 million.

Brus said the fire was fully extinguished by 1-1:30 a.m. but explained that the departments had additional work to do before calling it a night.

"You fight the fire, but then you have to make sure you're ready for the next one," Brus said.

Air bottles need to be refilled, dirty hoses need to be cleaned and dried, and air masks need to be cleaned, among other chores. Some pieces of equipment need to be repaired or replaced. The cleanup can take up to two hours, according to Brus.

He added that as the fire department was collecting their gear to leave the scene early Wednesday morning, it was discovered that someone had stolen the department's hydrant wrench, used to open and close the water supply.

"What were you thinking? That's unacceptable," he said. Luckily, the Ayer's Cliff department has an extra.

One member of Brus' department suffered heat stroke while on the scene and required medical attention.

"We try to minimize the risk to firemen, but they're firemen, they like to push it to the limit," he said, adding that they try to maintain a good rotation and good hydration. While working, the wife of one of the firefighters was kind

enough to deliver water and Gatorade to the scene.

"I don't go home until all my guys go home," Brus said, as a rule. After the cleanup, Brus went to Magog hospital to pick up his team member and bring him home.

He then doubled back to the scene of the fire to make sure it was fully extinguished before going to bed.

Brus said the rest of his team would have made it home by around 2:45 a.m. but believed that most of them had to be at work just a few hours later.

Fire is on the minds of many Townshippers these days, either watching Fort McMurray from a distance, or the recent fires in Bury and Austin.

Brus explained that while it is the season for it, the three recent fires in the area were not related.

"We can go three months with nothing, and then have a fire every other day," he said.

Regarding outdoor fires, however, the recent ban imposed by the city of Sherbrooke is a wise move, he said.

So far this spring, the Ayer's Cliff Fire Department has already been called to two grass fires.

"The main problem is that people make a fire in their fire pit and they think it's safe."

Brus explained that while the fire pit is contained, it is the sparks coming from it that cause the problems.

The best way to keep up to date on the risk level of outdoor fires is through the Société de protection des forêts contre le feu (SOPFEU). The website,

www.sopfeu.qc.ca has interactive maps with details for different regions. There are also apps available for smart phones as well.

Province-wide, the risk at the moment is moderate, according to the SOPFEU website.

A good rule of thumb, according to Brus, is if you have to ask, you probably shouldn't light a fire.



COURTESY

A view of the burning fire from the top of the adjacent barn

Career



SOCIAL SCIENCE TEACHER 2016-2017

Founded in 1836, **Bishop's College School**, a culturally diverse, bilingual, top independent boarding and day school for grades seven (7) through pre-university (12) in the Eastern Townships, Quebec, invites applications for a 50% to 100% teaching load in Social Sciences for the 2016-2017 school year.

Requirements:

- Quebec teaching certification
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- Up-to-date knowledge of the Quebec Curriculum
- Ability to integrate the use of information technology into the classroom and a knowledge of online education
- Teaching experience in an independent school environment and bilingualism are assets

Applicants must be willing to commit to the boarding school programme. Other tasks such as coaching and supervision in residences are part of the position requirements.

Preference will be given to those candidates with previous teaching experience and a demonstrated ability for differentiated instruction.

Resumes should be submitted by June 3, 2016 to:

Human Resources
Bishop's College School
80 Moulton Hill Road
Sherbrooke, Québec
J1M 1Z8

Fax: 819-822-3886

e-mail: wjohnson@bishopscollegeschool.com

We regret that only applicants to be interviewed will be contacted.

Rock Forest-Saint-Élie-Deauville hosts gathering of young entrepreneurs

Record Staff
Sherbrooke

The Borough of Rock Forest-Saint-Élie-Deauville is inviting the Sherbrooke population to come out and encourage young entrepreneurs from 5 to 12 years old, on Saturday June 18, in front of the Borough office at 1000 Haut-Bois North.

The day is designed to allow young entrepreneurs to show off their small business ideas to a wide public in a festive, warm and safe atmosphere.

"The borough council wanted to be innovative in bringing these small entrepreneurs together in one place," said Rock Forest councillor Annie Godbout. "That's why it is associated with the Carrefour jeunesse-emploi de Sherbrooke and the La Maize Rock Forest youth centre to support the day, which allows a lot of children to have a wonderful experience. I often mention as an example that a young entrepreneurs might have a lemonade stand, but you would be amazed by the imagination and talent displayed by the participants. I invite everybody to come, rain or shine, to encourage this generation."

The idea behind the gathering is to instill an entrepreneurial spirit among young people by facilitating their access to a pool of potential customers. The event also falls squarely within the Borough's 2015-2017 action plan, which aims to support business development and entrepreneurial dynamism.

Children ages 5 to 12 can still register their small business for the day at a cost of \$5. Anyone desiring more information or sign up visit the website of the City of Sherbrooke, at sherbrooke.ca/petitsentrepreneurs, or petitsentrepreneurs.ca. One can also communicate with Claude Lacroix, from the Carrefour jeunesse-emploi de Sherbrooke, 819 565-2722, extension 104, or claudel@cje-sherbrooke.qc.ca.

The event takes place from 9:30 a.m.- 3:30 p.m. their small businesses from one day.



COURTESY

Young entrepreneurs aged 5 to 12 can show off their small business ideas for a day on the Big Day for Small Entrepreneurs in Rock Forest-Saint-Élie-Deauville on June 18.

Originality and passion in Bishop's production

By Rachel Newcombe
Special to The Record

Creativity is in the air, and it is coming from the students in the Bishop's University spring musical. With only one more week until opening day, the atmosphere is one of excitement.

The production, called Echoes, is about a group of university students who go camping, and end up in another world.

It is an original musical created by the students themselves. Director Michael Kennard, who was also involved in last year's original production Pandemonium, explained the process of undertaking such an exciting and interesting challenge.

Everything from writing the script to creating the songs is done by the cast in just five weeks, the duration of the spring semester at the university. "It's hard, because you have to do every-

thing," said Kennard, who guides the students in their creative process. "I give them the tools to create."

There are bumps in every production. "Every show has its challenges," he said, but he commented that these obstacles to him are gifts that they can learn from.

Musical director Jamie Crooks thinks of the spring musical as an, "optimally creative process." He described it as something that is completely their own.

Crooks, who has been involved in every spring musical since its introduction 12 years ago, discussed the passion that the students bring with them. Only in the last two years has the production been written within the five week timeframe, and Crooks explained that the students involved had "better want it."

"We come in and there's absolutely nothing," Crooks commented. Everything that is brought to the production is brought by the students and mentors involved.

The cast, which is around 15 actors, is

smaller than last year's, which makes for a different atmosphere. Both Kennard and Crooks stressed the importance of everyone working on all aspects of the production, and the great passion the students have brought to Echoes.

The students in the production certainly have that passion, and it is contagious.

"We had a great time doing it last year," said cast member Patrick Grogan. He and cast mate Alexandra Stobo were involved in last year's production, and were very excited to be a part of Echoes.

They explained how they came up with the idea for Echoes. The students worked together to come up with a set of group values, and then focused on a theme. The theme for Echoes is trust. "Every aspect of trust is analyzed," said Grogan.

Pulling off a full production from start to finish in five weeks means a lot of work. "Two days feels like a week," Stobo laughed. Despite the long hours,

the hard work is worth it to these students. "There hasn't been any lull in energy," Grogan asserted.

First time spring musical cast member Shayne Cowan-Chollette commented on the constant improvisation that is required. He said he liked, "talking about what worked and what didn't work," when it came to the script.

With only one week to go until opening night, the students said they were in a trial and error stage. At this point, nothing is set in stone. "We're excited to make it," Grogan laughed.

Nerves aren't something the cast is thinking about. With a theme like trust, they really can't. "As long as we believe in the process, we'll make something special," Cowan-Chollette said. "I'm proud of it already," Grogan added.

Echoes will run from June 3-5 and June 7-11 at 8 p.m. in Turner Studio. Tickets for students are \$15 and tickets for adults are \$22.

Sherbrooke Citoyen now a real party

By Gordon Lambie

Sherbrooke Citoyen, the newly formed political party that aims to be a voice of opposition to Mayor Bernard Sévigny and his Renouveau Sherbrookoise Party in the next round of municipal elections, took another step forward this week as it was granted official party status by Quebec's Director General of Elections.

"The executive is very happy about this important step," said party spokesperson Lyne Moreau, explaining

that without approval from the DGEQ, the group was very limited in what it was able to achieve. "We were working on our bases; theories and stuff like that, but we couldn't do what every party does, which is look for money."

With party status, Moreau explained, Sherbrooke Citoyen can now open a bank account, accept donations, and start paying people to do things like build them a website and design a party logo.

"We're going to look into as many offers as we can, but we're going to hire

one graphic artist to create the actual logo," Moreau said, explaining that building a party brand is a vital part of community recognition. "When that is done the executive will look at the proposals we get and decide what to present to the assembly."

The spokesperson said that at the moment all of the decisions are being made by the party executive committee, which meets monthly, but she reiterated the point that all major decisions about the party have to pass through a general assembly of all members in order to be fi-

nalized. Though this form of decision-making slows things down, she said that the focus on democratic process and consent that is a part of the party's fundamental principles makes it essential.

There are no fixed dates yet for the party's next general assembly, but Moreau said that the decision would be made shortly.

"The next meeting is in June and that's probably when we're going to start looking at a date."

Sherbrooke man charged with child luring

Record Staff
SHERBROOKE

A young Sherbrooke man was charged Wednesday with several counts related to the luring of children with the use of a computer.

Jonathan Lacasse, 19, of Sherbrooke is accused of multiple counts of computer child luring, invitation to sexual contact, and for presenting sexually explicit material for the purpose of producing child pornography.

Lacasse is accused of victimizing three teenagers over 13 months between January 1, 2015 and February 25, 2016. The alleged victims are from Sherbrooke, Saguenay, and Lévis.

Lacasse was arrested following an investigation by the major crimes investigation unit of the Sûreté du Québec.

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EDITORIAL

Pigs and poultry contribute about 10 per cent of global agricultural emissions but provide three times as much meat as cattle

Eating less meat will reduce Earth's heat

By David Suzuki

Will vegans save the world? Reading comments under climate change articles or watching the film *Cowspiracy* make it seem they're the only ones who can. *Cowspiracy* boldly claims veganism is "the only way to sustainably and ethically live on this planet." But, as with most issues, it's complicated.

It's true, though, that the environment and climate would benefit substantially if more people gave up or at least cut down on meat and animal products, especially in over-consuming Western societies. Animal agriculture produces huge amounts of greenhouse gas emissions, consumes massive volumes of water and causes a lot of pollution.

