Mont Sutton premieres new zipline adventure

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THE
RECORD
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Words are cheap but money talks

Editorial - Page 6

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Parkside Ranch day camp monitor continues to help family out of Ukraine

By Michael Boriero

It has been a trying few months for Iana Shapovalova and her family, as the 19-year-old Ukrainian poured every second of her spare time into studying and implementing Canada's visa laws to bring over extended family members from the war-torn country.

Shapovalova started a gofundme, "Help Rescue 8 Ukrainian Families", back in February. When The Record last spoke to the teenager in March, the fundraising campaign had reached just over $16,000. As of Aug. 1, Shapovalova has managed to raise $41,320 with a goal of $49,480.

And she has already brought over six Ukrainian families. The donations have been used to help her extended family settle into their new homes. Shapovalova said a local church also got involved to assist with transportation and rent. She noted the process has become easier.

"It definitely has been, but probably because now I have experience. Back then I had to start from scratch and read lots and lots of articles and just government regulations, lots of calls

CONT'D ON PAGE 3

Rodriguez-Flores family marks nine months in sanctuary this Thursday



GORDON LAMBIE

Members of the Sanctuary support committee gathered with the Rodriguez-Flores family at the time of their eighth month of sanctuary in early July

By Gordon Lambie

The committee coordinating support for the Rodriguez-Flores family while they live in sanctuary at Plymouth-Trinity United Church in Sherbrooke will be holding another solidarity vigil at the church on Thursday evening, Aug. 4, at 5 p.m.

The event will mark nine months that Georgina Flores, her husband Manuel Rodriguez, and their son Manolo have been living inside of the church building. The family sought sanctuary last November in the face of a deportation order that would send them back to Mexico, where they family has previously faced direct threats and violence at the hands of a drug cartel.

The solidarity group had previously

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Weather



TODAY:
RISK OF T-STORM

HIGH 25
LOW 11



WEDNESDAY:
SUNNY

HIGH 25
LOW 17



THURSDAY:
CLOUDY

HIGH 27
LOW 19



FRIDAY:
CHANCE OF SHOWERS

HIGH 26
LOW 12



SATURDAY:
MIX OF SUN AND CLOUD

HIGH 29
LOW 16

Summer of '72 (53)



Dishpan Hands

Sheila Quinn

I'll just admit it right off of the top – I said I wasn't going to write about this event in Dishpan Hands this past weekend when it was happening...but I think that I have to. After all, it seems that somehow, as happens from one generation to the next, someone has to be the scribe.... or is motivated to be the scribe.

In my case, fortunately, the latter has always been true.

So, here I am, documenting time.

Time related to this event marked 50 years. The golden wedding anniversary for my parents' best friends, our Auntie Heather and Uncle Brian will officially be marked later this month, but this past Saturday, July 30th, was the date chosen for the party, decided around the choice of venue. An inter-generational celebration is the best kind, where traditions of what constitutes a good time are shared. In this case, it was definitely a great view (Richmond-Melbourne golf club, perched up there overlooking the valley), delicious food (Perfect mini burgers as entrées?? Hello!), and the best company – well, top that off with a dance floor and that is about the best time you can have.

They were married in the Summer of '72 – just a few years after Bryan Adams apparently got his first real six string. Our parents were married the same summer, and Uncle Brian was an usher for our parents' wedding, Dad was an usher in theirs.

Some memorable things took place that year in the world – NASA launched its space program, ATARI created the video game 'Pong', Elton John's career was really taking off, David Bowie and Led Zeppelin's popularity was going strong, Watergate was becoming a bit of a situation for President Richard Nixon, and that autumn a Uruguayan rugby team's plane crash landed in the Andes mountains, and sixteen of them survived – a story that inspired the movie Alive.

Meanwhile, back in Richmond, Auntie Heather and Uncle Brian were in love, getting married and thankfully not heading anywhere with Uruguayan rugby players.

I love photos – and looking back at their wedding photos now, my goodness they look like kids....and, well, if you do the math, today our generation is all somewhere around the age that their parents would have been, as parents' of the betrothed.

Time is weird. I guess we're still the kids for a while yet.... there are just two layers – ours and the generation to follow. That seems to be how it works – and maybe some of us will always feel like the kids.

Speaking of kids - back to Saturday night - the anniversary party was organized by Auntie Heather and Uncle Brian's daughter and son, Andrea and Stephen, and their families. The golf course was chosen as it was the location of the reception following the actual wedding, with the same big fireplace as a backdrop for the night. A slideshow ran throughout the evening, and we found ourselves watching time unfold, over and over again, as photos marked occasions, family vacations, dearly departed loved ones, favourite pets, beloved homes, babies, elderly loved ones, the arrival of grandchildren – the milestones and markers were all there – and then it would loop around and start over again.

And we would still watch.

We would watch because some of us were there when things happened. We saw ourselves grow up, and seeing some of our loved ones who are no longer with us sparked stories and memories and details to burn just a little more vividly in our memories. Collectively sharing stories is fascinating, and such an interesting form of oral history keeping.

We visited and caught up, we ate and laughed, speeches were made, laughter was abundant, and then the playlist started up. This is a bunch that has always been partial to a dance floor, so it didn't take long to cut loose – with the dancing becoming a shared part of the evening no matter where we found ourselves – on the dance floor or watching those who were dancing.

During their daughter Andrea's speech she said something that really hit me. It might seem logical, but there was something about it in that moment that made her words more alive somehow (no, not like the movie Alive, like her words were alive themselves). She specifically named Auntie Heather and Uncle Brian's six grandchildren, Olivia, Logan, Nathan, Benjamin, Tristan and Jacob – and she told them that the reason that all of these people were together, and that all of these people gathered, that the reason they were all in their lives was because of Auntie Heather and Uncle Brian.

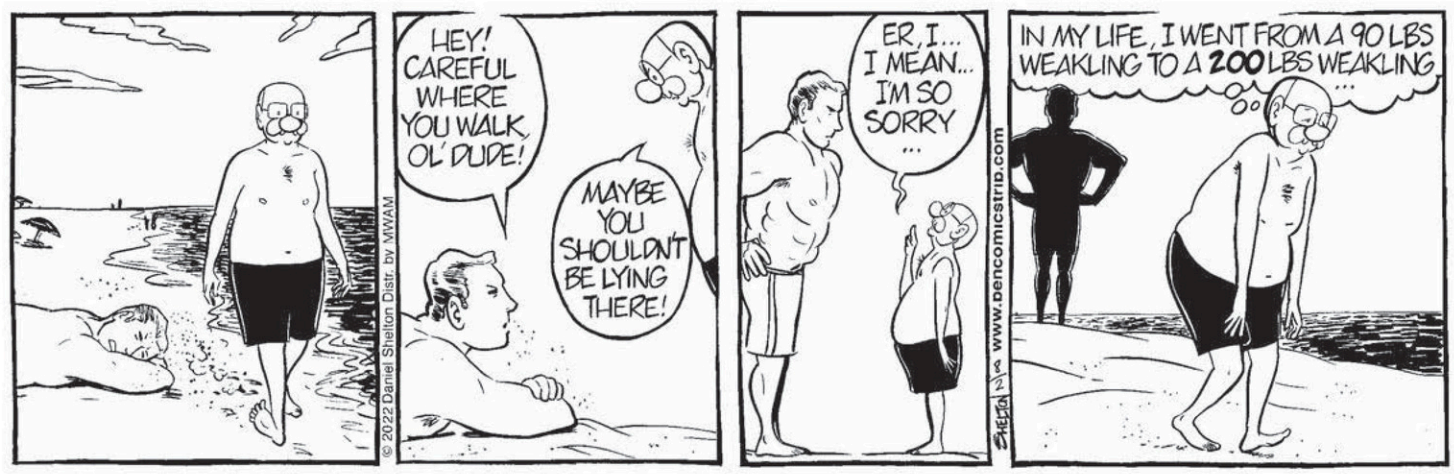
That was like a little electric shock of knowledge – and something that I just took for granted was lifted up and shone like the gold that 50 is supposed to be...that love and marriage can be really, really, really tough at times, but when you do it right, you can grow a full community of loving supportive people who are ready to have a great time together, will mourn and celebrate together, fall down together at times, and will believe in each other.

This marriage produced more than just a couple who have been devoted in half of a century of matrimony, more than two amazing children, more than even their spouses and grandchildren – Auntie Heather and Uncle Brian managed to take their love for each other and grow it into a village.

For all of you out there celebrating fifty years this summer, wishing you more of that – more fun, more support, more togetherness, more love, more of all of the things you need to flourish on, to feel a sense of goodness and accomplishment, and to know that your union has made a difference to more than just the two of you.

Happy Annniversary!

Ben by Daniel Shelton



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Local News |

Shapovalova, who moved from Ukraine to Canada with her parents in 2013, keeps herself available to her extended family online, though. But, she continued, eventually there needs to be a degree of autonomy for everyone who came over to the country to start a new life.

Quebec reports no new COVID 19 deaths and fewer in hospital

The Canadian Press

The Quebec government is reported no new deaths due to COVID-19 in the previous 24 hours on Monday and dozens fewer people hospitalized with the novel coronavirus.

The Health Department says there are 2,125 people in hospital with COVID-19, which is 51 fewer than its last report published Friday.

The number of people in intensive care dropped by one, to 67.

There were 927 new COVID-19 cases declared by PCR test out of 8,865 tests, for a positivity rate of 11.4 per cent.

The government says there are currently 5,014 health-care workers off the job for reasons linked to COVID-19.

The province's public health director said last week that the seventh wave of COVID-19 in Quebec was nearing a plateau and that the number of new cases is expected to slowly decline in the coming days or weeks.

Sanctuary

CONT'D FROM PAGE 1

made appeals to Sherbrooke MP Élisabeth Brière to take the matter to Immigration Minister Sean Fraser on their behalf.

Speaking with The Record on Monday, Brière said that shie is still in contact with the minister's office, but said that she feels at this point the process of seeking status that will allow them to remain in Canada is in the family's hands.

"Earier this summer I spoke with the family on zoom and I gave them information to guide them in their process," Brière said, adding that she recognizes the situation the family is experiencing is "very difficult."

"They will always have my full support." She said.

In their invitation to members of the local community to participate in this week's vigil, the organizing committee underline the "long months of waiting, of hope, of fear in the face of the unknown, and encourage people to come help encourage the family and help provide the support needed to help them continue to live their lives.

Parkside Ranch

CONT'D FROM PAGE 1

with ministers, too. I have a bunch of contacts now, which is awesome," said Shapovalova.

It was difficult to get the process started in the beginning, according to Shapovalova, because she had no knowledge of the country's visa laws. And now with all of her contacts, federal and provincial ministers, community organizations, and churches, she has finally hit her stride.

However, Shapovalova told The Record that she has taken a back seat approach since late June. She decided to take a job as a day camp monitor at the Parkside Ranch in Orford. She said she wanted to take a mental health break. And at this point, she has done all she can.

"I helped make the path and now my family also got the hang of it. They went through it, too, so they're able to help each other, as well. And they're learning the language and everything. Those are things they have to do individually, I can't learn a language for them," she said.

The Parkside Ranch is more physical than mental, Shapovalova explained, and she can work with children, instead of interacting with politicians and community leaders, giving her brain some much-needed rest. And, she added, the campers are all interested in hearing her story.

Shapovalova, who moved from Ukraine to Canada with her parents in 2013, keeps herself available to her extended family online, though. But, she continued, eventually there needs to be a degree of autonomy for everyone who came over to the country to start a new life.