But getting a handle on the extent of environmental harm, as well as the differences between various agricultural methods and types of livestock, and balancing that with possible benefits of animal consumption and agriculture isn't simple.

Estimates of how much animal agriculture adds to greenhouse gases range widely, from about 14 to more than 50 per cent of total global emissions. Agriculture exacerbates climate change in a number of ways. Clearing carbon sinks such as forests to grow or raise food can result in net greenhouse gas increases. Farming, especially on an industrial scale, also requires fossil fuel-burning machinery, as does processing and transporting agricultural products.

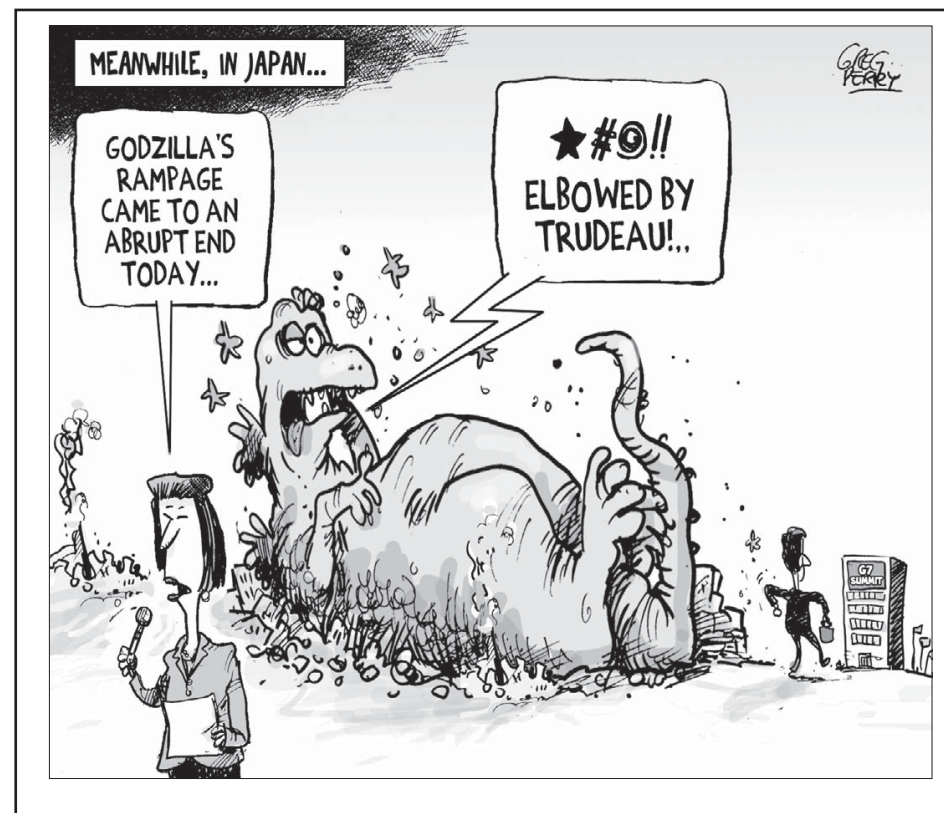
Determining the overall contribution is complicated by the fact that livestock

agriculture accounts for about nine per cent of human-caused CO2 emissions but far greater amounts of other greenhouse gases, which are worse in many ways but less dangerous in others.

According to the UN Food and Agriculture Organization, livestock farming produces 65 per cent of human-related nitrous oxide, which has 296 times the global warming potential as CO2. It also contributes "37 per cent of all human-induced methane (23 times as warming as CO2), which is largely produced by the digestive system of ruminants, and 64 per cent of ammonia, which contributes significantly to acid rain." But methane stays in the atmosphere for about 12 years, and nitrous oxide for about 114, while CO2 remains for thousands of years.

Emissions also vary by livestock. Pigs and poultry contribute about 10 per cent of global agricultural emissions but provide three times as much meat as cattle — which are responsible for about 40 per cent of emissions — and use less feed. Some plant agriculture also causes global warming. Wetland rice cultivation produces methane and nitrous oxide emissions, the latter because of nitrogen fertilizer use. Different agricultural methods also have varying effects on climate. And some people, such as the Inuit, have adapted to meat-based diets because fresh produce is scarce — and flying it in causes more emissions than hunting and eating game.

The bottom line is that cutting down on or eliminating meat and other animal products from our diets is necessary for protecting humanity from runaway climate change — and from many other environmental consequences, including



water scarcity, degraded ecosystems and pollution of waterways and oceans. The FAO reports that global demand for livestock products could increase 70 per cent by 2050 if nothing is done to slow consumption.

Worldwide meat-consumption rates show there's room to cut down in industrialized countries, where the average person consumed 95.7 kilograms in 2015, compared to the 41.3-kilogram global average, and 31.6 in developing countries. People in South Asia eat less meat than anyone, at about 7.6 kilograms in 2015.

A study by scientists at the U.K.'s Oxford Martin School found global agriculture-related emissions could be cut by a third by 2050 if people followed simple health guidelines on meat consumption, by 63 per cent with widespread adoption of a vegetarian diet and 70 per cent with vegan. The authors found adopting healthier diets with less meat and ani-

mal products could also reduce global health-care costs by \$1 billion a year by 2050.

Although switching to better agricultural methods and encouraging local consumption could also reduce emissions, those are topics for another column. In the meantime, we can do our part by at least cutting down on meat, especially red meat, or by taking the more significant step of adhering to a vegetarian or vegan diet.

Perhaps the best dietary advice for our own health and the planet's is from food writer Michael Pollan: "Eat food, not too much, mostly plants."

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Senior Editor Ian Hanington.

Learn more at www.davidsuzuki.org.

Trudeau touts trade to G7 leaders, warns of protectionism

By Andy Blatchford
The Canadian Press

Justin Trudeau talked up trade and warned of creeping protectionism Thursday as he met powerful world leaders in a G7 setting for the first time. On the opening day of the G7 summit in Japan, Trudeau also used his audience with the heads of some of the planet's biggest economies to promote Canada's free-trade deal with Europe.

He focused on the Canada-European Union treaty, known as CETA, in a bilateral chat with German Chancellor Angela Merkel.

Trudeau discussed the pact again in a one-on-one meeting with French Pres-

ident Francois Hollande.

And, in a working session with all the leaders, Trudeau once more touted the merits of international trade.

"When the middle class are anxious about their economic realities in their future, it's easy to get trapped in demagoguery and protectionism," Trudeau told his peers at the remote Shima resort, which was shielded by barbed-wire topped fences, checkpoints and waves of security officers scattered along a huge perimeter.

"We know trade-intensive industries pay 50 per cent higher wages, so we need to make a case for trade — it's not just about nice political speeches."

CONT'D ON PAGE 9

THE RECORD

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We tried to make you like us and in so doing we helped destroy the vision that made you what you were

ONE COLUMN, FOUR VOICES

Opening to the Spirit

Today's word: Reconciliation

By Revs Mead Baldwin,
W. Lynn Dillabough,
Lee Ann Hogle, and
Carole Martignacco

1) When something between us breaks, how do we repair it and restore wholeness? Buddhist Thich Nhat Hanh calls reconciliation one of the most vital and artistic of human endeavors.

Raised to an art form, reconciliation would be like the Japanese art of kintsugi. In ceramic repair, there's no pretense of restoring a pot to some previous state of unbrokenness. On occasion I've tried to repair china cups by attaching broken handles with special ceramics glue, hoping to make the cracks invisible. But in kintsugi, pieces are re-assembled and reunited instead with a kind of resin mixed with powdered gold, silver or other precious metals. Fracture lines thus highlighted become prominent and shimmer as integral features of a uniquely beautiful design. With elegant honesty, the history of brokenness is incorporated and an important element in a new vision of wholeness.

Reconciliation requires of us a similar honesty before wholeness and peace can be restored. Along the way must be forgiveness, but first comes awareness, and that requires truth-telling. As individuals or as communities or nations, we cannot deny or erase the past in order to return to some perfect state of unbrokenness. Our history must be recognized before it can be healed and right relationship restored.

This recognition was part of the recent hearings on residential schools and their destructive legacy among First Nations peoples. We needed to know the history, what was broken and how; we needed not just facts, but real human stories of real individual lives, how suffering and loss has filtered down through generations to the present day. My congregation invited one speaker to tell us her heartbreaking experience as a survivor, how the residential schools had shaped her entire life. Hearing her story told with heartbreaking emotional honesty, openness and generosity of spirit, she helped us know her pain. We were awed by her courage in overcoming obstacles to reach out and create understanding. With elegant honesty, she restored us all to a sense of connection with her and each other that was like pure gold.

2) Reconciliation is not an event, but a journey. Often the best place to begin is to admit our mistakes and make a true apology. The United Church began a new relationship with First Nations people with an apology, 30 years ago in 1986. This has become the model for many other organizations. Here is the text.

United Church's Apology To The Native Peoples:

Long before my people journeyed to

this land your people were here, and you received from your elders an understanding of creation, and of the mystery that surrounds us all, that was deep and rich and to be treasured.

We did not hear you when you shared your vision. In our zeal to tell you of the good news of Jesus Christ we were closed to the value of your spirituality.

We confused western ways and culture with the depth and breadth and length and height of the gospel of Christ.

We imposed our civilization as a condition of accepting the gospel.

We tried to make you like us and in so doing we helped destroy the vision that made you what you were. As a result you, and we, are poorer and the image of the Creator in us is twisted, blurred and we are not what we are meant by God to be.

We ask you to forgive us and walk together with us in the Spirit of Christ so that our people may be blessed and God's creation healed.

Perhaps as we consider reconciliation in our relationships this might be a model for us. Reconciliation begins with humility, a willingness to listen, and action.

3) Reconciliation usually comes with a big sigh of relief. The friend or partner who was angry is now forgiving. You have come to a place of deeper understanding. Bridges are mended and communication flows freely again. If you are reconciled with a romantic partner, this may lead to that wonderful thing called "make-up sex". If you are reconciled with a friend, this may lead to another shared joke that comes out when you reminisce.

Sometimes reconciliation comes more slowly. A relationship becomes gradually less icy, or maybe a small personal detail is shared here and there, and is received with kindness. With enough of this gentle sharing, over time, a relationship can be restored, word by word.

I put forward that only those who recognize each other as equals can be truly reconciled. The good news about this is that we are all equals. Unfortunately, this is not always the way things work out, but for deep reconciliation this recognition of equality is essential. If equality is not present, those with less power might forgive only to make an unstable peace and those with too much power might believe that things are fine when they are not. Deep peace, true peace, comes from the willingness of equal and flawed people to meet each other with respect, openness and listening.