Asked about the current state of Ukraine, Shapovalova told The Record that there are a lot missile strikes targeting the country's largest cities, and it is mostly unpredictable. Her relatives that made their way to Canada also rarely discuss the war in public, she continued.

"The topic of the war is not brought up as often when they're here, but I know, for example, my uncle will talk about it with his wife, so it's something very personal to them. They talk about it mostly on their own, which is great, they still need to think about it," Shapovalova said.

They also keep it private for the sake of their young children, she shared. They want them to have a clean slate in Canada, and not be bogged down, at least right now, from the atrocities committed by Russia against Ukraine. The kids are just going to school and playing sports.

Shapovalova's last visit to Ukraine was in 2019. Although Canada is a beautiful country, she said, Ukraine's countryside will always hold a special place in her heart. She would also often visit Mariupol as a child. Unfortunately, it would be a suicide mission to go there now, she said.

And with the country's food and grain production at a standstill, including business with Africa, Shapovalova noted Ukraine is heading straight towards a major famine. The relatives who made it to Canada have expressed a desire to stay in the country for as long as possible.

"I know most of them would like to stay forever because it's just better for their children even though it might be harder for them because of cultural differences, but the children can adapt to it fast, and they're looking forward to it," she said, adding, however, nothing is set in stone.

While she has helped most of her extended family get into Canada, besides a few families staying in France, Germany and even remote regions of Ukraine, they are still only in the country on a work visa. If they want to become citizens, they will need to learn French.

There are going to be speed bumps and road blocks along the way, but



COURTESY

Shapovalova intends to be there as much as she can to get her extended family permanent residency. It could take a while though because even if they do apply in Quebec, it isn't just handed out, she explained.

As the situation continues to escalate in Ukraine, Shapovalova also has her eyes on making the trek out to the country on a humanitarian mission. There are many orphaned children in Ukraine as a byproduct of the war, she said, and they will need all the help in the world to get by.

"I'd like to go back, probably not at this very moment, but if it's ever a possibility, and I see someone is planning to do a kind of mission or something, and it's relatively safe, this is something I would like to do to help," Shapovalova told The Record on Saturday.

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COLUMNIST | *In southern France at this very moment, 35 nations – China, the European Union, India, Japan, Korea, Russia and the United States – are accelerating their 37-year-old collaboration to build a device to prove the feasibility of fusion as a large-scale and carbon-free source of energy.*

Best of Times, Worst of Times…



DIAN COHEN

Finally, even the most stalwart of economic forecasters is coming round to the view that the relationships they counted on to point the way to our economic future are not behaving the way they did before the pandemic. More and more economists are saying about the numbers they look at, "This is weird." Or (of the American economy), "I don't recall any other recession coinciding with record-low unemployment, plentiful job openings, and jammed airports."

That's a good thing – we can stop obsessing over every forecast or even better, stop reading them. Suffice to say we'll survive and possibly thrive, ditto the economy, and in doing so, we and it will change.

Take, for example, the problems we're having with energy. Someday we'll get rid of fossil fuels that are clogging up the environment and making our day-to-day lives difficult as their prices rise. Solar and wind are good but insufficient alternatives. Fusion – the energy that powers the sun – promises a virtually limitless form of energy that, unlike fossil fuels, emits zero greenhouse gases and, unlike the nuclear fission power used today, produces no long-life radioactive waste.

In southern France at this very moment, 35 nations – China, the European Union, India, Japan, Korea, Russia and the United States – are accelerating their 37-year-old collaboration to build a device to prove the feasibility of fusion as a large-scale and carbon-free source of energy. If it's mastered, fusion energy will be able to power much of the world. Atomic experts are loathe to estimate when fusion energy may be widely available, often joking that, no matter when you ask, it's always 30 years away. But for the first time in history, that may actually be true. www.ITER.org.

Or take the problems we're having with our healthcare system. Between the burnout and shortage of healthcare workers and the fact that most doctors are within 10 years of the traditional age of retirement, it is most concerning that the system that has been in place since the 20th century is so visibly disintegrating. This sector is populated with people who are excessively resistant to change. Nevertheless change is already here, waiting patiently to be more widely promoted and accepted: healthcare robotics for patient monitoring and evaluation, for medical supplies delivery, and for assisting healthcare professionals in specific capacities; medical and surgery robotics used mostly for assisting surgeons since they allow great precision and minimal invasive procedures.

Cyborgs, exoskeletons, and wearable robotics allow users to augment their physical strength, helping those with physical disabilities to walk and climb, meaning they will likely need less from the failing healthcare system. Industrial arms, grippers and all of the warehouse robotics used for automation of industrial processes will relieve the shortages of humans not available for these jobs. Other robotics already exist specifically for housekeeping tasks.

Synchron, an Australian start-up, has implanted a device into the brains of patients who have lost the ability to move or speak – they have been able to check their emails, send messages and make online purchases simply by thinking: the device translates their thoughts into commands sent to a computer. https://synchron.com/

All this will take some getting used to. But so will a world where wildfires, floods, drought, civil unrest brought on by food and fuel insecurity are regular occurrences. Personally, I'd rather get used to the former.

Oh, and here's a problem to solve for which we have advance warning: Hershey's chief executive Michele Buck said last week that the company "will not be able to fully meet consumer demand," because of severe shortages of cocoa and edible oil. She says they made the "tough decision" to meet everyday demand at the expense of Halloween. That is, indeed, a tough decision, since October is Hershey's busiest and most profitable time of year, making up around 10 per cent of its annual sales. So with fewer Reese's Peanut Butter Cups, Twizzlers, Jolly Ranchers available on October 31, we have time to indoctrinate our trick-or-treaters to expect...well, what do you want them to get used to? Vegetable treats? Lots more tricks? Cancellation of Halloween? You've got 90 days to figure it out.

Dian Cohen, C.M., O.M., economist
cohendian560@gmail.com

A park in Sherbrooke dedicated to the memory of Ann Malcom (1935–2011): Artist and kindergarten teacher

By Jean-Marie Dubois (Université de Sherbrooke), Gérard Coté (Lennoxville-Ascot Historical and Museum Society) and Monique Nadeau-Saumier

In 2015, the city of Sherbrooke dedicated a small park – called a green inlet – to the memory of Ann Malcom, a Lennoxville artist better known as Muffy Tippet, whose contribution to the local cultural sphere deserved to be recognized. The park is small, around 0,4 ha, but it is situated in a fast-growing sector at the intersection of Duplessis and Lemire roads, in the borough of Fleurimont. The park is not yet landscaped, save for a small sector with two benches, installed in 2007, at the crossing of Lemire Road and Virginie-Laflamme Street along the Saint-François bicycle trail. This small park will potentially become an important meeting place.

Ann Malcom was born in Montreal in 1935, the second child of Bernice De Pencier and Thomas Ross Malcom, a stock broker. Ann's mother, who was a talented watercolourist, encouraged her daughter's artistic development. Ann first studied with Betty Jacques, a pioneer in art teaching at that level. In the early 1950s, Ann perfected her art training with Fritz Brandtner (1896-1969) a well-known painter and teacher at Miss Edgar's and Miss Cramp's School in Westmount. Ann married Michael Tippet in 1964, the couple settled in Toronto. They adopted a child, Christopher, in 1971. Following her divorce in 1973, Ann returned to Montreal. She enrolled in the evening art courses at Sir George Williams (now Concordia University). Ann settled in Lennoxville in 1977, where she completed a BA in Fine Arts at Bishop's University. Following a stay of one year with her son in Avignon, she opened a Montessori School on Church Street in Lennoxville, which she directed from 1989 to 1998. This school was dedicated to the creative, artistic and musical development of children, from nursery school to kindergarten.

A few months before her death, the Lennoxville-Ascot Historical and Museum Society (LAHMS) presented an exhibition of some thirty creations by Muffy: including oils, watercolours and etchings. Her work, found primarily in private collections, is focused on people, gardens, homes and Eastern Townships landscapes. Ann died from cancer at Aube-Lumière in Sherbrooke on August 31, 2011. She is buried in the Lakeview Cemetery in North Hatley.



JOCELYN BOUTIN

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Sherbrooke police make several arrests on Sunday

Record Staff

The Sherbrooke Police Service (SPS) was busy on Sunday evening, as police officers made three arrests in over an hour at the cégep de Sherbrooke and on Bowen Street South.

The evening started with an intervention at the cegep around 9 p.m. A security guard contacted the SPS to report a suspicious individual fleeing from inside Pavilion 5. The police interviewed the guard, and following a quick search, located the man sitting at a picnic table.

The man was arrested for breaking and entering, but police officers also found various drugs on the suspect, as well as equipment to sell drugs. The man was also charged with drug trafficking and breach of conditions. The 40-year-old suspect is well known to the SPS.

An hour later, around 10 p.m., the SPS was called about two hooded men fighting across the street from 67 Bowen Street South. The men, who were dressed in black and wearing balaclavas, were quickly arrested. The suspects were reportedly attacking an individual.

The SPS found the victim and a witness in Felix Thibault Park. The victim said they had been hit about 10 times with a glass bottle. They only suffered minor injuries. The two suspects, 19 and 22 years old, face charges for assault with a weapon, as well as breach of conditions.

Mont Sutton premieres new zipline adventure

By Aiden Wilson
Special to The Record

Mont Sutton has visitors zipping down the mountain at a record pace this summer, owing to its newest attraction: the Zipline Coaster

The ride, which opened to the public for the first time this past weekend, curves, loops and speeds through the treetops of the mountainside as participants hang on and enjoy their thrilling descent.

Sutton Marketing Coordinator Clothilde Mondor explained how the whole thing operates for those choosing to descend in style:

"You ride on a metal rail suspended by wires in the treetops. Participants arrive at the base of the mountain where they get their backpack with everything they need including a harness and zipline car. There's a hike of about 20-30 minutes to get to the start line where one of our employees helps them strap on their equipment. From there at the starting platform, they attach themselves and away they go."

Along with the harness and rail, riders are required to wear a helmet and go through a safety briefing beforehand with trained staff to ensure their ride is as safe as possible.

"Once it starts there's not much to do but hold the handle. The rail curves and loops, it's a lot of fun; you're really close to the trees and you feel really surrounded by the nature around you. It's a completely different experience from our giant zipline which is also impressive but more of a straight line."

Anyone scared of the drop can rest assured the harness will keep you up even if your hands let out, they said.

The time the ride takes to get to the bottom will vary based on the weight of the person, but typically a ride lasts around two and a half minutes. Riders must weigh between 75 and 200 lbs, must be older than ten, and must be at least 3 feet 11 inches tall. Children under 16 need to be accompanied by an adult.

Mondor said their opening weekend went off without a hitch, with this month seeing the ride open every day from 10 a.m. to 4 p.m.

"Our zipline coaster is unique in North America," she added. "There are other zip lines that turn like it does but none in a mountain setting as we have here."

Both this zipline coaster and the giant zipline attraction opened on the mountain last summer are situated right on Mont Sutton and offer high-up views of the land during their descent; visitors can also book a ride on both for a reduced price.



COURTESY OF CLOTHILDE MONDOR

Participants riding the Mont Sutton zipline coaster

A ticket for the zipline coaster runs at $49 and is good for one trip down the ride. Anyone looking to give it a try is encouraged to set aside at least an hour and 45 minutes worth of time to go through the process from start to finish.

Though brief, the crew describes it as "the feeling of being a bird of prey in the treetops of our glades," and is certainly a good way to get the blood flowing.

The calm before the roadwork storm

By Gordon Lambie

Though all is quiet at the midpoint of Quebec's two-week summer construction holiday, Townshippers would do well to note that a number of significant public works projects are due to get started as of next Monday, Aug. 8.