Maybe there is someone you have been longing to reconcile with. Maybe a step in this direction would bring healing.

4) I met with three couples last weekend to plan their weddings. At the third appointment I was intrigued with one man's family history and asked about a relative of his I had gone to grade school with. I was anxious to see if she would be at the ceremony. I was told that his section of the family had no contact with her or her sister for over 15 years, due to some falling out. Unfortunately this type of situation happens far too often. It occurred to me that what was needed was reconciliation.

Our national church has embraced the values of the Truth and Reconciliation Committee as we move forward in our dialogue with First Nations people. This means listening to painful stories from our past, then agreeing to walk into a future together with mutual respect, support, hopes and dreams. I am grateful that our Federal Government has also chosen this path.

Paul, in the first epistle to the Corinthians says that we have been given the ministry of reconciliation, and tells us that we are ambassadors for the divine. How truly important this work is for us. It begins, like so many other vital

tasks, with listening to the stories of injustice and abuse. We need to be attentive without excuses, without using the word "but", without trying to justify our mistakes or place ourselves in some more favourable light.

I remember years ago taking a course on marriage counselling, and how hard it was to remain silent and listen. I do know that, however difficult this is, we can only move forward when we are open to the truth. How many of our families have been torn apart. How many people have we written out of our lives because of some past hurt. Perhaps it's our time for truth and reconciliation.

One word, four voices. Now, add your own: **When have you experienced reconciliation in your life?**

Rev. Mead Baldwin pastors the Hatley, Waterville & North Hatley United Churches; Rev. Canon W. Lynn Dillabough co-ordinates the Anglican Deanery of Saint Francis; Rev. Lee Ann Hogle ministers to the Ayer's Cliff, Magog & Georgeville United Churches; Rev. Carole Martignacco pastors UUEstrie – the Unitarian Universalists in North Hatley.

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Operation SharQc charges dropped against John Coates

By Gordon Lambie

The charges against John Coates stemming from the "Operation SharQc" Hells Angels arrests of 2009 were dropped earlier this week after the Crown called for a stay of proceedings. For Thomas Walsh, Coates' lawyer, the only surprise was that it took seven years to come to that conclusion.

"John Coates was the first guy to ever get bail in the whole SharQc thing because the judge realized that the Crown's case was based on a very unusual attempted use of the provisions of the criminal code that deal with aiding and abetting," Walsh said, explaining that all people with some level of Hells

Angels affiliation were lumped into the same pot, regardless of whether they were directly connected to any of the biker gang's murders. The lawyer stressed the fact that his client was the only one of those arrested who was never accused of murder. "With respect to Coates, since he was never a full member, (the crowns' case) was possibly unsustainable."

Walsh argued that although the case against Coates lacked evidence from day one, the crown only got around to concluding the trial would be a non-starter now because of the volume of cases to be dealt with.

"They took a long time acknowledging this, but a lot of people were accused

of things far stronger than the evidence would hold up." The lawyer said. "I think they were finally forced to realize that they had no case against him at all. This wasn't them doing him or me a favour or anything; it's just that for the first time they were obliged by the court to do their homework."

Walsh said that since the Crown called for the stay of proceedings they are under no legal obligation to explain their reasoning, but based on the fact that the stay is definitive, meaning it cannot be reopened at a later date, he believes it is as a result of a lack of evidence.

"As of two days ago (Coates) is totally free," Walsh said.

Coates' lawyer pointed out that while the Hells Angels mega trial has been failing to produce results over the last seven years, his client has essentially been under house arrest. While the dropping of Coates' charges does potentially open the door to seeking compensation from the Government, Walsh said that the amount of work that goes into suing the government makes the idea unrealistic.

"There's a situation where you could obviously consider pursuing the government for malicious prosecution or something like this," Walsh said, "but I'm going to suggest to my client that he just move on because suing the government has always been an extremely difficult thing to do."

Former House of Commons sergeant at arms grabs protester at Dublin commemoration

By Bruce Cheadle
THE CANADIAN PRESS

Canada's ambassador to Ireland, best known for his role in shooting dead an armed assailant inside the Parliament buildings in 2014, has once again stepped into an apparent security breach.

Kevin Vickers, the former House of

Commons sergeant-at-arms, tackled a protester Thursday in Dublin during a ceremony to remember British soldiers killed in the 1916 Easter Rising, which claimed 485 lives, including more than 100 British forces.

A Global Affairs Department spokesman said Vickers "intercepted a protester who ran up to the podium" during the invitation-only commemora-

tion.

"Shortly after the ceremony began, an individual moved forward and began to shout," Jennifer Bourke, a spokeswoman for Ireland's foreign affairs minister, Charles Flanagan, said in an email.

"As the individual sought to disrupt the ceremony, Ambassador Vickers reacted instinctively to prevent the individual's encroachment and the Gardai (Irish police) removed him from the scene. The ceremony then proceeded as planned."

Video shows Vickers wrestling a man in a T-shirt and black leather jacket along a walkway while ceremonial guards stand impassively in the background.

The man can be heard shouting, "It's an insult! This is an insult!"

Police arrested the protester moments later as a grim-faced Vickers strode back towards the official delegation.

A group called the Irish Republican Prisoners Welfare Association claimed in a Facebook posting that the arrested protester is Brian Murphy, a member of the IRPWA. The group's web site says it advocates for and supports republican prisoners and their families.

"Despite being assaulted by the Canadian ambassador Brian raised the issue of Justice For The Craigavon 2 Campaign," said the IRPWA Facebook post, referring to two men convicted of being involved in the 2009 murder of a Northern Ireland policeman.

The Global Affairs spokesman said Vickers, 59, was not injured in the incident and would not be doing media interviews about the altercation.

Vickers, who served 29 years as an RCMP officer, was among those who responded to the Oct. 22, 2014, assault on Parliament Hill by rifle-wielding Michael Zehaf Bibeau, who died in a hail of bullets _ including those fired by the sergeant-at-arms from his pistol at close range.

Vickers received an extended standing ovation during an emotional ceremony when the House of Commons

resumed business the following day. He was appointed to the ambassadorial post in January 2015.

In May 2015 Vickers used the occasion of an honorary degree ceremony at Mount Allison University in Sackville, N.B., to describe how he woke up crying at 5:30 a.m. the day after the shooting, calling it "the loneliest moment of my life."

And he told the students how he prayed for Zehaf Bibeau, who killed Cpl. Nathan Cirillo, an honorary guard at the National War Memorial, before storming Parliament's Centre Block where he wounded a security guard.

Vickers, hailed as a hero at the time of the Oct. 22 shooting, was flooded with further laudatory mentions on social media Thursday at news of his protest tackle in Dublin.

"Kevin Vickers is like Canadian Batman," said one typical commenter. "Canada's new superhero," said another.

But a few questioned why a diplomat was taking security into his own hands at an event that was heavily policed.

"Really don't understand the unabashed cheering of aggressive confrontation as response to peaceful protest," said one man on Twitter.

And others wondered why Canada's representative in Ireland even attended a ceremony for British soldiers killed in the 1916 uprising.

Global Affairs said Vickers was representing Canada at the Easter Rising ceremony as a guest of Flanagan.

The Easter Rising, or Easter Rebellion, involved Irish nationalists rebelling against the British occupational government in an effort to create an Irish Republic.

Dublin was the scene of fierce fighting, and Britain ended up declaring martial law. A week of fighting left more than 450 dead and 2,000 injured.

Fifteen leaders of the republicans were subsequently executed, while more than 3,000 suspected supporters were arrested.

GLIMPSES OF THE PAST



Worthington Family fonds. Sherbrooke Historical Society

Arthur Norreys Worthington joined the 53rd Regiment in 1877, at the same time as his brother Edward. While studying medicine at McGill University, in 1885, he served in the medical corps during the Northwest Rebellion. In 1900, he served in South Africa during the Boer War, joining four other members of the 53rd Regiment. The *Sherbrooke Daily Record* published correspondence from the Surgeon-Major during the summer of 1900. Upon his return to Sherbrooke in January 1901, all of Sherbrooke welcomed Worthington at the station, followed by a parade through city streets.

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Brewing local

By Rachel Newcombe
Special to The Record

Glasses were clinking and the laughter was flowing while patrons of the Boquébière micro-brewery sampled premium beers from craft breweries from across the Eastern Townships on Wednesday night. Eleven breweries supplied the event, called “100 per cent Townships,” with batches of their hand-crafted beer and sample sizes were made available to the customers, many of whom were brewers themselves.

Boquébière manager Jonathan Rondeau-LeClaire explained his motivation

behind organizing this type of event. In the past, Boquébière has taken part in what Rondeau-LeClaire called a tap takeover. In a tap takeover, the bar would serve a brewery’s beer on tap for a period of time.

These tap takeovers were always successful, but, “I thought we could go further,” said Rondeau-LeClaire. He explained that he had the idea for the local beer event for over a year, but it took a while to pull it all together. Rondeau-LeClaire was able to get in touch with all the brewers and present the idea to them of a massive tap takeover. Needless to say that there was a wealth of pos-

itive response.

Each brewery supplied the event with one to three beers ranging from Irish red ales to artisanal lemonade. Rondeau-LeClaire had a specific idea in mind for what he wanted presented to the crowd. He wanted, “something most people haven’t tried.”

His goal is to have different themes. This time it was the Eastern Townships. He hopes to develop more themes in the future. Happy with the large turnout after only a few hours, Rondeau-LeClaire hoped that this would set the tone for future events.

The brewers themselves were happy to be there and share their creations. Bishop’s Arches brewer and academic professor Dale Wood was there with some of his students, and he viewed the event as very important for brewers in the Eastern Townships.

“As a brewer with an academic mission, these are the people we want to support,” Wood commented about meeting with the other brewers. As one of the first multiple-brewery events, Wood said it was crucial, especially for him and his students.

“This is Bishop’s Arches’ coming out,” he said. He explained that introducing so many people to their brewery was the first step towards a broader consumer base. It also gives the students more opportunities.

Wood stated that what the students



Jonathan Rondeau-LeClaire spent the evening interacting with both customers and brewers, a sign of a successful event where brewing is what will be available. Ultimately Bishop’s Arches Brewery is a place of learning and is fueled by academics. Wood, however, is optimistic that the passion his students have for the program translates successfully to their product.

Boquébière provided a venue for an event that displayed the authenticity of the Eastern Townships, while patrons got to enjoy a warm Wednesday night with cold, locally-made beers.



PHOTOS BY RACHEL NEWCOMBE

Golden Lion Brewery and Bishop’s Arches Brewery were among the eleven local breweries that were a part of the event

Trudeau

CONT’D FROM PAGE 6

The G7 leaders largely focused their discussions on the global economy as the summit got underway.

The host, Japanese Prime Minister Shinzo Abe, called upon his counterparts to act to steer the world away from another global economic crisis.

U.S. President Barack Obama supported Abe’s call.

“We’ve all got a lot of work to do and we agreed to continue to focus on making sure that each country, based on its particular needs and capacities, is taking steps to accelerate growth,” Obama said.

Trudeau took a harder line and promoted his government’s plan to run deficits in order to invest in the economy as a way to boost growth.

“It’s not a question of whether to make investments, but what we are making investments in,” Trudeau told the session.

Trudeau’s personal G7 representative, who negotiates the wording of the leaders’ joint statement, said this year’s meeting is the prime minister’s first chance to tell his peers directly about Canada’s deficit-fueled approach to lifting its economy.

But Peter Boehm said each G7 country has its own system and its own unique set of circumstances to navigate.

“The tools are not necessarily common to all, nor would the approaches be, but it’s an opportunity to do a little bit of show and tell,” he said.

G7 meetings, Boehm added, differ from other forums in the sense that leaders can have frank discussions with each another.

Those discussions included a lot of talk about CETA, which Boehm noted was Trudeau’s main focus heading into his meeting with Merkel.

Canada and the EU have signed CETA and, once ratified, the pact could come into force as early as next year.

International Trade Minister Chrystia Freeland has hailed it as a “gold-plated trade deal.” Ratification will give Canada access to a 28-country market of 500 million people.

On Wednesday in Tokyo, Freeland echoed Trudeau’s

concerns about shifting global sentiment about trade.

“We’re also very aware of the rising protectionist tide in many countries and we believe that it’s important to push against that tide,” Freeland told reporters at the Canadian embassy.

“And we also believe that one of the essential ways to do that is to be sure that the public, in our case Canadians, really feel engaged in the trade debate.”

The Trudeau government is also highlighting trade on the world stage as Britons prepare to vote in a June 23 referendum to decide whether they should leave the EU. A vote in favour of the so-called Brexit would have an impact on CETA.

Trudeau, Merkel and Obama have spoken out against Britain leaving the EU.

“Germany and France are key to getting (CETA) ratified in Europe, so (Trudeau’s) emphasis is smart,” John Kirton, director of the G8 Research Group at University of Toronto, wrote in an email Thursday.

“It would show the EU liberalizing to offset the Brexit fears.”

Leaders at the G7 summit also discussed several other topics Thursday, including the migrant crisis.

Merkel said she didn’t expect the final communiqué to include solid offers from other G7 members to accept refugees.

However, she mentioned she told Trudeau during their bilateral meeting how much she appreciated the large number of refugees Canada has taken in.

“One has to consider that Canada isn’t right next to Syria and yet it still feels responsible for the problems there,” the German chancellor said.

Germany opened its doors to about 1.1 million migrants last year, which raised concerns countrywide about how it would cope with the influx.

On Friday, G7 leaders are scheduled to dis-

cuss issues such as climate, energy, prosperity in Asia, the empowerment of women, health and Africa.



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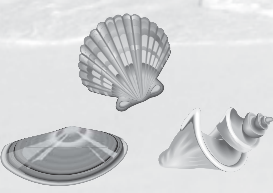
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EDUCATION ANALYSIS

Jennings Report has important post-Bill-86 governance advice

But profound change will best come from outside the collective and English-French discourse

By Scott Stevenson

Kudos to the Quebec government and its new Education minister for stepping back from its hasty and misdirected governance reform! It is a shame Bill 86 was so doggedly pushed by the government in the first place; the result was a costly exercise in reflection and debate—with little more than that to show for it at this point.

Its failure speaks to the problem of excessive social engineering by a centralized power. In the case of public education in Quebec, it is clear that ruling a very diverse society mostly from above by a relatively homogenous group does not work. Education realities and needs are very different in each school across Quebec, particularly in large rural areas like the Eastern Townships, as our School Board chairman Michael Murray keeps expressing.

He is echoing an important fact also raised by the English School Boards Election Systems Study Panel, chaired by Marlene Jennings, in 2015. “English public schools are a portrait of diversity ranging from one-room school houses on Entry Island in the Magdalen Islands to large high schools in both urban centers such as Montreal and smaller, more rural environments such as the Eastern Townships,” the Panel reported in September 2015, prior to the Quebec government’s proposed governance reform.

The Jennings Report, as it is commonly referred to, made some helpful recommendations that could solve some of the problems addressed by Bill 86. Recommendation 4 would have school board parent commissioners given the same status, including voting power, as regular commissioners. Recommendation 5 would have the number of those same parent commissioners on a school board increased from four to six. Recommendation 6 would make school board elections less costly and more accessible by conducting the vote online, by telephone, and by mail only. Number 10 would significantly increase the participation and power of later high school students on school boards’ central decision-making body, the council of commissioners. Recommendations 11 and 12 would have commissioners undergo training on their roles and responsibilities and ensure they adhere to ethical and conflict-of-interest guidelines.

The Report’s other recommendations are largely about increasing the protection and vitality of English-language school boards in the province.

The latter is important, but the continued focus on collective interests rather than individual slows progress on the even more important improvements required for students in the classroom. “The concept of group vitality provides the lens through which to analyze the different variables that impact the resiliency of individual language communities negotiating multilingual

environments,” the Report states (in unfortunately unclear language).

As long as the discourse is about groups and communities, the individuals served by the system—students, parents, teachers, and school leaders—have less room to effect positive change. The approach is instead top-down, with established groups—particularly the Quebec Ministry of Education—making decisions and imposing them on individuals living those very diverse realities from the Magdalen Islands to the Eastern Townships to downtown Montreal. The proposed new History course making headlines these past weeks is an excellent case in point.

The Jennings Report itself comes very much from the establishment—the Quebec English School Boards Association, the English Parents’ Committee Association, the Quebec Community Groups Network, and the Quebec Federation of Home and School Associations. It was produced by people who are very well versed in the subject at hand, but who also have an interest in maintaining their own institutions. More significant improvements in governance may require leadership from outside the establishment.

The Report claims, for example, that “English schools and School Boards are adept at...fostering an educational environment where students leave the system equipped with all of the tools necessary to excel within Québec and the wider society.” Our schools may be successful by some measures, but most public schools in Quebec—English and French—have more adapting and improving to do before they are truly equipping all students with the personal resources to “excel” in Quebec and beyond.

Unfortunately, the Jennings Report stepped over an important social, cultural, and personal boundary in adding a final word to its recommendations: “Québec’s Francophones are no longer just a majority; Québec’s Francophone society has evolved, is flourishing, and is a secure dominant majority.” It is not the place of English-language institutions or Anglophones to tell Francophones whether or not they are secure; just as it is not the place of French-speakers in Quebec to tell English-speaking Quebecers whether or not we are an evolving, flourishing, or secure minority or majority. These are relative concepts, each held to different measures according to the concerns and aspirations of the individuals and communities involved. Trying to speak for the other only undermines the strength of our word in speaking about ourselves.

Let’s hope the legislators don’t lose sight of the Election Systems Study Panel’s excellent recommendations on improving voter turnout and strengthening the powers of parents and students within school boards.

HD
609

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Local Sports

As a member of the Sherbrooke Handball Club she scored 112 points in 16 games.

From world champion skier to Hollywood producer to New York Times best selling author, Frank Beddor remains fearless



A RUNNER'S MIND

CHRISTINE BLANCHETTE

Frank Beddor is a Renaissance man without limits. That is, without limits in the minds of others. Only Beddor could place limits on his ability to succeed at any endeavor he tries and he decided long ago that would not be an option.

At age four he snow skied and then learned to water ski at six. He later became a two-time world champion freestyle skier in 1981 and 1982. He became the first International Ski Federation world champion in combined freestyle. By age 23 he'd done all he wanted in the sport and in the back of his mind he knew there was a place for him in the entertainment world so he retired from skiing and his next stop was Hollywood, first as an actor and ultimately as a producer.

If there was one word to best describe Frank Beddor, Hollywood producer of 'There is Something About Mary,' and

New York Times best-selling author of the 'Looking Glass

Wars trilogy,' it would be fearless. If you want two or three more, you can add passion, persistence and fearless. Did I say he was fearless?

Beddor, originally from Minnesota, moved to L.A. in 1985 to launch a career that soon created a ripple throughout Hollywood with his first movie in 1998 - There is Something About Mary, which starred Cameron Diaz. For so many thousands of others, the Hollywood dream would end in defeat usually sooner than later but for Beddor, success was kind of like an old friend - always there in time of need. In a phone interview at a media conference in Toronto, Beddor says coming from an athletic background helped him become who he is today. He also shares how he maintains a healthy lifestyle.

Beddor released his new book series, Hatter Madigan Ghost in the H.A.T.B.O.X. - a prequel to the best-selling The Looking Glass Wars which sold over 800,000 copies, on April 14th across Canada. Hatter Madigan: Ghost in the H.A.T.B.O.X. (Holographic and Transmutative Base of Xtremecombat). The book combines elements of fantasy and adventure in an Alice in Wonderland-esque world and was released the same time as Disney's new blockbuster Alice Through the Looking Glass, starring Johnny Depp.

The book is for all ages and is about

the coming of age - a story set in a Millinery Academy where Hatter Madigan is a freshman cadet. He becomes a bodyguard to two queens. There is a running theme in the book which I enjoyed reading about in that he runs every morning and he later enjoys the workouts.

I asked Beddor, where did his idea for his first book, The Looking Glass Wars, which was released in 2006, begin? "In 1998 I had one hour to kill at the British Museum in London," Beddor said. "I was inspired by the playing cards. I was fascinated by the hand painted images and I became an expert in all things Wonderland." Beddor was inspired by Alice's Adventures in Wonderland, an 1865 novel written by Lewis Carroll. Beddor's manuscript was turned down four times by Penguin, which of course, did not deter him one iota. So the fifth time, to no surprise of Beddor, Penguin was interested in his book.

Beddor says, "What I learned as a high performance athlete, once you win you will keep winning. You will have that mindset." When it comes to leading a healthy lifestyle he notes, "I bring vitamins when I travel, check out if there is a gym in the hotel and I eat good food." Beddor enjoyed running outside to see the city when he was in Seattle, Toronto and Vancouver to promote his new book.