In East Angus, work to repair the bridge allowing Highway 112 to cross the Saint Francis River will begin next week and last until the end of the construction season in November, before picking up again next year. Given the high volume of traffic that uses the bridge as a crossing point, the ministry of transport has planned to alternate traffic across the span throughout the work, except for during occasional complete closures needed for specific work.

In Sherbrooke, natural gas company Energir will be undertaking work on the Gingue bridge (which allows Highway 410 to cross the Magog River) between Aug. 8 and 17. During the work the righthand westbound lane will be closed.

Paving work on Highway 10 between kilometres 77 and 79 will close one lane in each direction from Aug 8 to 12, Monday to Thursday between 7 a.m. and 6 p.m. and Friday from 7 a.m. to noon. From Aug. 14 to Sept. 9, both eastbound lanes will be closed completely from Sunday evenings at 7 p.m. to Fridays at noon. Starting Aug. 14 and lasting until the 26, the offramp for the eastbound side of exit 78 will be closed between 7 p.m. and 6 a.m. Finally, from Aug. 29 to Sept. 9 the adjoining onramp will be closed between Sunday at 7 p.m. and Friday noon. Speed limits in all of these zones will be reduced to between 70 and 80 km/h.

Highway 55 between Magog and Sainte-Catherine-de-Hatley will also be the site of a significant repaving project. Beginning on Aug. 8 and lasting into the fall, one lane out of two in each direction will be closed at all times between exits 21 and 29, expect on weekends. Speed limits in the area will be reduced to 80 km/h

Paving work will also be carried out in Bromont along Bromont Boulevard between Rue St-Hubert and the Bergeron Roundabout. Between Aug. 14 and Aug 19, traffic will alternate directions in the evenings and overnight starting at 7 p.m.

As usual with road work projects, the ministry of transport notes that these timelines might change depending on the weather and working conditions. Drivers are encouraged to check their routes in advance on https://www.quebec511.info/



RECORD ARCHIVES

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Editorial

It's one thing to say, I'm sorry. It's another to atone for the transgression.

Words are cheap but money talks

By Nick Fonda

Much is being made of the Pope's visit to Canada and even more of what his apology to the country's Indigenous People did—or did not—include. It might be suggested that the Pope's visit and apology amounted to much ado about nothing.

Beyond symbolism, what can it really mean to apologize for transgressions committed by others in times past?

Not that apologies for past sins are unwarranted. On the contrary. With some exceptions in the early years of the French Regime—a time when a considerable number of voyageurs opted to adopt an indigenous way of life and gave rise to the Métis—First Nations have rarely been treated in a fair or equitable way.

One example of unfair treatment—of note primarily because it is local—can be found in the aftermath of the War of 1812 – 1814 when Frederick George Heriot settled the Drummondville area by offering land grants to soldiers who fought for the British cause. Heriot himself commanded troops who came not only from the British Isles, but also from Germany, Switzerland, and Italy. As well, his ranks included Canadien and Abenaki fighters. Many disbanded soldiers took up the offer of 200 acres of land in the Lower St. Francis Valley, but while men of European descent were given title to their acreage, Abenaki veterans were given 20-year leases on their plots of land.

One such veteran was Noel Annance, an Abenaki of mixed descent. His paternal great-grandparents had been kidnapped as children and adopted by an Abenaki tribe with whom they assimilated and remained all their lives, marrying and raising seven children. Although Noel Annance distinguished himself in the War of 1812 and was briefly recommissioned during the Uprising of 1837, he was eventually forced off the land that he had successfully farmed under lease.

While Noel was struggling to keep his properties, the Province of Canada passed a piece of legislation entitled, "An Act to Encourage the Gradual Civilization of Indian Tribes." Seemingly, this new law would do what the British Colonial Office was thinking thirty years earlier: treat the native population like all other citizens and let them integrate into the population at large.

In practical terms, "gradual civilization" meant that an indigenous man over the age of twenty-one who could speak, read, and write either English or French and fulfilled other criteria would be deemed 'civilized,' be given a sum of money, a fifty-acre plot of land and henceforth live under the same laws as whites.

The Act was passed in 1857. However condescending and insulting it may seem to us now, for Annance the new law was the promise of what he had always sought: inclusion, an acknowledgement of his full worth as a man. He immediately wrote to the Indian Department. He fit—when he didn't exceed—all the criteria to be considered a civilized man. (He knew Latin and Greek as well as French, English and Abenaki.) He wrote repeatedly and the bureaucrats in the Indian Department repeatedly put him off. As they did all others. Only one man, a Mohawk, was ever accorded the stamp of civilized and he was never allotted the land the Act promised.

Sadly, such examples of past injustices abound.

It's one thing to say, I'm sorry. It's another to atone for the transgression.

The real problem is that the Pope, like former P.M. Stephen Harper who made a similar apology, made no attempt at atonement. Neither said, I've wronged you, how can I make it up to you?

On the contrary, injustices towards Indigenous Peoples in Canada continue. For starters, both the Catholic Church and the Canadian government have been less than forthright in making court-ordered payments to indigenous communities. Too many First Nations live under Third World conditions, with boil water advisories that last for decades, with health care and education underfunded. We still have an Indian Act that makes Indigenous Peoples second class citizens condemned to abide by a different set of disadvantageous rules that result in low life-expectancies and high incarceration rates.



It's become popular for public speakers to include, in their introductory remarks, a few words about being on unceded territories. This, of course, is our greatest transgression towards First Nations. We placed them on reservations. People who were hunter gatherers and often semi-nomadic, whose way of life included regular travel over large tracts of land, were crowded onto small reservations and told to stay there.

If the Pope and the Canadian government are truly sorry for past wrongs, why do we see people who are supposedly our fellow-Canadians, indeed, arguably the first Canadians, living under such conditions?

Should some attempt at atonement not be made?

For example, could the Pope have pledged that once a month the proceeds of the Sunday mass collection plates from all the Catholic churches in Canada would go to indigenous communities?

And how about the Canadian government, what could it do by way of atonement?

So far, it has launched some inquiries and commissions—always with a dollar figure prominently attached—but nothing to remedy the Third World living conditions on reservations.

It was the British parliament that wrote the Act to Encourage the Gradual Civilization of Indian Tribes and sadly refused to comply with its provisions. In 1857, giving an indigenous man land and money was a good start to integrating him into society. Certainly Noel Annance had asked for nothing more than to be treated equitably.

We non-indigenous have profited greatly from all the unceded territories that we have been exploiting for the last 155 years, so much so that (according to Google) the average annual income in Canada is now about $55 000.

In addition to Stephen Harper's apology, by way of atonement, could we not revisit the Act of Gradual Civilization? Could reservations (if they are to exist at all) not be expanded with additional acreage to make living there viable? Could not all indigenous people over the age of 18 be given a subsidy equal to the national average income?

Under such conditions, would health and life-expectancy outcomes among First Nations change? Would education levels and incarceration rates change? Would that permanently close the Highway of Tears?

Could the Canadian government—that is us—afford such a plan of action?

The answer is almost certainly yes. After all, how much is given in subsidies to companies and corporations and ultimately seem only to profit millionaires and billionaires?

Pompous ceremonies, special events, and extensive travel are all very costly and very carbon-intensive activities that, whatever their symbolic value, also exacerbate climate change.

Words are cheap, but money talks. Apologies only mean something when they're followed by atonement.

THE RECORD

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Local Sports

The city's athletics organization noted the event carries a lot of weight, and they will need as many hands as possible to keep the ship steady.

Canada's Maude Charron earns weightlifting gold, sets Commonwealth Games record

The Canadian Press

Canadians have racked up six more medals at the Commonwealth Games.

Maude Charron of Sainte-Luce, Que., won gold in the women's 64-kilogram weightlifting event on Monday, setting a Commonwealth Games record, with Nicolas Vachon of Saint-Hippolyte, Que., taking bronze in the men's 81-kilogram program.

Four gymnasts reached the podium for Canada, starting with Felix Dolci of Laval, Que., taking silver in the men's floor event for his second medal of the Commonwealth Games.

Laurie Denommee of Saint-Eustache, Que., earned silver in the women's vault, Jayson Rampersad of Mississauga, Ont., took bronze in men's pommel horse, and Vancouver's Chris Kaji won bronze in men's rings.

Charron lifted 101 kilograms in the snatch and then 130 in the clean and jerk. The 29-year-old was at the top of the rankings in each section, finishing 15 kilograms ahead of the next-best overall score.

Australia's Sarah Cochrane earned silver with a total weight of 216 kilograms and Islamiyat Yusuf of Nigeria was third with 212.

Vachon lifted a total of 320 kilograms, behind England's Chris Murray (325) and Australia's Kyle Bruce (323).

Dolci, from Laval, Que., won his silver with a score of 14.166 points, finishing behind winner Jake Jarman of England (14.666).

Giarnni Regini-Moran of England claimed bronze with 13.966 points.

Dolci earned his first medal of the Games on the opening day of competition when he helped Canada to a second-place finish in the men's team final.

Denommee was right behind Georgia Godwin with identical 13.233 scores in the vault, with the edge going to the Australian based on difficulty. Scotland's Shannon Archer (13.083) took bronze.

Rampersad's 14.000 scored came behind England's Joe Fraser (14.833) and Northern Ireland's Rhys Mc Clenaghan (14.133).

Kaji was third on podium with 14.266 in the men's rings final, with England's Courtney Tulloch (14.400) winning gold and Cypress's Sokratis Pilakouris (14.300) earning silver.



AP PHOTO/RUI VIEIRA

Canada's Maude G Charron in action during the Women's 64kg Final at the Commonwealth Games in Birmingham, England, Monday, Aug. 1, 2022.