His passion for winning began so young on skis, seamlessly carried over to



Frank Beddor

his career in Hollywood, to writing books, to having his own publishing company. Just call him Frank Beddor, Renaissance man.

www.runwithit.ca
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Instagram
runwithit_christineblanchette
Run With It on YouTube - runwithitcb1

Boutin and Routhier awarded La Capitale bursaries

By Mike Hickey
Special to the Record

Sherbrooke's Kim Boutin and Marbleton native Emily Routhier were among 20 student-athletes who shared \$75,000 Wednesday afternoon as part of the 7th edition of the La Capitale Financial Group Bursary Program in Quebec City. The bursaries, presented in conjunction with the Quebec Foundation for Athletic Excellence, were presented to outstanding student-athletes who have demonstrated not only athletic success but also success in the classroom. They both received \$4,000 bursaries, Kim an Academic and Athletic Support bursary while Emily was awarded a \$4,000 stipend for Academic Excellence.

Among those who have previously benefited from the bursary program are numerous athletes who will represent Canada this summer at the Rio 2016 Olympic Games, including: Marie-Ève Beauchemin-Nadeau, Katerine Savard, Cindy Ouellet and Joseph Polossifikis.

"La Capitale Financial Group is very proud to contribute once again to the development of young student-athletes here in Quebec," said Jean St-Gelais, Chairman of the Board and Chief Executive Officer of La Capitale Financial Group. "Our commitment, in association with the Foundation, ensures that La Capitale supports our society's next generation in a tangible way.

FAEQ President Mr. Claude Chagnon thanked La Capitale Financial Group for their support over the past seven years,

and highlighted their loyalty and generosity to the Foundation.

"La Capitale has long understood the importance of supporting student-athletes who have succeeded internationally, and they also understand that supporting less well-known, less funded, aspiring athletes is paramount."

Boutin is a short track speed skater who was sidelined with an injury this past season. However in 2015 she had an exceptional year in which she won a pair of silver medals in the 1,500-metre and 3,000-metre relay at the 2015 Montreal World Cup. She is a passionate skater who loves challenges. In the long term, she wants a spot on the Canadian team for the world championships seniors in 2017. Once her skating career is over, the Marie-Victorin student hopes to become

a specialized educator.

Emily is a member of the Canadian National Handball team and last year represented Canada in the 2015 Pan-American Games in Toronto. As a member of the Sherbrooke Handball Club she scored 112 points in 16 games. She possesses a strong arm but what really stands out is her leadership in the team. She is presently focusing her attention on improving her defensive game. In the short term, she hopes to once again qualify for the Pan-American championship with the national team and then participate in the world championship. Once she will have graduated from university, Emily wants to work as a social worker with youth.

Follow The Sherbrooke Record on Facebook and Twitter!

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Card of Thanks

KIRBY - The family of the late Winnona Wheeler Kirby extends their gratitude to all those who helped in any way at the time of her death. To the Cookshire detachment of the Surete du Quebec, the First Responders, the Emergency room staff at CHUS Fleurimont, Penny Ward, Robert Redden and staff at Cass Funeral Home in Lennoxville; your compassion and professionalism were greatly appreciated. To all our families, friends, neighbours and co-workers who reached out to help: bless you for being there. To everyone who brought us food, visits, cards, phone calls, messages of condolence and floral tributes: thank you from the bottom of our hearts. To Rev. Doreen Moffat for the lovely service; Caitlin Kirby and Courtney Drew for the beautiful hymns; thank you for helping us honour a wonderful lady. Many, many thanks to the Sylvester Family for comfort and supper, and Bulwer Community Center for a lovely lunch, your delicious food and warm hospitality fed our bodies and nourished our souls. A warm thank you to all those who remembered Winnona with donations to two of her favourite organizations, we appreciate your generosity. We were very touched by the folks who traveled long distances to share our sorrow and by the ones who couldn't travel but supported us in prayer, thanks to each of you. To everyone who has offered ongoing concern and support for our brother Scott, you have our deepest gratitude. We were so moved by the outpouring of love and support from our community; each shared tear, hug, story or laugh has helped us begin to heal. Every gesture of kindness and word of encouragement will be treasured always, God bless you all.

**With love and gratitude,
WINNONA'S CHILDREN
AND THEIR FAMILIES
sister ARDICE AND HER FAMILY**



Death

**Althea Hansford (nee Bryan)
(1910-2016)**

Passed away at the Connaught Home on May 1, 2016, formerly of Coaticook in her 106th year. Beloved wife of the late Frank Hansford. Dear mother of Roy and June (Bill). Fondly remembered by her grandchildren Nancy, Lee, Joanna and William and 10 great-grandchildren.

Visitation at the Cass Funeral Home, 3006 College St., Sherbrooke, on Saturday, June 4, 2016 from 1 to 2 p.m. followed by the funeral service at 2 p.m. Burial at Mount Forest Cemetery in Coaticook.

**CASS FUNERAL HOMES
3006 College St., Sherbrooke QC
PHONE: 819-564-1750
FAX: 819-564-4423
cass@casshomes.ca
www.casshomes.ca**

In Memoriam

ANDERSON - In loving memory of our dear Dad, Thomas Anderson, who passed away May 28, 1986.

*A beautiful memory, dearer than gold,
A Dad's whose worth can never be told,
There's a place in our hearts no one can fill,
We miss you Dad and always will.*

**Loved and missed by daughters
MARTHA, VIOLET and DOREEN**

In Memoriam

WILKINS, Hollis - In loving memory of a dear Dad and husband who passed away 40 years ago May 28, 1976.

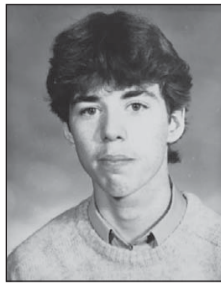
*Always so good, unselfish, caring and kind
Few on this earth his equal we find
Honorable and upright in all of his ways
Loyal, devoted and true to the end of his days
You will never be forgotten dear father.
You are loved beyond words and
Missed beyond measure.*

*Beautiful Memories from The Foothills will
always be ours to keep*

GLENROY, ANDRE, & PAULINE

Death

**Richard
John
HADLEY
(1968-2015)**



At his home on December 1st, 2015 passed away Richard Hadley of Sherbrooke. Son of late Elizabeth Davidson-Beaulieu and Keith Hadley.

Mr. Hadley leaves to mourn his former companion, Julie Pinchin, his children Silver and Samara Pinchin, his brothers Gary Hadley, Steven Hadley, and stepbrothers David Beaulieu, Leslie Beaulieu, and Micheal Beaulieu. He also leaves to mourn his aunts, Lorinda Hadley, Sheila Rich-Blodgett, and uncle, John Hadley, as well as many nieces, nephews, family and friends.

A graveside service will be held at the Malvern cemetery on Saturday, May 28th, 2016 at 4:00 p.m.

In lieu of flowers donations can be made to the Army Navy Air Force (The Hut), 300 Rue St. Francis, Sherbrooke, QC J1M 0B3 (819)346-9122.

**STEVE L. ELKAS FUNERAL HOME
601 Conseil St., Sherbrooke QC
PHONE: 819-565-1155
FAX: 819-820-8872
info@steveelkas.com
www.steveelkas.com**

Death

**Dr. Diego
ROSALES
(1938-2016)**



At the CHUS Fleurimont on Friday, May 20th passed away Dr. Diego

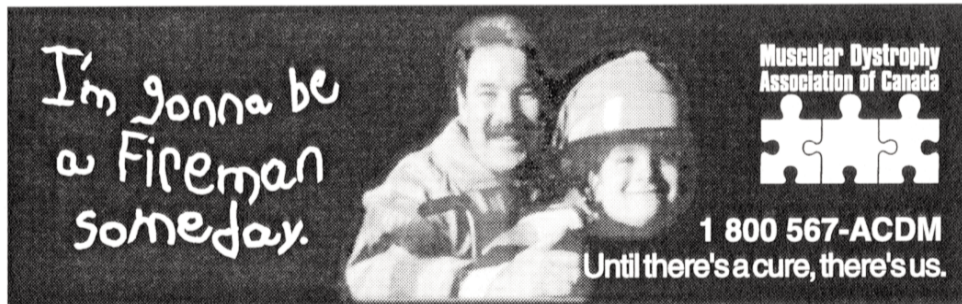
Rosales of Sherbrooke. Son of the late Jose V. Rosales, and the late Leonor Valenzuela.

Dr. Rosales leaves to mourn his wife Elisa Mesina, his son Rex (Sophie Nappert), his brothers and sisters, Jose (Grace), Elisa, Eusebio (Farida), his brother and sister in-laws, Emma (late Mateo), Fernando (Elma), (late Jose), Erlinda (Raoul), and Eleonor (Oscar). He also leaves to mourn his 2 grandchildren Laetitia, and Isabella, as well as many nieces and nephews, family and friends.

Visitations will be held Saturday, May 28th from 9:30 a.m. to 10 a.m. at St-Patrick's Church, 20 Gordon Est, Sherbrooke, QC J1H 4Y5, followed by the Religious Service at 10 a.m.

In lieu of flowers donations can be made to La Société Parkinson du Quebec, 550 Rue Sherbrooke Ouest, Bureau 1470 (Tour Ouest), Montréal, QC H3A 1B9.

**STEVE L. ELKAS FUNERAL HOME
601 Conseil St., Sherbrooke QC
PHONE: 819-565-1155
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info@steveelkas.com
www.steveelkas.com**



Datebook

FRIDAY, MAY 27, 2016

Today is the 148th day of 2016 and the 69th day of spring.

TODAY'S HISTORY: In 1937, San Francisco's Golden Gate Bridge opened to pedestrian traffic.

In 1941, recent German victories in World War II prompted President Franklin D. Roosevelt to proclaim an "unlimited national emergency."

In 1999, a United Nations tribunal indicted Yugoslav President Slobodan Milosevic for crimes against humanity.

In 2006, a 6.3-magnitude earthquake on the island of Java, Indonesia, killed nearly 6,000 people and injured more than 38,000.

TODAY'S BIRTHDAYS: "Wild Bill" Hickok (1837-1876), lawman/gambler; Dashiell Hammett (1894-1961), author; Rachel Carson (1907-1964), biologist/environmentalist; Hubert Humphrey (1911-1978), politician; Vincent Price (1911-1993), actor; Sam Snead (1912-2002), golfer; Henry Kissinger (1923-), politician; Adam Carolla (1964-), TV personality/radio host; Paul Bettany (1971-),

actor; Jack McBrayer (1973-), actor; Andre 3000 (1975-), rapper/actor; Jamie Oliver (1975-), chef/activist; Chris Colfer (1990-), actor.

TODAY'S FACT: President Franklin D. Roosevelt and British Prime Minister Winston Churchill were not only Allied leaders in World War II; they were seventh cousins once removed, through Roosevelt's mother.

TODAY'S SPORTS: In 1968, Major League Baseball awarded Montreal, Canada, the first MLB franchise outside the United States (Montreal Expos).

TODAY'S QUOTE: "I don't like eloquence. If it isn't effective enough to pierce your hide, it's tiresome, and if it is effective enough, it muddles your thoughts." — Dashiell Hammett, "Zigzags of Treachery"

TODAY'S NUMBER: 1,046 — height (in feet) of the Chrysler Building in New York City, the tallest building in the world when it opened to the public on this day in 1930.

TODAY'S MOON: Between full moon (May 21) and last quarter moon (May 29).

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: clas-sad@sherbrookerecord.com - They will not be taken by phone.

DEADLINES FOR DEATH NOTICES:

For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com 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.

Church Services

Anglican

LENNOXVILLE

Saint George's Anglican Church, Lennoxville, at 84 Queen St., celebrates Holy Eucharist every 1st & 3rd Sunday at 11 a.m. Morning Prayer is held every 2nd & 4th Sunday at 11 a.m. Sunday School at 11 a.m. 819-346-5564.

NORTH HATLEY

St. Barnabas Anglican Church, 640 Sherbrooke Road in North Hatley. 9 a.m. Eucharist Service every 1st and 3rd Sunday; Morning Prayer Service (Liturgy of the Word) every 2nd and 4th Sunday. 819-842-2686.

Presbyterian

LENNOXVILLE

St. Andrew's Presbyterian Church, 256 Queen St., Lennoxville, 819-569-3100. Minister: Rev. John Barry Forsyth. Sundays: 10:30 a.m. Worship and Sunday School. The Word of Grace Radio Broadcast, P.O. Box 404, Sherbrooke, QC, J1M 1Z6, Station CJMQ 88.9 FM or www.cjmq.fm, Sundays 8:30 a.m.

United

AYER'S CLIFF - MAGOG

Ayer's Cliff - Magog - Georgeville Pastoral Charge welcomes everyone for Sunday service at Beulah United Church in Ayer's Cliff - Worship service and Sunday School 9:15 a.m. and St. Paul's United Church, Magog - Worship Service and Sunday School 11:15 a.m. with lunch provided each Sunday following the service in Magog. Minister: Rev. Lee Ann Hogle 819-571-7233.

HATLEY/WATERVILLE

May 29: 11:00 a.m. Joint service at Waterville/North Hatley United with Sunday School. (No service in Hatley). Rev. Mead Baldwin 819-837-1112.

MELBOURNE RIDGE

The Richmond-Melbourne Pastoral Charge invites you to join us for worship on Sunday, May 29 at 10:00 a.m. at Melbourne Ridge United Church. Allan Marshall will lead worship. All are welcome!

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, welcomes you; Worship with Rev. Harry Brown on Sunday, May 29 at 10:00 a.m. 819-565-8449; website - lennoxvilleunitedchurch.com.

SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373, the Rev. Samuel V. Dansokho, minister; Leslie Young, organist. Sunday, May 29, worship is at 10:30 a.m.. The worship team will be leading the service. There are activities for children during worship. All are welcome!

Universalist

DERBY, VT

First Universalist Parish of Derby Line, VT. Please join us next week for "Sacrifice and Consecration" with Rev. Susan-Lynn Johns. Rev. Susan-Lynn explores the idea of "consecration" and its literal meaning which is "association with the sacred" as a means of honoring and processing the sacrifice of our war dead. Info: (802) 873-3563, We are a welcoming congregation.

Ayer's Cliff Fifty Plus welcomes guest speaker Sergeant Patrice Gregoire



It was a warm sunny day when the Ayer's Cliff Fifty Plus met on May 3, with the feeling that Spring was here at last. Linda greeted everyone with her usual friendly welcome and wishing all the mother's present, a Happy Mother's Day. Linda thanked May, Ben, Mel and Phyl for helping her set up and decorate. Also a big thank you to Tina Whipple for always playing selections on the piano for our enjoyment. Thank you Tina. To those faithful ones for cleaning up and washing the dishes. Thanks.

A Get Well card was passed around for all to sign for Edna Meigs. We're hoping you'll be feeling better soon.

As usual Linda found a few cute jokes. Especially the one that got us laughing was a little girl and little boy potato out on a date, getting advice from her mother. This is a keeper.

Phil Kerwin asked the Blessing and then drew the table numbers We had four guests join us today. Barbara Brown, who is here visiting her mother Irene Brown, Geraldine Smith, Jim Mackay and also invited guest speaker Sergeant Patrice Gregoire. They were joined by forty nine members to a delicious meal prepared by Cindy from Bon-D Restaurant, which

was enjoyed by all. Thank you Cindy.

A Thank you card was signed and after lunch Linda called Cindy from the kitchen and presented her with a beautiful hanging plant, and thanking Cindy for the delicious meals she's served for the past year. Our Club takes the summer off, but Cindy will be back serving us again in September.

With Leta Dustin at the piano, we all joined in singing Happy Birthday to Tina Whipple, Lois Cooper, Ben Cunningham, Linda Grenon, Weldon Dustin, Elizabeth Redpath, Jean Cass and Jim Mackay. Then the lovely birthday cake made by Jean Cass was served with ice cream for all to enjoy.

The half and half was divided and the first ticket was drawn by Sergeant Gregoire. The lucky winner was Mary Levasseur, second to Geraldine Smith and third to Barbara Smith.

The door prizes were won by Lloyd Smith, John Hodge, Shirley Desruisseaux and Lois Cooper.

The ladies wrote their names on a slip of paper and put in a little bag at the end of their table. Two names were drawn from each bag. The lucky winners won the pretty potted flower center piece on their table. Winners were Jean Cass, Marilyn Lawand, Lois Dobb, Pearl Goodsell, Norma MacKinnon, Dina Antink, Irene Brown, Beth Anderson and Christine Hodge. A special Mother's Day gift was won by Sandra Dezan.

To conclude the afternoon, Sgt. Patrice Gregoire showed us a video and gave a talk on how Seniors can avoid being fraud over the telephone or computer. We were warned never to give out any information or numbers no matter how they try to scare or pressure you. Always hang up and call the credit card company or the bank you deal with. It was very interesting and information we all should know. Linda thanked Sgt. Gregoire and invited him to join us again with another topic.

Congratulations to all our winners and Thanks to everyone who helped to make this a super enjoyable day.

See you June 7, for Bar B Q chicken, and don't forget your salads.

Submitted by Phyllis Dustin - Secretary

SUDOKU

Difficulty: 5 (of 5)

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

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PREVIOUS SOLUTION

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

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

PREVIOUS SOLUTION

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

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SUDOKU

Difficulty: 4 (of 5)

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

They constantly drop hints that their adult children should be invited to our events

FRIDAY, MAY 27, 2016

Annie's Mailbox

Dear Annie: There is a couple that socializes with us and our friends. They constantly drop hints that their adult children (living at home) should be invited to our events. They say things like, "Becky would really enjoy coming to your house. She loves the way you cook." Sometimes they just show up at the door with their adult children and say, "I hope you don't mind."

How do you respond to such requests? And how do we prevent future occurrences? These people can be rather insistent. They seem to feel that we would be missing so much if their adult children didn't attend. — Hostess in Louisiana

Dear Hostess: These people want their children included in everything and have little consideration for their hosts. When they ask to bring Becky, it's perfectly OK to say, "I'm so sorry, but I can't accommodate her this time." If they say they won't attend without her, the response should be, "We'll miss you."

Showing up unexpectedly at the door is a more difficult issue. Since they do this frequently, you would be justified in turning them away, saying, "So sorry, but we didn't plan on an additional person. We'd be happy to host you and Becky another time." (We know

someone who once sweetly and cheerfully directed an adult child to a playroom with 5-year-olds.) But you also can be gracious and accept that Becky will tag along whenever you invite this couple. Your choice is simply to invite them or not. If the constant tagalongs are a major nuisance, you can stop including this couple and they will undoubtedly figure out why.

Dear Annie: Like "Fed Up Sister," my brother was also a braggart. From his teenage years on, he always tried to one-up everyone. He was the youngest of six and didn't realize that the rest of us compared notes about his stories. We felt the bragging must be important to him, so we never let on. He was always the life of the party and fun to be around. He went through three marriages, had five children and still his claims of grandeur continued. We always believed that his bragging stemmed from not feeling as successful as his siblings.

When his last marriage dissolved, he didn't bounce back like he always had before. We received a call from the police one day that he had shot himself. He was dead at age 48. His life had been a series of stories

about how great things were and how wonderfully he was doing. In reality, we learned that he was an insecure and lost person.

I wish we had been able to see through his stories to the insecurities underneath. But we loved him and didn't want to hurt his feelings. Maybe if we had called him on those stories, things might have been different. We will never know. I want to tell "Fed Up" and everyone else in this position to just love your siblings while you can. You never know how long they will be here. — Still Grieving Sister

Dear Sister: You have given kind advice. Please stop blaming yourself for not doing enough for your brother. You knew he was insecure, but confronting him about the bragging may have pushed him away from you altogether. You were loving and tolerant, which is what siblings should be. Our deepest condolences.

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

Your Birthday

FRIDAY, MAY 27, 2016

It's up to you to bring about change. Travel, self-awareness and learning about different cultures and lifestyles will help you choose a direction that encourages you to do your own thing instead of allowing others to make decisions for you. Express your goals and take control of your life.

GEMINI (May 21-June 20) — Keep moving. Time is of the essence. Finish what you start and take your responsibilities seriously. A professional attitude will lead to perks and financial gains. Celebrate your victory.

CANCER (June 21-July 22) — Show off your unique perspective by sharing your innovative ideas with colleagues and friends. You'll raise interest and support, and spur a possible partnership if you pursue your goals.

LEO (July 23-Aug. 22) — You'll be enticed by anyone who is offering something different. Before you jump in and take a chance on something you know little about, get the facts. Knowledge will give you an edge.

VIRGO (Aug. 23-Sept. 22) — Don't let personal matters or a sensitive situation at work cost you. Concentrate on being productive. Do your part and you will be rewarded. Staying busy will help you avoid trouble.

LIBRA (Sept. 23-Oct. 23) — Get out and about. Make plans with friends, children or loved ones. Engage in something that will lift your spirits or add to your appeal. Romance is highlighted.

SCORPIO (Oct. 24-Nov. 22) — Problems

will surface if you let emotional matters escalate. Take charge and find a solution to any personal problem you face. Dealing with settlements or contracts will be taxing.