Sherbrooke athletics searching for volunteers for track and field championships

Record Staff

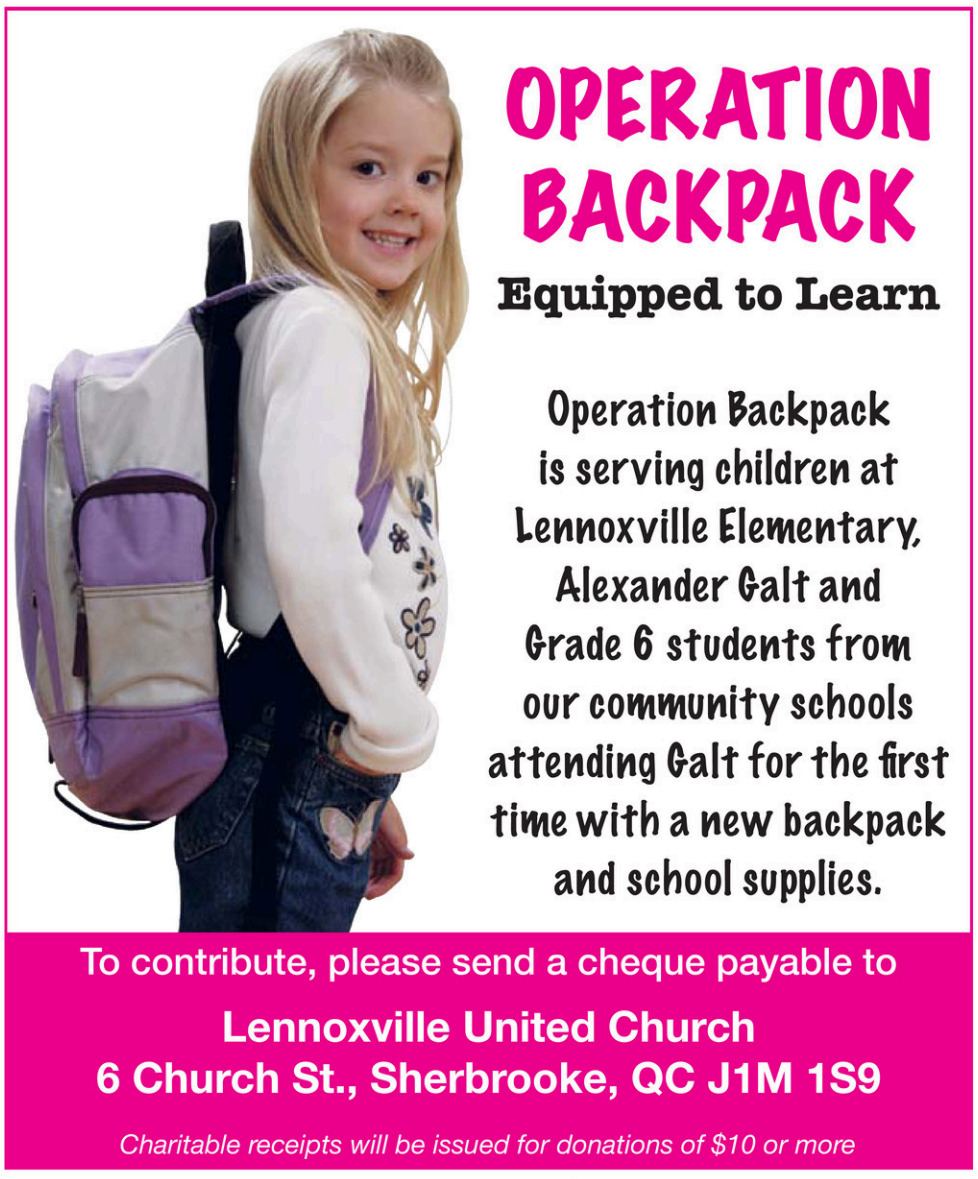
There are just two days remaining before Canadian athletes start flooding into Sherbrooke for the start of the Championnats nationaux d'athlétisme pour jeunes de la Légion 2022.

The national track and field event has been dangling in front of Quebecers for more than a year. In a press release, the club Athlétisme Sherbrooke (CAS) said it welcomes the country's best athletes aged 18 years old and under, adding that the championships will run until Aug. 9.

The track and field events will be held on the outdoor track at the Université de Sherbrooke. And athletes will also be able to take in the "unique experience by discovering the Eastern Townships." The CAS is also still searching for a healthy supply of volunteers and partners.

The city's athletics organization noted the event carries a lot of weight, and they will need as many hands as possible to keep the ship steady. Although the event is only a few days away, the club has once again asked residents in the Eastern Townships to consider donating time.

There are several positions that remain vacant. They will need to be filled between Aug. 5 and 7. The members of the Championnats nationaux d'athlétisme pour jeunes de la Légion's organizing committee invite all interested individuals to register at https://bit.ly/3mygT5z.



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Datebook

TUESDAY, AUGUST 2, 2022

Today is the 214th day of 2022 and the 43rd day of summer.

TODAY'S HISTORY: In 1790, the first official census of the United States was conducted.

In 1923, President Warren Harding died in San Francisco. Vice President Calvin Coolidge was sworn in as president before dawn the next day.

In 1934, German President Paul von Hindenburg died and was succeeded by Chancellor Adolf Hitler.

In 1939, Albert Einstein wrote a letter to President Franklin D. Roosevelt, requesting that the U.S. research the possibility of atomic weapons.

In 1990, Iraq invaded Kuwait.

In 2018, Apple Inc. became the world's first trillion-dollar company.

TODAY'S BIRTHDAYS: Frederic Auguste Bartholdi (1834-1904), sculptor; Jack Warner (1892-1978), film executive; Myrna Loy (1905-1993), actress; Shimon Peres (1923-2016), Israeli prime minister; James Baldwin (1924-1987), writer; Carroll O'Connor (1924-2001), actor; Lamar Hunt (1932-2006), sports executive; Peter O'Toole (1932-2013), actor; Wes Craven (1939-2015), filmmaker; Isabel Allende (1942-), writer; Mary-Louise Parker (1964-), actress; Kevin Smith (1970-), filmmaker; Sam Worthington (1976-), actor.

TODAY'S FACT: The familiar engrossed copy of the Declaration of Independence bearing the signatures of 56 congressional delegates was signed on this day in 1776.

TODAY'S SPORTS: The "Black Sox," eight former Chicago White Sox baseball players charged with defrauding the public in a conspiracy to throw the 1919 World Series, were acquitted on this day in 1921.

TODAY'S QUOTE: "Love does not begin and end the way we seem to think it does. Love is a battle, love is a war; love is a growing up." – James Baldwin

TODAY'S NUMBER: 3,929,214 – population of the United States as recorded in the 1790 census.

TODAY'S MOON: Between new moon (July 28) and first quarter moon (Aug. 5).

Sinusitis shares symptoms with many other conditions



ASK THE DOCTORS
By Eve Glazier, M.D., and Elizabeth Ko, M.D.

Dear Doctors: Can you please talk about sinusitis? I've been having headaches and postnasal drip for a few months, and I thought it was because of my allergies. But my brother, who is a nurse, thinks it could be sinusitis. What are the symptoms, and how is it treated?

Dear Reader: Sinusitis occurs when inflammation or infection cause swelling in the tissues that line the paranasal sinuses. Often referred to simply as sinuses, these are two pairs of air-filled cavities that are connected by narrow passageways.

The paranasal sinuses are located behind the lower part of the forehead, just behind and on either side of the bridge of the nose, and within the bony structures of the cheeks. They are lined with tiny, hairlike structures that are bathed in a thin layer of mucus. In a heathy sinus, these hairs and mucus work together to capture and clear away the dust, dirt and other debris that enters the nose.

That mucus continually drains via the nasal passages and into a structure known as the nasopharynx. That's the name for the area where the far back of the nose meets the throat. At that point, gravity carries the mucus to the esophagus, where it gradually makes its way to the stomach.

But when illness, infection or other inflammation cause sinus tissues to become inflamed, the flow of mucus becomes blocked. It begins to collect within the sinuses and causes a range of symptoms. These include congestion, tenderness in the face, a feeling of pressure in the head, frontal headache, postnasal drip, tooth pain, a loss of the sense of smell, a thick or cloudy nasal discharge that may appear yellow or green and persistent fatigue. The congestion from sinusitis can also affect the middle ear and lead to muted hearing or the symptoms of tinnitus.

A number of conditions, including colds and allergies, can cause symptoms that are similar to a sinus infection. That makes it easy to mistake one for the other. An accurate diagnosis begins with an examination of the throat, nose and sinuses. This may include the use of an endoscope, which is a thin, flexible tube with a light and a tiny camera. When infection is suspected, a mucus culture can pinpoint the cause.

If the culprit is bacterial, antibiotics may be prescribed. Prescription intranasal steroid sprays may also be used. Over-the-counter antihistamines and nasal decongestant sprays can reduce inflammation. Saline washes with warm, sterile water can clear mucus and debris. People with sinusitis are often asked to drink plenty of fluids, which helps to thin the mucus.

Once the condition is under control, there are steps you can take to prevent future infections. This includes the practice of hand hygiene, staying up-to-date with immunizations, avoiding situations where you're exposed to people with upper respiratory infections and steering clear of exposure to tobacco smoke. Regular nasal rinsing can also be helpful.

Since your own symptoms have persisted for several months, we think it wise to see your health care provider. They can provide a definitive diagnosis and, if needed, outline a treatment plan.

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

(Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10960 Wilshire Blvd., Suite 1955, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.)

Do Just One Thing



By Danny Seo

If you bought a bag of baking flour more than a year ago, there's a good chance that flour has gone bad. Pull it out of the pantry and give it a whiff. Does it smell rancid? If so, it's a good idea to toss it away. But before you do, go grab any decks of playing cards you have around the house. Throw the cards into a bag and cover them with the old flour. Seal and then shake. The flour will coat the cards and take away the dirt, grime, odors and oils to make the cards fresh and clean again. Then sprinkle the remaining old flour in the yard: It's biodegradable, and your lawn will love it.

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A tasty twist on traditional everything bagels

Individuals who adhere to grain-free, dairy-free or nut-free diets due to health issues or other preferences may find themselves periodically craving foods that are off-limits. While people might not be able to enjoy forbidden foods in their original incarnations, an alteration here or there to a recipe can make otherwise forbidden foods fair game.

That is the thinking behind "Everything Bagels" from "Eat What You Love" (Ten Speed Press) by Danielle Walker. These bagels recreate the mouthwatering taste of traditional bagels, but with ingredients that accommodate grain-free diets. Slather with your favorite topping, such as dairy-free cream cheese.

Everything Bagels
Makes 6

1/2 cup full-fat coconut milk
2 tablespoons finely ground golden flaxseeds
1 tablespoon gluten-free active dry yeast
4 eggs
1/4 cup melted ghee or virgin coconut oil
1 teaspoon apple cider vinegar
1 1/2 cups arrowroot powder
1/3 cup coconut flour
1 1/2 teaspoons grain-free baking powder
1 teaspoon fine sea salt

Everything seasoning:
1 teaspoon poppy seeds
1 teaspoon dried minced garlic
1 teaspoon dried minced onion
1/2 teaspoon white sesame seeds
1/2 teaspoon black sesame seeds
1/2 teaspoon coarse sea salt

Pour the coconut milk into a small saucepan and heat it over low heat to 110 F. Place the warmed coconut milk, the flaxseeds, honey, and yeast in the bowl of a stand mixer fitted with the beater attachment and mix on low speed to combine. Let the mixture sit for 4 to 5 minutes, until it begins to foam.

Add the eggs, ghee and vinegar to the bowl and mix on medium speed to combine. Add the arrowroot, coconut flour, baking powder, and salt and mix again until fully incorporated. Cover the bowl with a kitchen towel and let it sit for 1 hour at room temperature.

To make the everything seasoning, combine all of the ingredients in a small bowl and stir to combine.

Preheat the oven to 350 F. Scoop the batter into a 3 1/2-inch silicone doughnut pan, filling each cavity two-thirds full. Sprinkle the tops with the seasoning and bake for 20 to 25 minutes, until the bagels are golden brown and a toothpick inserted into the center comes out clean. Cool the bagels in the pan on a wire rack for 20 minutes, then remove them from the pan and cool completely on the rack.

Store in an airtight container in the refrigerator for 1 week, or in the freezer for 6 months.

(Metro Creative)

Following up on feral cats

Dear Annie

TUESDAY, AUGUST 2, 2022

Dear Annie: After reading the letter about the wife who is out capturing feral cats for spaying and neutering, you should be aware of the Herman Bennett Foundation, which provides free vouchers to vets to cover the costs. I'm sure there are other organizations as well that would help with the costs.

What she is doing is so valuable, not only for the cats but for the community. It shouldn't be discouraged. – Longtime Reader and Admirer

Dear Longtime Reader and Admirer: Thank you for your kind words. I think whenever we can make this world a better place for both humans and animals, it is a good thing. The next letter gives us a perspective on this issue from Europe.

Dear Annie: I was born in Michigan but live in Italy, and I truly enjoy your column. I am writing about the letter from a frustrated husband signed "Done with Cats." I want to address the husband directly in this letter.

I'm what they call here a "gattara," which means I am a "cat woman." My husband and I went through a similar situation to yours. When I discovered the existence of a colony of cats in my neighborhood, I registered it with the city's humane society, which protected the colony by doing so. No animal is put down because they weren't adopted.

Annie is right; your wife is doing a great service to the cats and community. Cats that are not neutered or spayed risk their lives with disease from cat fights when female cats and, yes, male cats go into heat, not to mention the dangers that roads and cars present to them. Your wife worries, as I do, about their lives, about how unfortunate they are to be outside in all weather extremes, and at first, it's overwhelming.

I agree with you, after having been a "gattara" for 15 months, that there must be a compromise. My husband told me that all I ever talked about were the feral cats, AND HE WAS RIGHT! So I decided to talk less about them and be quicker with food times. He surprised me by helping me once in a while with moving a cat shelter or constructing one with me, or coming home with dry cat food when he saw it was on sale. If he asks me about the cats, I know to keep my answers short.

Your wife may also be developing friendships with these ladies, and they have a common cause. However, she does not need to go out every night. Experts can show her that you need to NOT feed the cat you want to capture for two days. You can try to feed the neutered ones, but all remaining food after they've eaten must be removed. Sometimes, you have to bite the bullet and not feed the entire colony for those days.

No cat will die of starvation from these measures; just make sure fresh water is always available. Then the trap is placed with tuna, sardines or roasted chicken to attract the cat to be neutered. The best time to catch feral cats is between 10:30 p.m. and midnight in the summer, and from 7 p.m. to 9 p.m. in the winter. Also, I've started leaving food and water every two days instead of every day. Once a feral cat is captured, it is extremely rare it will enter the cage a second time.

Your wife is helping the cats, and with a little restraint on her part, and compromise from you, everyone will be better off. – Parma, Italy

Dear Annie: I have a wedding invitation etiquette question.

My niece is getting married and has only invited five of her six cousins. The one cousin not invited happens to be one of my sons. I am very upset that she has chosen not to invite him. We have not had many family gatherings since the pandemic. My mother passed last year, and the funeral was our last gathering.

This niece no longer has any grandparents alive – only cousins, aunts and uncles – and this could be the only family celebration for quite some time.

I know this is her big day, but to exclude only one cousin is very upsetting to me. I have expressed my concerns to her, yet she still chooses not to invite him. Is it proper etiquette to exclude a family member from this event? Any advice would be appreciated. – Concerned Aunt

Dear Concerned Aunt: Did she give a reason why she didn't invite your son? It is understandable that you are upset. It is not proper etiquette to exclude your son. However, your niece might have had a bad experience with your son, and she thinks his presence would be toxic or somehow ruin her big day. She might also be cutting back on costs.

It is great that you expressed your concern, but I would talk to her again to find out the reason, and if she refuses to say anything and insists on excluding your son, you have to decide whether it is worth it to you to go to the wedding under those circumstances.

Dear Annie: When my husband died, my son and daughter-in-law put me in what was supposed to be one of the best homes for the aged. My husband of 45 years died unexpectedly. I was 68 at the time, and I was in shock. I did need some guidance.

The first year I was there, I just did as I was told. However, anyone who knew me would know that was not the place for me. My mind was not damaged.

I am writing to offer advice to people who are thinking about sending their relatives to a nursing home. Make sure the place has a reputation for honesty. I am in a home where too many of my belongings have gone missing.

First, my husband's coffee cups disappeared. Then clothes, food, money and books – things you could fit in a hand – went missing. When I reported the losses to the head of the place, she told me I was the only one having these problems. But that same day, I said something about it to a fellow resident and was told that this happened almost every day.

In any dispute, the management of our home always backs the employee. They assume that the staff is always right and the residents are always wrong.

For my son's birthday, I bought him something that had special meaning for us. It disappeared. It was still in my room when I left for a doctor's appointment, but I discovered that it was gone when I returned.

I reported it to the man who was in charge, and he came to the room and started going through my cabinet. I asked him what he was doing, and he said he was looking for the gift I bought for my son. He didn't find it.

So if you are thinking of nursing homes, please check them out – with more than one visit. And go on unplanned visits.

It's a terrible place to go, but if it is needed, please check it out. – Unhappy with Disappearances

Dear Unhappy: Thank you for your letter. Your experience sounds awful. I hope you share all the details with your son and daughter-in-law and that they get you out of there and find a better home for assisted living. I am sorry for the loss of your husband, and I hope that your letter encourages other readers to be extra cautious in checking out elderly care facilities.

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

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



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CELEBRITY CIPHER

by Luis Campos

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

"W B E W H X S B P S F W F X U Z X H N I L
X N Z S Y W P S B W X S I B . X N W X ' F E I O U
M I T . W H X S B P S F X U O X N S B
S Y W P S B W U E H S U H O Y F X W B H Z F ."
— F W Y K I U X N S B P X I B

Previous Solution: "In many ways, I was born a hundred years too late. I often feel out of kilter with the modern world." — Honeysuckle Weeks

TODAY'S CLUE: B = equals T

Reality Check



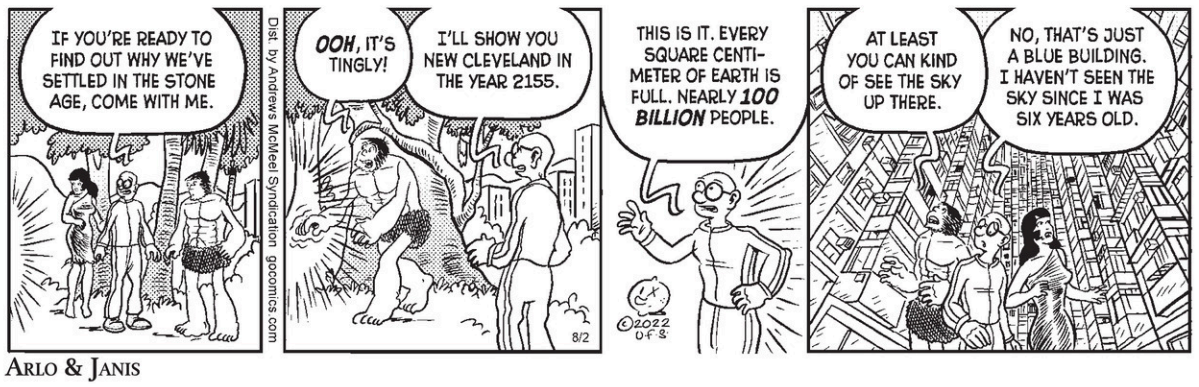
Herman



"Look at this! Even the garbage pail's got ulcers!"

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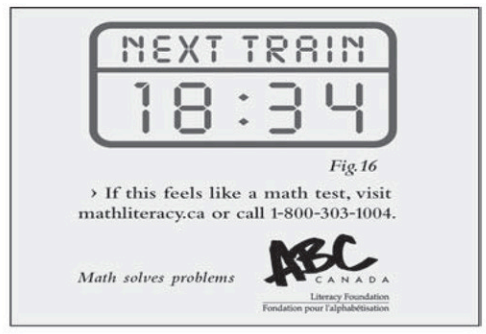
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Saffron pasta with ricotta conjures Sardinian fields

By Christopher Kimball
THE ASSOCIATED PRESS

Each November in Sardinia, purple crocus blossoms blanket the rolling fields. It's a striking sight against a lush green backdrop. Those same flowers also provide what locals call ``red gold,'' or saf-fron.

Saffron is one of the defining flavors of the Italian island. First cultivated by the Phoenicians, saf-fron now colors and perfumes numerous dishes, from little gnocchi called malloreddus to gelato and zeppole, a fried dough eaten at Carnival.

Naturally, this being Italy, it also flavors pasta - at times both the noodles and sauce - and we were particularly taken with a vegetarian one at the Sante Rughe restaurant in Gavoi. A few threads of saffron were simmered in milk, which then was mixed with salty ricotta for a rich, no-cook sauce to coat ear-shaped orecchiette.

The version in our book "COOKish," which limits recipes to just six ingredients without sacrific-ing flavor, comes together quickly. Simply microwave the milk with the saffron, mix in the ricotta with a bit of salt and pepper, and add cooked pasta. We add half a cup of mint for a layer of herbal freshness.

Cup-like orecchiette pasta is perfect for catching the lightly creamy sauce, though penne works well, too. But be sure to use whole milk and whole-milk ricotta; lower-fat milk and cheese leave the dish tasting too lean.

Orecchiette with Saffron, Ricotta and Mint
Start to finish: 20 minutes
Servings: 4 to 6

1/2 cup whole milk
1/2 teaspoon saffron threads
1 cup whole-milk ricotta cheese
Kosher salt and ground black pepper
1 pound orecchiette OR penne pasta
1/2 cup chopped fresh mint
1 ounce pecorino Romano cheese, finely grated (1/2 cup), plus more to serve

In a liquid measuring cup, microwave the milk and saffron until warm, about 1 minute; stir, then cool. In a large bowl, whisk the ricotta, saffron milk and 1/2 teaspoon each salt and pepper. Cook the pasta in a large pot of salted boiling water until al dente, then drain and reserve some of the cooking water. Add the pasta to the ricotta mixture and toss. Stir in the mint and cheese, then sea-son with salt and pepper. Serve sprinkled with additional cheese.

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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

8/2

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

PREVIOUS SOLUTION

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

KINDERGARTEN WORD SEARCH

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

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

ART
CHILDREN
CIRCLE TIME
CLASSMATES
CUBBY
CURRICULUM
DESKS
FIRST
FLASHCARDS
FRIENDS
INTRODUCTION
KINDERGARTEN
MANIPULATE
NERVOUS
PLAY
READING
RECESS
SCHOOLING
SIGHT
STUDENT
SUPPLIES
TABLES
TEACHER
VOCABULARY

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NEA Crossword Puzzle

ACROSS

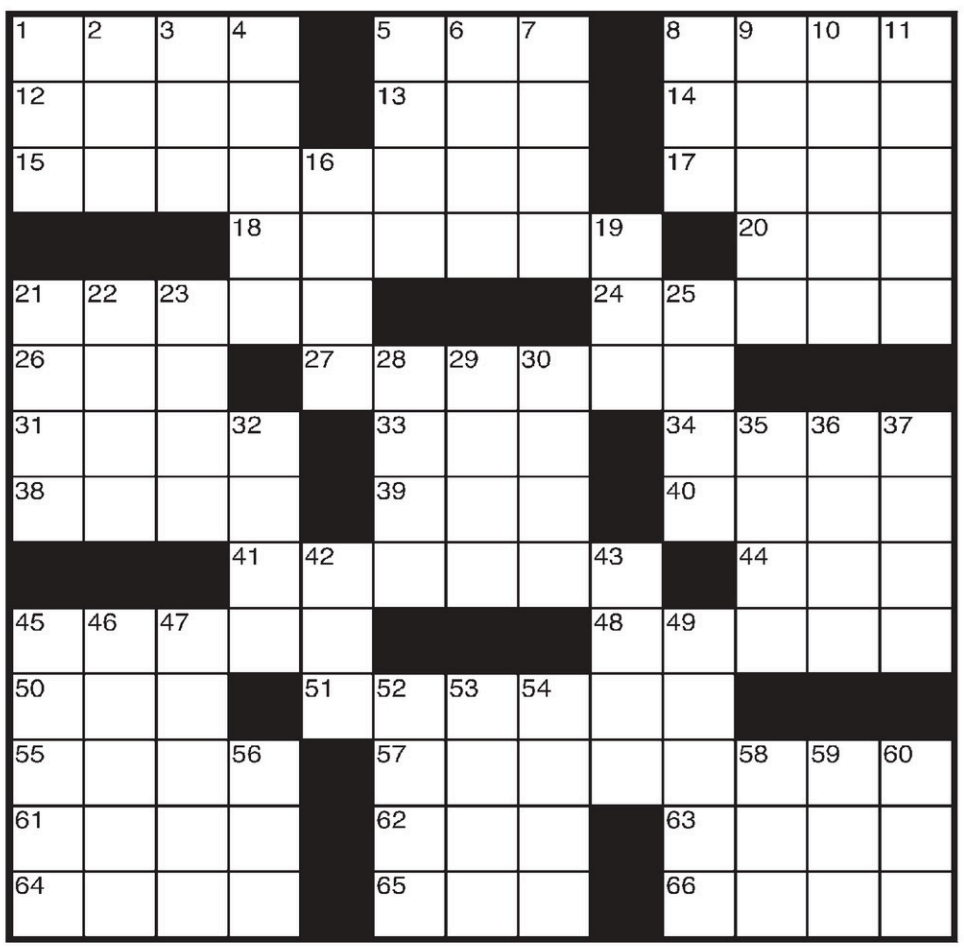
1 "— Your Enthusiasm"
5 Hi-fi component
8 Fortune
12 Nowhere near
13 Step on it
14 Jai —
15 Settle
17 Sarge's pooch
18 Not blatant
20 Musical notes
21 Kauai hello
24 Kind of plug
26 Staff
27 Snobbish
31 Plop down
33 Took cover
34 Skimmed through
38 Paretsky or Teasdale
39 Tierra — Fuego
40 Joy Adamson lioness
41 Made the grade
44 Tool-handle wood
45 Go ape
48 Lets
50 Caesar's 52
51 Parka
55 Heavy metal band
57 Qualified
61 Onetime Queens ballpark
62 Well-worn
63 Fastidious
64 Basil or thyme
65 No, to a laird
66 Softball or tennis