SAGITTARIUS (Nov. 23-Dec. 21) — Listen to others, but don't be gullible. Get the lowdown before taking part in a proposal that seems too good to be true. Someone you love will try to take advantage of you.

CAPRICORN (Dec. 22-Jan. 19) — Don't feel you have to pay for someone else's mistake. You can't buy love, but you can offer suggestions. Let your wisdom lead the way and your money stay in your pocket.

AQUARIUS (Jan. 20-Feb. 19) — A can-do attitude will take you where the action is and prove you are a worthy candidate for advancement. Romance and family fun are featured.

PISCES (Feb. 20-March 20) — Proceed with caution. Problems with institutions and while traveling will surface due to uncertainty and confusion. Take better care of your health through a proper diet and less indulgence.

ARIES (March 21-April 19) — Make your move. Professional opportunities that will boost your income and raise your standard of living are out there, waiting to be seized. Present your case with sincerity and clarity. Romance is featured.

TAURUS (April 20-May 20) — Your ability to listen and observe will pay off. The discoveries you make will help you find a solution to an unusual problem stemming from someone else's indiscretion or indulgence.

SATURDAY, MAY 28, 2016

If you aren't happy with your current position or status, start looking for alternatives that suit you better. Incorporate something you enjoy into your everyday routine. Feeling good about who you are and what you do will give you the confidence to make positive changes. Romance is highlighted.

GEMINI (May 21-June 20) — An unexpected invite, opportunity or personal gain is apparent. Take care of your responsibilities early so you don't miss out on a chance to do something upbeat. Romance looks promising.

CANCER (June 21-July 22) — Doing things differently will bring positive results and unusual rewards. If you host an event or invite friends to your residence, someone will offer to help you with a home-improvement project.

LEO (July 23-Aug. 22) — Your heart and your head will lead you in two different directions. A proposition will be impossible to ignore, but is likely to cause friction with someone you are close to.

VIRGO (Aug. 23-Sept. 22) — You must be willing to compromise today. Refuse to disagree in order to avoid a quarrel. Allowing everyone to do his or her own thing will buy you freedom to do so as well.

LIBRA (Sept. 23-Oct. 23) — A brief vacation or shopping spree will do you good. Getting out and enjoying what life has to offer will also spur you to gain more knowledge and experience. Romance is encouraged.

SCORPIO (Oct. 24-Nov. 22) — Put your

goals and needs first. It's time to be a little selfish in order to tackle projects that are important to you. Speak up and bring about change.

SAGITTARIUS (Nov. 23-Dec. 21) — Don't take unnecessary risks with your money, reputation or health. Protect against being taken advantage of or being led astray. Make personal and domestic moves.

CAPRICORN (Dec. 22-Jan. 19) — If you share your opinions, you'll get the help you require to put your plans in motion. Open your doors to group meetings, or start renovations that will add to your convenience and comfort.

AQUARIUS (Jan. 20-Feb. 19) — It's a good day to put more time and effort into self- and home-improvement projects that promise a better lifestyle and will point you in an exciting new direction. Make romance a priority.

PISCES (Feb. 20-March 20) — Don't let added responsibilities get you down. Take care of your chores so that you can move on to more enjoyable pastimes. Reconnect with someone from your past.

ARIES (March 21-April 19) — Don't let emotional issues turn into a costly kerfuffle. Pick up new skills or sign up for a course that will help you utilize your knowledge and experience in unusual ways.

TAURUS (April 20-May 20) — Do your homework before you decide to make a move. A new method of reaching one of your goals will reduce the energy and expense necessary to meet it, resulting in a rewarding outcome.

E-mail your social news to
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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.

" D PFMZFWR MF 10 KWMZP LJR HGWY
D HLY M NVPDT TLYFWPF; D HMP
OWZBLZNDYC MF EDZFGRMK OMZFDWP,
TLNOMYK NWWFDYCP." — PGMSDZM

Previous Solution: "The willow is my favorite tree ... nothing can break it — no wind, no elements, it can bend and withstand anything." — Pink

TODAY'S CLUE: $n \text{ equals } U$

REALITY CHECK

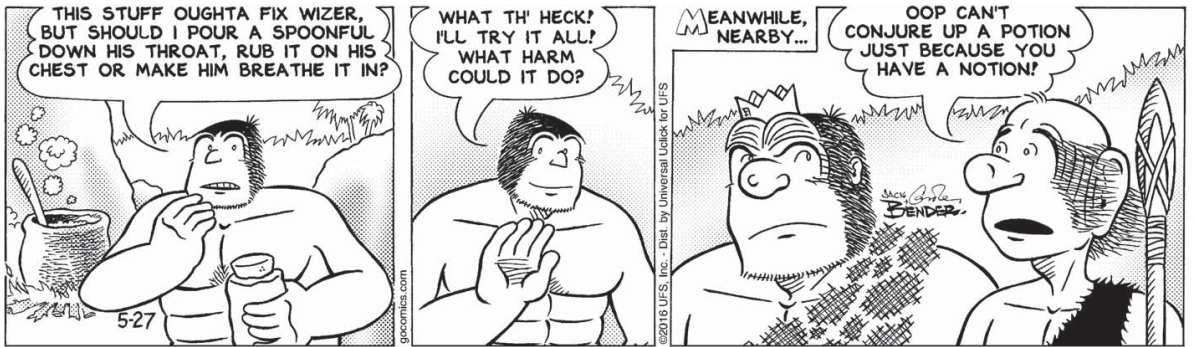


HERMAN



"You have my word of honor, it is only a rabies shot."

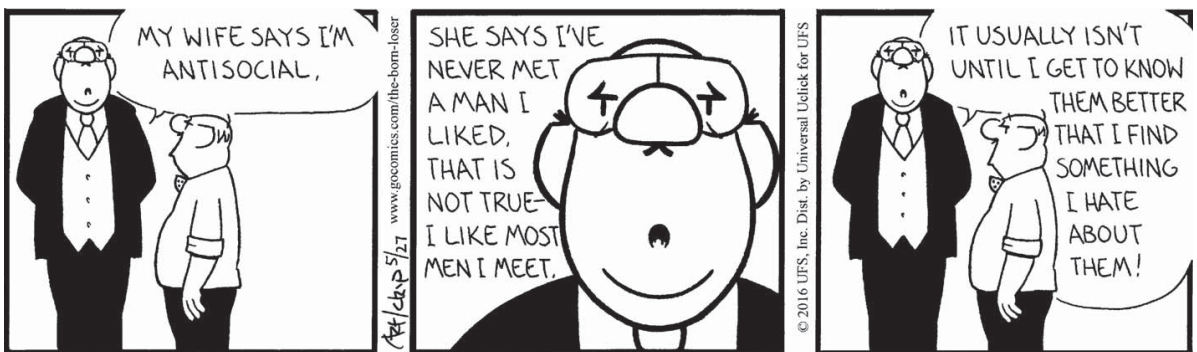
ALLEY OOP



ARLO & JANIS



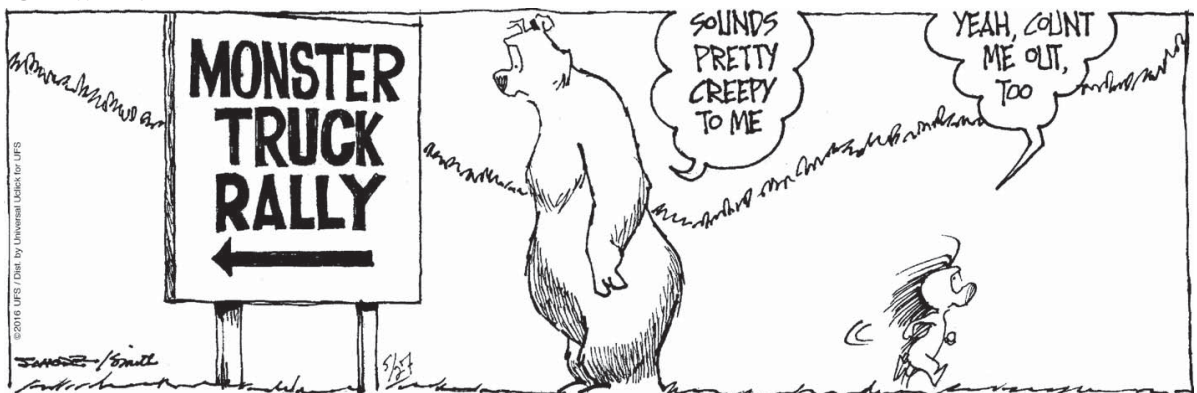
THE BORN LOSER



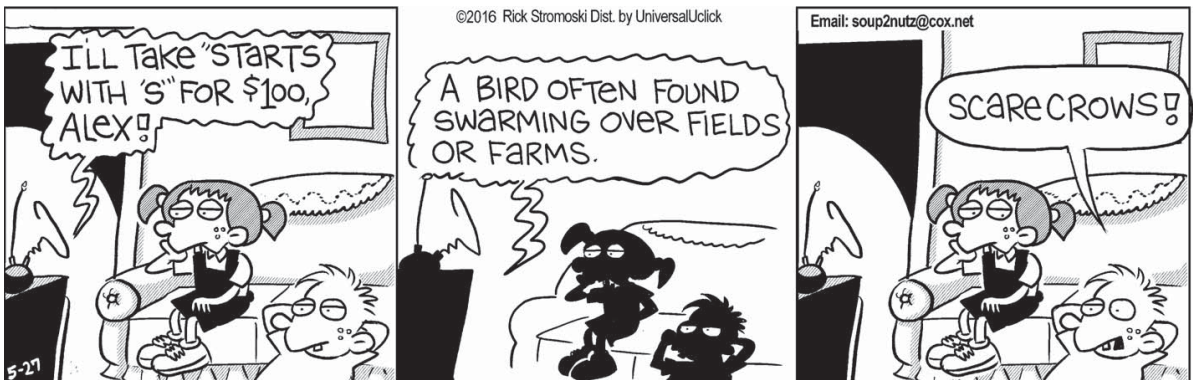
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340 Garage Sales

CLEVELAND
 Farm for sale. Friday, Saturday and Sunday, May 27, 28 & 29. Tools, fishing equipment, inflatable boats, Princecraft trailers, 1933 Volkswagen convertible, furniture, antiques and much more. Gardening equipment. **304 St. Cyr, corner of Valley Road, Cleveland.** Watch for signs.

LENNOXVILLE
 Large Garage Sale on Saturday and Sunday, 9 a.m. to 4 p.m., at 6 Carl St., Lennoxville.