DOWN

1 Surpass
2 Enigmatic sighting
3 Knock
4 Painter's tool
5 Moby Dick foe
6 Baseball gear
7 Rind
8 Asian language
9 Extreme
10 Do a banquet
11 Mall booth
16 Poi party
19 Superlative suffix
21 Woofs
22 "Run — Run"
23 Garbage bin output
25 Fiery stack
28 Most profs
29 Dessert cart items
30 Lazing about
32 Family member
35 Panache
36 Aide: Abbr.
37 Telegraph syllables
42 Rap sheet letters
43 Party pooper
45 Sparkle
46 Nouveau —
47 Sea duck
49 Being very thrifty
52 Motel sign gas
53 Earthen pot
54 Take a taxi
56 Truck front
58 Maude portrayer
59 Hasty escape
60 Hot time in Paris

Answer to Previous Puzzle

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



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Your Birthday

TUESDAY, AUGUST 2, 2022

Put yourself out there and see what happens. Be brave, voice your opinion and venture down paths that intrigue you. Take charge and set the stage for success. Use your skills to open doors, network and reconnect with people who are an asset. Stop letting negativity and other people's uncertainty hold you back. Focus on what you can achieve.

LEO (July 23-Aug. 22) – An open mind will bring exciting ideas. Focus on pursuits that will get you up to speed regarding something you want to accomplish. Being well-informed will help discourage others from interfering.

VIRGO (Aug. 23-Sept. 22) – Put your time and energy into where it counts and create the scenario that best suits your needs. Don't wait for someone to do the legwork for you. Seize the moment.

LIBRA (Sept. 23-Oct. 23) – Refuse to let your emotions take over and ruin a good thing. Over-the-top behavior will cloud your vision and generate unnecessary mistakes. Surround yourself with people you trust.

SCORPIO (Oct. 24-Nov. 22) – Actions speak louder than words and will help you show how serious you are regarding your intentions. Step up to the plate and give life your best shot. Leave nothing to chance.

SAGITTARIUS (Nov. 23-Dec. 21) – Invest in your talents and skills. Diversity will be your ticket to a better lifestyle. Be willing to do things differently if it will keep you in the game and ahead of the competition.

CAPRICORN (Dec. 22-Jan. 19) – Stick close to home and protect your assets. Revise your portfolio or change how you use your money to live and reach your life goals. An unequal partnership will require an adjustment.

AQUARIUS (Jan. 20-Feb. 19) – You'll get a good look at how someone operates. Don't ignore the signs when it comes to financial partnerships. If something doesn't feel right, back away and do your own thing.

PISCES (Feb. 20-March 20) – Add skills that help you pursue your dreams. Your happiness depends on doing what's right and best for you. Networking will open a window of opportunity. Don't let emotions interfere with success.

ARIES (March 21-April 19) – Step into the **spotlight** and let your intelligence capture the attention you deserve. Refuse to let physical limitations stand between you and your dreams. Don't share secrets.

TAURUS (April 20-May 20) – Put force behind the changes you want. You'll get things done, regardless of complaints and criticism. Time spent at home will help you sort through differences with loved ones.

GEMINI (May 21-June 20) – Put more emphasis into your words. Don't stop until you are happy with the results. Use your imagination, gain momentum and push your way to the top. Discipline and determination won't let you down.

CANCER (June 21-July 22) – Sticking to the facts will make your life easier and help you gain respect. Reach out to someone who can offer a different perspective on a situation you face. Don't lose sight of your intentions.

TUESDAY, AUGUST 2, 2022

Is the contract dead or alive?

By Phillip Alder

Leonard Louis Levinson wrote: "He's a fine friend. He stabs you in the front." Some bridge opponents are like that. They give you just the help you need to bring home a contract that otherwise would have died. In today's deal, this assistance comes in the form of an ill-advised penalty double.

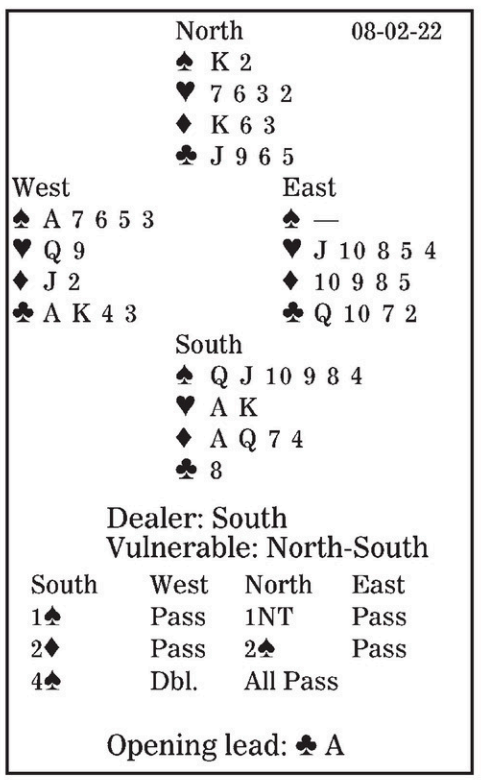
Against four spades doubled, West starts with two top clubs, East playing high-low to encourage. After South ruffs the second round, how should he continue?

North did well to rebid two spades. Perhaps South should have rebid three diamonds or four spades.

Without West's revealing double, declarer would have led a trump at trick three, happy to concede one trick in each suit except hearts. But if the double was to be believed, the trumps were breaking 5-0. Then, if South led a spade immediately, West could win with the ace and force declarer again with another club, promoting a second trump trick for himself.

Similarly, declarer couldn't afford to play three top diamonds. If West could ruff, he would exit with the ace and another spade, leaving South with a losing diamond in his hand.

How could declarer collect three diamond tricks and stop West from scoring a second trump trick?



He could prevail by making the third diamond trick a ruff in the dummy. South cashed his top hearts and diamond ace, played a diamond to the king and ducked a diamond. Whatever East led now, declarer could ruff the diamond queen in the dummy for his 10th trick. He lost only one spade, one diamond and one club.

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Brome County NEWS

Tuesday, August 2, 2022



Sutton crowned most active community in Quebec



COURTESY

BCN Staff

Last week ParticipACTION, the national non-profit organization focused on promoting physical activity, announced that the town of Sutton has won their Community Better Challenge at the provincial level and has therefore been crowned the most active community in Quebec for 2022. As a result of this win, the community has been awarded a $15,000 prize.

In a press release following the announcement, Mayor Robert Benoît shared his delight at the news:

"This is phenomenal! We are extremely proud of this achievement. For a first participation, we not only came first in Quebec, but also in the top ten in Canada, ahead of very large cities. It's proof that a small community, when it is motivated and dynamic like ours, can do great things."

The Community Better Challenge, supported financially by the Government of Canada and Saputo, took place from June 1 to 30. It invited all Canadian communities to participate in as many physical activities as possible, which were counted according to population and mobilization efforts. The Town of Sutton took up the challenge in collaboration with several partner organizations including the Coop Gym

Cont'd on page 3



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Brome County Community Bulletin Board

Lac Brome Food Bank - If you need assistance, please call 450-242-2020 ext: 319. Pick up at 270 Victoria at the back..

August 5

WATERLOO - Royal Canadian Legion, Shefford Branch # 77. Regular Friday night B.B.Q on August 5th, 5:00 to 7:00 p.m. Come and enjoy. Rain (inside) or Shine!

August 6

Country Dance at the Holy Trinity Anglican Church, 409 South St. Cowansville. Music by Keeping' it Country. Saturday, August 6, NEW TIME: 1:00 – 5:00 P.M. Donations $10. No masks required; wear if you feel you need to. Door prizes! Canteen on premises. Half & half.

August 21

Antique & Craft Markets are back at the Lac-Brome Museum, sponsored by the BCHS. August 21, September 18, from 9 a.m. to 4 p.m. on the Museum grounds. Rain or shine. For vendor infor-mation, call 450-243-6782 ext. 1.

CHURCH BULLETINS

Stanbridge Ridge Stone Church

The Stanbridge Ridge Stone Church Service this year will be taking place outside the church on
Sunday, August 7,2022 at 2:00 p.m. in case of rain the service will be held inside the church.
Come prepared to join us with a chair and sun protection.

ALL SAINTS ANGLICAN CHURCH – DUNHAM

Sunday services at 10 a.m. – all welcome! Our weekly church service will also include a celebra-tion of the Eucharist. The Reverend Sinpoh Han. Information: 450-295-2045.

ANGLICAN PARISH OF BROME

Sunday services cancelled until further notice. See the announcement for Grace Anglican Church to join the online meeting on Sunday mornings. Information: Rev. Tim Smart 450-538-8108

BEDFORD PASTORAL CHARGE

Join us at Mystic United Church with Lay Worship Leader Frances Jones at 9:30 a.m. Church office: 450-248-3044; email: bedford.pastoral@yahoo.ca
The annual service at the Ridge will be on August 7 at 2:00 p.m. Plan on attending. Let us know your favourite hymn from the Hymnary and we'll try to include it.
God says, " Do not be afraid – I will save you. I have called you by name, you're mine...I love you." – Isaiah 43 v. 1.4b

CREEK UNITED / ST. PAUL'S UNITED

Worship and music, Sacrament of Holy Communion at both services
Creek United, 278 Brill Rd., West Bolton, service and Sunday school at 9:00 a.m.;
St. Paul's United, 4929 Foster, Waterloo, service at 10:30 a.m. Service available on Facebook Live
Reverend Dave Lambie, minister. For information or to leave a message call: 450-539-2129

EMMANUEL UNITED CHURCH

Happy summer everyone! All are welcome! / Tous sont les bienvenues! If passing near Emmanuel, stop and see the emerging Outdoor Sanctuary in the back. Please contact the church office to sign up for our weekly newsletter.
Check our Facebook page. (facebook.com/emmanuelunited). Minister: Rev. David Lefneski, text or call his cell: 514-567-7756 or leave a message at the church office: 450-263-0204; email: capcchurchoffice@bellnet.ca

ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

Our 10:30 a.m. Sunday mass has resumed. However, we must comply with the latest Quebec Public Health restrictions. Thank you for your understanding. For more information, call: 450-263-1616 or visit the website http://unitedesvignes.org.

GRACE ANGLICAN CHURCH

We are now open for in-person worship for our regular 10:30 a.m. Sunday services. Everyone is welcome. Alternatively, you can attend online. For an invitation to join, please email the Rev. Tim Smart, revtimsmart@gmail.com or visit our Facebook page "Grace Church, Sutton" for the Sunday link.

KNOWLTON MOUNTAIN VALLEY PASTORAL CHARGE

Welcome to in person and online worship beginning March 2022 at Knowlton United Church, 234 Knowlton Road, Knowlton at 11 a.m. Worship services will be held on the first 3 Sundays of each month unless otherwise stated. For further information, please contact Rev. Steve Lawson at 450-242-1993.

ST. PAUL'S ANGLICAN CHURCH

St. Paul's has re-opened for Sunday in person worship at 8 and 10 a.m. We continue to livestream our Sunday morning worship at 8 and 10 a.m. at St. Paul's Knowlton on Facebook. All services are also available for replay, at 24 St. Paul's Road in Knowlton. St. Paul's is a dynamic diverse community pursuing and serving Jesus in the Eastern Townships. Our mission is to grow in members and spir-itual maturity so that we can reach as many people as possible with the love of Jesus. Please note that there will be one service only at 10 a.m. on Sundays from July 10 to September 4. During this time we will be offering the Alpha Series. Everyone welcome!
Telephone: 450-242-2885, email: stpaulsknowlton@gmail.com.

TRINITY ANGLICAN CHURCH

Sunday Church Services at Trinity Anglican Church Cowansville are now being held at 11h00 a.m. In being a part of the Eastern Townships Regional Ministry, our church service schedule is in a period of change. Please contact the church office 450-955-3303 and leave a message if you would like to have more information.

Lyne Lapointe exhibit, "The pregnant woman" now on at Arts Sutton

The exhibition The Pregnant Woman by acclaimed artist Lyne Lapointe tackles metaphorically and incisively the thorny question of the body of the pregnant woman. The recent reversal of Roe vs. Wade by the United States Supreme Court is overwhelming proof of the power of a majority of men and of religious dogmatism over women's bodies. Lapointe draws a striking parallel between the fate of battered, missing and killed women with that of animals, so many species of which are on the verge of extinction.

In the works of the exhibition, Lapointe uses the iconography of an anatomical plate of the silhouette of a pregnant woman, taken from the book entitled Dr. Hollicks Complete Works – The Marriage Guide published in 1902 in Philadelphia. The future mother shown in this guide, has neither head nor feet, a striking reminder of the marginal place occupied by women of that time. Although society has become more equal over the last century as a result of women's epic struggles, it is important to underline the fact that the recent decision of the Supreme Court of the United States sets the cause of equality back more than fifty years. In the U.S. today, the country is moving dangerously close to a theocracy that denies women's rights altogether.

At the same time, we are witnessing a denial of climate change by a substantial section of the population and elected officials, in the U.S.. This movement denies the disastrous effects of global warming on fauna, flora, water resources and populations, wherever they are, around the world. In a recent example the Supreme Court of the United States drastically limited the powers of the Environmental Protection Agency to regulate carbon dioxide emissions produced by power plants operated by fossil fuels.

Lyne Lapointe imagined, for this exhibition, a hybrid character, that of a woman/animal, whose body is that of a pregnant woman and whose "extremities" belong to animals. Thus,

Cont'd on page 4

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BCN RATES & DEADLINES COMMUNITY CALENDAR

Brome County News Community Calendar is reserved for non-profit organizations only. **Deadline is noon on Fridays.** Must be pre-paid. Up to 40 words: **$8**, 41-70 words: **$12,** 71-100 words: **$15,** all prices include taxes. **Special rates:** $2 off for 2 insertions, 1 BCN and 1 in the Friday Record "What's On" section. Please forward notices to 5-b Victoria St., Knowlton, QC J0E 1V0, email: bcnnews@qc.aibn.com, or fax: (450) 243-5155. Visa and Mastercard accepted.

Brome County News welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste.

Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request.

Preference is given to writers from the Eastern Townships.

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"Now is the time" to vaccinate young children against COVID, health officials say

By Ruby Irene Pratka
Local Journalism Initiative

Public health officials are encouraging parents to get their young children vaccinated against COVID-19 after a slow initial start to the vaccination campaign in the region.

Vaccines for children aged six months to four years became available July 25, and as of July 28, only 450 young children in the region had received their first dose or were scheduled to do so.

"We are encouraging parents to have their [young] children vaccinated to improve their own protection against COVID and help protect their community," said Marie-France Beauregard, director of the COVID vaccination program for the CIUSSS de l'Estrie-CHUS. "Children under age five have a greater risk of complications leading to hospitalization than older children...and there's also the possibility that [unvaccinated] children could transmit COVID to others."

The vaccine currently given to young children is the Moderna vaccine in a reduced dose, one-fourth the amount given to an adult. Beauregard added that the shot was safe, had been given to "thousands of children" in the United States and Israel and had received Health Canada approval. According to the Institut national de santé publique du Québec (INSPQ), under normal circumstances, children aged six months to four years, including those who have already had COVID, should receive two doses at an interval of at least eight weeks. Children who have cancer or have weakened immune systems may need three doses.

Babies under six months of age cannot be vaccinated, but are protected by antibodies received in the womb, provided their mother was vaccinated during her pregnancy, explained Dr. Nicholas Brousseau of the INSPQ. Parents whose children have recently received standard early childhood vaccines should wait at least two weeks before bringing them in for their first dose of COVID vaccine, he said. As for side effects, Brousseau said that although studies have shown the vaccine to be "well tolerated" in young children, some pain around the injection site, fatigue and fever may surface in the day or two following vaccination; if side effects last longer, parents should call 811.

Beauregard said summer vacation was partly to blame for the relatively low uptake of vaccines for young children. "People don't watch TV as much, they don't read the papers as much, they're outside enjoying life," she said.

She said the CIUSSS intended in the coming days to launch a social media campaign to answer parents' questions and develop an information sheet in collaboration with early childhood education experts, in order to promote the benefits of vaccination. "If your child is four or five years old and going to school this year, it's seriously something to think about," she said, inviting parents to take the opportunity to get their third or fourth booster shot and make sure older children's vaccines are up to date. "Now is the time, because in the fall, [vaccination campaigns] will prioritize older people," she said.

Beauregard encouraged parents to book vaccination appointments on the ClicSanté portal. Pharmacies do not currently offer the vaccine to children under five; it is being given at nine vaccination centres around the region, which also offer vaccines to older children and adults. She said babies and young children would be vaccinated by staff with specific training and interest in working with those age groups, and English-speaking staff would be available at "almost all" vaccination sites.

Sutton

Cont'd from page 1

Santé Sutton, the Parc d'environnement naturel de Sutton, the CIUSSS de l'Estrie-CHUS, the Sutton School, the Sutton Museum and the Corporation de développement économique de Sutton. Several public events, added to group and individual activities, created a great synergy and led to the overall score of no less than 3.8 million minutes of physical activity recorded in Sutton over the course of the challenge. Some 275 people and 16 local organizations downloaded the application and registered all kinds of physical activity minutes in order to participate.

A $15,000 prize to invest in basketball

In submitting its finalist application at the beginning of July, the Town of Sutton had to commit to using the award to support a project that will further promote physical activity in the community. The municipal council chose to support a basketball court project in response to a popular demand expressed by many citizens, particularly local youth. The $15,000 award will help launch this project, which will be analyzed for funding in the upcoming budget.

"This basketball project will bring a lot to our community, and particularly to our teenagers who are at a critical age where giving up physical activity is unfortunately all too common," explained the Mayor. "We need to encourage their physical activity with a sport they enjoy. They will be our healthy adults of tomorrow."

Brome-Missisquoi MP Pascale St-Onge also extended congratulations at the good news.

"As the federal Member of Parliament for Brome-Missisquoi and federal Minister of Sports, I would like to extend my warmest congratulations to the community of Sutton for being recognized as the most active community in all of Quebec, by winning the Quebec prize in the ParticipACTION Community Better Challenge. I am even more proud to learn that the winning community for Quebec is part of my riding and I am convinced that this achievement will inspire others. Bravo Sutton!''

Other winners

2022 marked the third edition of the ParticipACTION Community Better Challenge, and the community of Red Deer, Alberta, took the top prize as most active community in Canada. In recognition of their accomplishment, the city received a $100,000 prize.

The 2022 provincial and territorial winners (aside from Sutton) are:

Richmond, British Columbia
Pinawa, Manitoba
Salisbury, New Brunswick
Labrador City, Newfoundland and Labrador
Fort Simpson, Northwest Territories
Truro, Nova Scotia
Iqaluit, Nunavut
North Grenville, Ontario
Summerside, Prince Edward Island
Sutton, Québec
La Ronge, Saskatchewan
Whitehorse, Yukon

"Congratulations to Red Deer and all of our provincial and territorial winners," said Elio Antunes, President and CEO of ParticipACTION in a separate statement announcing the winners. "It was wonderful to see thousands of community-led, inclusive physical activity and sport opportunities created throughout the Community Better Challenge. Getting active together can help reduce inequalities, increase connections between and across cultures, and decrease isolation."

According to ParticipACTION, more than 600,000 participants in more than 1,700 communities took part in the Community Better Challenge this year, tracking over 500 million physical activity minutes in total.









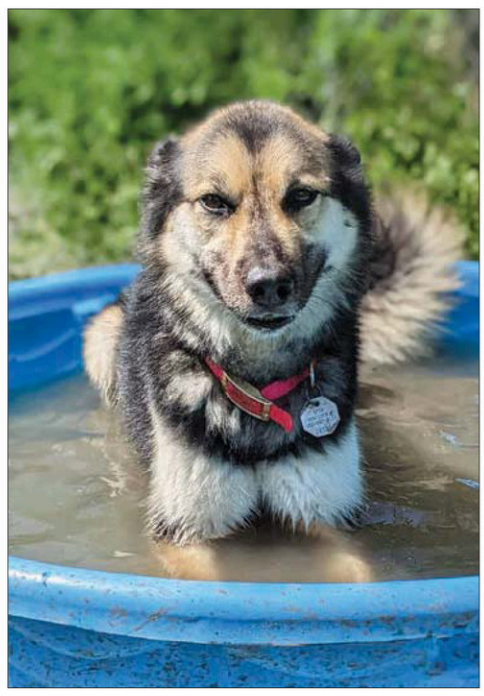


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Pet of the Week: Nala





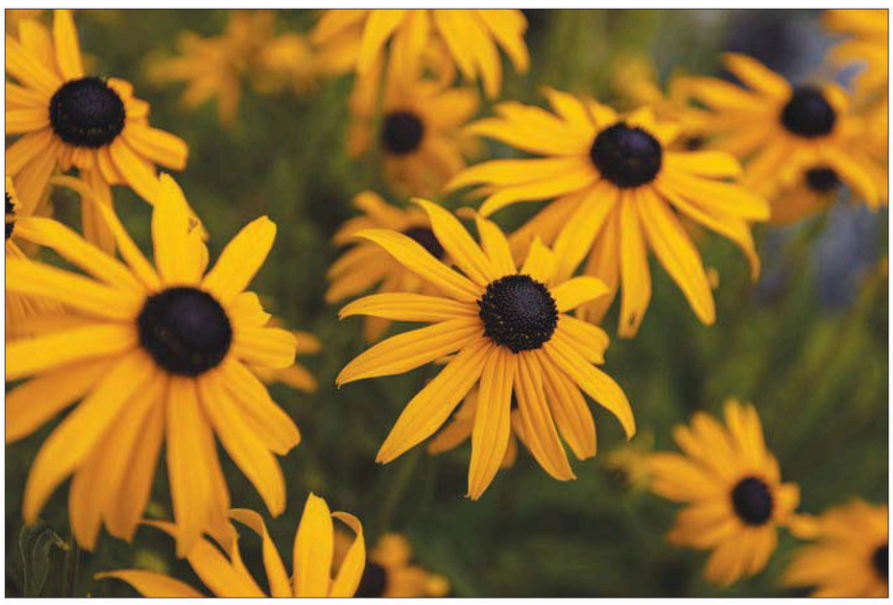
My name is Nala and I am beautiful female German Shepherd mix born in 2016.