LENNOXVILLE
 May 28 & 29, 8 a.m. to 2 p.m., 33 Church St., Lennoxville. Large assortment of interesting items!

LENNOXVILLE
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340 Garage Sales

SHERBROOKE Sherbrooke Snow Shoe Club 11th annual Garage Sale on Saturday and Sunday, May 28 & 29, at the Clubhouse, 1900 Prospect St., Sherbrooke from 8 a.m. to 3 p.m. each day. This is one of the largest garage sales in the city with something for everyone, including dish-ware, appliances, furniture, electronics, sporting goods, hardware and other miscellaneous items. Everyone is welcome. A canteen will be in service both days. Rain or shine. Parking is available.

STANSTEAD

Fort McMurray fundraiser garage sale. 100% of money raised will go to the Red Cross to help the fire victims. Saturday and Sunday, May 28 & 29, 8 a.m. to 4 p.m., at 375 ch. Young, Stanstead, follow the signs on Hackett Street. Rain or shine. Some food items and drinks will also be available for sale to benefit Fort McMurray. Please come to our sale and make a purchase or make a donation to help our fellow Canadians in need. We are 5 young siblings under the age of 13 who want to help. Thanks, Sierra, Mackenzie, Alysha, Caaden and Savannah.

345 Flea Markets

SUTTON

Sutton Outdoor Market, 10 Curley St., on every Saturday from 8 a.m. to 3 p.m. Clocks: LeCoultre, Savage & Lyman, and more; vintage clothes, Edison cylinders, 2 mannequins, Beatles books and posters, HO trains, kimonos, Stanley 55 plane, paintings.

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AUCTION

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For Checking

Please look over your ad the first day it appears making sure it reads as you requested, as The Record cannot be responsible for more than one insertion.

Good hygiene, limited contact protect infants from measles



ASK DOCTOR K By Anthony L. Komaroff, M.D.

DEAR DOCTOR K: My daughter is 4 months old. How can I protect her from measles until she is old enough to get the vaccine?

DEAR READER: In an earlier column, I discussed the value of the measles vaccine in children who are old enough to get it - at least 12 months old.

But you ask a different, and important, question: Since kids like your daughter who are younger than 12 months can get measles, but can't get the vaccine, is there any way to protect them? Even though most cases of the measles are not serious, some kids can become very sick. And kids under the age of 12 months are most likely to get dangerously sick from measles.

Even though your daughter is not yet old enough to get the vaccine, the vaccine is already protecting her. (I'll explain how below.) It is a really effective vaccine. Before it was available - as when I was a kid - half a million children got measles every year in the United States.

Then, in 1968, scientists introduced the measles, mumps and rubella (MMR) vaccine. Most parents insisted that

their kids get the vaccine, and they were proven right: Between 2001 and 2004, only 251 cases of measles were reported in the U.S. That's a successful vaccine.

Unfortunately, things have started to change for the worse. The number of kids getting measles each year has been rising. That's because, for about 20 years, a growing number of parents have been reluctant to have their children get the recommended vaccines.

How is the vaccine protecting your daughter? The greatest threat of her catching the measles in the next eight months is from other kids who haven't gotten the vaccine. Why? Because when the measles virus moves through a community, every time it comes to a person who has received the vaccine, it stops: Since the immunized child won't get the measles, that child won't be able to spread the virus to a child who is too young to get the vaccine.

There are things you can do to reduce your daughter's risk in the next eight months:

- Frequently wash your hands, and your child's hands, with soap and warm water. This helps prevent the spread of measles and many other infections.

- Ask the parents of children who might come in contact with your daughter if their kids have received the measles vaccine.

If, despite these efforts, your daughter is exposed to a child with measles, she may be eligible for an injection of immune globulin (IG). IG boosts the body's immune response, and it can prevent, or at least minimize, the symptoms of a measles infection.

If you and your daughter will be traveling to a part of the world where measles is still common, your pediatrician may recommend she get one dose of MMR vaccine. It may offer some protection, even though she is not yet 12 months old.

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

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Your Birthday

SUNDAY, MAY 29, 2016

Choose your battles wisely and refrain from getting involved in argumentative groups. Walk away from situations that are emotionally draining or people who try to manipulate you. Be disciplined and have the courage to do your own thing. Set the standard you want to live by.

GEMINI (May 21-June 20) — Compromise to avoid interference, but don't let anyone take advantage of you. Distance yourself from someone using emotional blackmail to get you to engage in questionable or unaffordable activities.

CANCER (June 21-July 22) — Let your creativity take charge. You can make positive alterations at home that will encourage others to drop by for a visit. Expand your interests and embrace change.

LEO (July 23-Aug. 22) — Don't share financial, legal or contractual information. Go about your business and bring about the changes that will provide greater stability. Celebrate your achievements with someone you love.

VIRGO (Aug. 23-Sept. 22) — Work-related problems will ruin your day if you don't focus on something else. Engage in an event that will give you plenty to think about regarding future prospects.

LIBRA (Sept. 23-Oct. 23) — Check out entertaining outings with a younger or older person in your life. Short trips or an interesting seminar will lead to positive personal change.

SCORPIO (Oct. 24-Nov. 22) — Your intuitive intelligence won't let you down.

Whether you are networking, trying to wow a loved one or getting involved in an event to help others, you will receive a good response.

SAGITTARIUS (Nov. 23-Dec. 21) — Don't make a snap decision if it involves travel or dealing with institutions or if it affects friends, relatives or neighbors. Focus on personal development, romance and residential updates.

CAPRICORN (Dec. 22-Jan. 19) — Get together with old friends and focus on memories that encourage you to revisit a dream you have yet to realize. A change in attitude regarding money will lead to a new beginning.

AQUARIUS (Jan. 20-Feb. 19) — A residential move or changes to the way you run your home or relate to those you live with will result in greater stability and personal security. Romance is encouraged.

PISCES (Feb. 20-March 20) — Think before you act. Use your intelligence to guide you through sticky situations with friends or relatives. Overreacting will lead to a troubled relationship.

ARIES (March 21-April 19) — Bring about simple, subtle personal or physical changes in order to feel confident and effectively present what you have to offer. Celebrate your accomplishments with a loved one.

TAURUS (April 20-May 20) — Compare your current position to what you have done in the past. If you reconnect with a former co-worker, an unusual opportunity will be proposed. Consider forming a partnership.

FRIDAY, MAY 27, 2016

The rule works in suits also

By Phillip Alder

Samuel Lover, an Anglo-Irish novelist, songwriter and painter who died in 1868, said, "Circumstances are the rulers of the weak; they are but the instruments of the wise."

That is so true. In today's deal, a wise declarer can benefit from applying perhaps the only bridge "rule" that always works.

What is the rule, and why might South not capitalize on it? He is in four spades, and West leads a fourth-highest diamond seven. As a secondary issue, what were West's more successful opening leads?

First, South sees five potential losers: two diamonds and three clubs. He has only eight winners: five spades and three hearts. So, he needs either one trick in each minor (West has the club ace) or two diamonds.

Many declarers, knowing that West would not be underleading (leading away from) the diamond ace against a suit contract, will immediately play dummy's jack. Here, though, after East takes the trick with his ace, he can return any card but a club to defeat the contract.

Assuming West's lead is fourth-highest, the Rule of Eleven must work. Yes, it is much more commonly used in no-

North 05-27-16			
♠ K Q 8 5			
♥ J 10 2			
♦ K J 3			
♣ K 6 4			
West			East
♠ 6 4			♠ 9 3
♥ 9 7 4 3			♥ 8 6 5
♦ Q 10 8 7			♦ A 5 4 2
♣ Q 10 7			♣ A J 9 2
South			
♠ A J 10 7 2			
♥ A K Q			
♦ 9 6			
♣ 8 5 3			
Dealer: North			
Vulnerable: Both			
South	West	North	East
		1♣	Pass
1♠	Pass	2♠	Pass
4♠	Pass	Pass	Pass
Opening lead: ♦ 7			

trump contracts, but it applies in suits as well. Seven from 11 is four. Since South can see three diamonds higher than the seven (dummy's king-jack and his nine), he knows East has only one diamond higher than the seven, which must be the ace. So declarer should play dummy's three at trick one. Then he can get two diamond tricks to make his contract.

At double dummy, West had only two losing opening leads: his low diamonds.

CROSSWORD

Across

- 1 Man of many words
- 6 Course designer
- 10 Hiker's map, briefly
- 14 Words spoken on a star?
- 15 Virna of "How to Murder Your Wife"
- 16 Organic compound
- 17 '60s executive order creation
- 19 Combine
- 20 Locks in a zoo
- 21 Human Be-In attendee
- 23 1988 Cabinet resignee
- 27 Apostle known as "the Zealot"
- 28 Facetious tributes
- 29 Steady
- 30 Comfort and others
- 31 Avid surfers
- 35 Societal change begun in Quebec during the '60s
- 39 Money-saving refuge

- 40 Subway purchase
- 41 Blue dye
- 42 Hints
- 44 Renders harmless
- 48 Greasy spoon
- 49 It's not widely understood
- 50 Small flaw
- 51 Cozy spot
- 52 '60s aviation nickname
- 58 Quattro competitor
- 59 Quattro, e.g.
- 60 2013 One Direction hit
- 61 Victor's "Samson and Delilah" co-star
- 62 Line holder for a cast
- 63 Lustrous synthetic

Down

- 1 Swindle, with "off"
- 2 Run a tab, say
- 3 1998 Angelina Jolie biopic
- 4 F1 neighbor
- 5 It's across from Alice Tully Hall
- 6 One of many in "Orphan Black"
- 7 Engage
- 8 Sixth of five?
- 9 Skid
- 10 Largo and presto
- 11 Matinee hr.
- 12 March of Dimes' original crusade
- 13 Ancient
- 18 Mama in music
- 22 Trooper's outfit?
- 23 La Salle of "ER"
- 24 Fried treat
- 25 Obsession
- 26 Thomas Cromwell's earldom
- 27 Determined about

- 29 Oblique cut
- 31 Half a Caribbean federation
- 32 Tom's "Mission: Impossible" role
- 33 Reunion attendee
- 34 More put out
- 36 "___ heaven"
- 37 American West conflict
- 38 Overly curious
- 42 Former Blue Devil rival, briefly
- 43 Not suitable for kids
- 44 Shore show of the '70s

- 45 Modern message
- 46 Alaskan cruise sight
- 47 Jim-dandy
- 48 Pizza sauce herb
- 50 Off-target
- 53 Color distinction
- 54 46-Down kin
- 55 Magpie relative
- 56 "Microsoft sound" composer
- 57 Brown shade

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