I am a dog with a nice personality and great social skills. I am house trained, affectionate, playful and calm. I am at the shelter because I did not get along with the new baby in my family.

Bathing in a pool and playing in the water are my greatest pleasures. Yes, I am a great dog and I would be a great companion to support you in your outdoor and indoor activities.

I am looking for a household without children or other animals. A house with a fenced yard will be mandatory. I am neutered, vaccinated, dewormed and microchipped. And I am waiting for you. If you are interested in me, please write at: adoptionspcamonteregie@gmail.com

Ben in Focus



BEN MCAULEY

I wonder how Susan got her black eye?

Lyne Lapointe exhibit

CONT'D FROM PAGE 4

we discover The Woman-Heron, The Woman-Sheep, The Woman-Bee, The Woman-Wolf and many others. Lapointe offers us, in a perspective both sensitive and ironic, heartbreaking and striking works of great beauty. Through them she invites us to reflect on our disturbing times.

Lyne Lapointe began her artistic journey in the 1980's with Martha Fleming. The Fleming & Lapointe duo carried out many landmark projects such as Le Musée des Sciences (1984) and La Donna Delinquenta (1987).

Since 1995, Lapointe has pursued a prolific solo artistic path, addressing questions that are urgent and timely, including those concerning the human body which, in her eyes, is an eminently political object.

Submitted by Sylvie Lacerte, Curator of the exhibition



COURTESY

Giant Cowansville Legion Yard Sale Next Saturday and Sunday

By Louise Smith

The Royal Canadian Legion, branch no. 99, located at 120 Davignon Blvd. in Cowansville, will be holding their annual huge garage sale next Saturday and Sunday. This is one of the major fundraisers for the year. Many people in the community donate items to the Legion and usually huge crowds come to help to support the Legion while picking up great bargains.

If you have donations that you wish to give, contact the Legion at 263-3543 or drop by during opening hours. The items available, range from clothes, to household items, to furniture, puzzles, and books. There is also a baked goods table.

The Legion is active in the community and it supports many local initiatives and veterans and youth groups. Proceeds from this sale help the Legion to increase its support in these difficult times. By supporting the Legion, the greater community at large benefits as well.

See you at the sale!

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"Running after the sales," food banks scramble to feed people amid inflation

By Ruby Irene Pratka
Local Journalism Initiative

The border restrictions and supply chain fears that made headlines early in the COVID pandemic may be receding into the collective rearview mirror, but food is becoming harder and harder to afford for the poorest Quebecers – and for the organizations that provide them with much-needed food aid.

Geneviève Coté is the director of Moisson Estrie, the region's largest food bank. She said that where three or four years ago the organization was paying between $7-8,000 each month for food, they're now paying closer to $28,000.

Moisson Estrie distributes food to individuals and families facing food insecurity, after a needs-based evaluation process. Users have access to a "social grocery store" where they can choose what they need; some items are free and others are sold below supermarket rates. More and more people are knocking at the food bank's doors; demand is up 35 per cent from 2019 levels. "Now, we're seeing people at the food bank who have jobs or pensions," Coté said. "Even though they have an income, because of the rising cost of food, they aren't able to manage when there's a problem." The food bank has even had to modify its hours to allow users to pick up food hampers after they finish work.

As the cost of food has gone up, supermarkets are stocking less, meaning that there's less unsold food left at the end of the day for local stores to donate to Moisson Estrie and similar organizations. "We're the last link in the food chain," Coté said. "Rising fuel costs and everything else other people are dealing with, we're dealing with it too, and the cost looks like it's just going to keep going up."

Françoise Lepine is the food bank coordinator at the Centre d'action bénévole de Sutton. The centre provides monthly food hampers for families in need in Sutton and Abercorn. Like Moisson Estrie, it relies on donations from a local supermarket and from the annual Guignolée food drive around the holidays, and smaller regular contributions from individual donors and local businesses. "Then I go to the store and buy whatever we're missing, to make sure people get a bit of everything – soup, dessert, hygiene products, that sort of thing," said Lépine. "I'm running after the sales, and I've never had to do that before." Demand has crept up from about 25 hampers a month to closer to 30, she said, and of the people who request food aid for the first time, more and more have jobs.

General director Valérie Marin of the Centre Marguerite-Dubois in Bromont has noticed the same phenomenon. "People's incomes just do not go as far anymore," she said, mentioning gas prices, which rose to record heights last month, a housing crisis which has led to rising rents, the end of pandemic-related emergency benefits and across-the-board inflation.

Marin and Lépine say the perception of the Eastern Townships as a well-off area belies the day-to-day reality of the low-wage workers employed at the area's resorts, hotels and restaurants. "In Bromont, there's a big divide between average families and people who are very rich," Marin said. Lepine was more succinct: "There are two Suttons."

"We have had a lot of demand from people who have said they were doing fine until January," Marin said. "In February and March things started going up; the war in Ukraine had an impact [on food prices] and a lot of people had to take unpaid leave to self-isolate. Some also had to pay back their first month of CERB – reimbursing money they don't have. The budget that was working before just isn't working anymore...and the first thing you cut is groceries."

Marin said the centre receives food from Moisson Granby and a local supermarket, and also gets large quantities of donated vegetables from local farmers. The centre's staff chef and a crew of volunteers transform the vegetables and other donated food into hundreds of heat-and-eat meals, distributed to seniors and other people "experiencing a loss of autonomy." Despite the pressure that inflation has put on the centre's operations, she counts herself and her colleagues lucky to have access to a steady supply of vegetables, a large kitchen and a community increasingly aware of the need to prevent food waste. "People used to throw away food a lot more, but now we can give that food a second life," she said.

Individuals, farms or businesses interested in donating food or making a financial donation to Moisson Estrie, Moisson Granby, the Centre Marguerite-Dubois or the Centre d'action bénévole de Sutton can contact the organization(s) directly.



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Today in History

Today in History for Aug. 2:

In 1100, King William II of England was killed in a hunting accident.

In 1610, English explorer Henry Hudson discovered Hudson Bay. In his ship "Discovery,'' Hud-son explored the eastern shore of the bay and then wintered in the extreme south of James Bay. His crew mutinied the following spring, and Hudson was set adrift in an open boat with his son and several ill crewmembers. Nothing is known of their fate.

In 1786, James Strange claimed Vancouver Island for Britain.

In 1858, British Columbia was constituted as a Crown colony. The first permanent European set-tlement came in the early 19th century with the development of the fur trade but gold rushes in 1858 and 1862 brought thousands of settlers into the colony. B.C. entered Confederation in 1871.

In 1858, the administration of India was transferred from the East India Company to Britain.

In 1862, Victoria, B.C., was incorporated as a city.

In 1862, Canadian poet Duncan Campbell Scott was born in Ottawa. His lifelong service in what later became the Department of Indian Affairs gave him a detailed knowledge of Indian life which influenced his poetry. Scott also wrote short stories, historical studies and plays. Known as Cana-da's poet laureate, Scott died in 1947.

In 1865, "Alice's Adventures in Wonderland'' by Lewis Carroll was published, but it was soon withdrawn because of bad printing. Only 21 copies of the first edition survive, making it one of the rarest 19th century books.

In 1870, London opened the world's first subway system.

In 1873, inventor Andrew S. Hallidie successfully tested a cable car he had designed for the city of San Francisco.

In 1876, U.S. frontiersman and lawman Wild Bill Hickok was fatally shot in the back while play-ing poker at a saloon in Deadwood, S.D. by Jack McCall, who was later hanged.

In 1878, John McDougall was appointed Canada's first auditor-general.

In 1886, aviation pioneer J.A.D. McCurdy, who flew the Silver Dart at Baddeck, N.S., in 1909, was born.

In 1887, Hodge Rowell patented barbed wire.

In 1892, movie mogul Jack L. Warner was born in London, Ont. He died Sept. 9, 1978.

In 1907, the Vatican issued the decree Ne temere, declaring that marriages of Roman Catholics were valid only if celebrated before a duly qualified priest and at least two witnesses.

In 1909, the original Lincoln penny (with two ears of wheat on the reverse side) first went into cir-culation, replacing the "Indian Head'' cent.

In 1918, a general strike that began in Winnipeg broke out across Canada.

In 1920, the League of Nations adopted the International Court of Justice at The Hague.

In 1921, Enrico Caruso, the world's greatest operatic tenor, died in Naples, Italy at the age of 48.

In 1922, telephone inventor Alexander Graham Bell died in Baddeck, N.S., at age 75.

In 1934, Adolf Hitler was installed as dictator of Germany. With the death of President Paul von Hindenburg, Hitler combined the vacant office with his own, that of chancellor, and declared him-self Der Fuhrer. With absolute power, Hitler began a campaign against all opposition, even within his own party. Hundreds of influential Nazis were killed and soon he was arming troops for the European invasions that would bring about the Second World War.

In 1935, the British Parliament passed the Government of India Act, which made India a federal state.

In 1939, Albert Einstein wrote to U.S. President Franklin D. Roosevelt telling him atomic bombs were possible and that German physicists were working to develop one. Einstein's letter resulted in the Manhattan Project, which developed the atomic bombs dropped on Japan.

In 1945, the Potsdam Conference, where Russia, the United States and Britain discussed what was to be done with Germany and the occupied countries of Europe, ended.

In 1958, Princess Margaret opened the Ottawa City Hall on Green Island at the mouth of the Rideau River.

In 1963, the federal government passed legislation that changed parliamentary procedures for han-dling divorces – the first such changes since Confederation. The bill had the effect of largely re-lieving the Commons of responsibility for divorce cases and handing it to the Senate.

In 1970, the Soviet freighter "Sergey Yesinen'' collided with a B.C. ferry, the "Queen of Victoria,'' near Vancouver. Three people aboard the ferry were killed and two injured in the collision in the Active Pass between Vancouver Island and the mainland.

In 1973, the first Commonwealth heads of government conference to be held in Canada began in Ottawa.

In 1973, a huge fire in the multi-million dollar Summerland hotel in Douglas, on the Isle of Man in the U.K., killed 51 vacationers.

In 1976, delegates to an American Legion convention in Philadelphia began getting ill. The illness, labelled Legionnaire's Disease, eventually killed 29 members and left 150 hospitalized. The cause was later identified as a bacterium that thrived in the stagnant water accumulated in the convention hotel's air conditioning system.

In 1977, an explosion in a Mozambique coal mine killed about 150 miners underground. The dis-aster touched off riots in which nine foreigners were killed.

In 1979, New York Yankees catcher Thurman Munson died while trying to land a personal aircraft at the Canton-Akron airport in Ohio. He was 32.

In 1985, 135 people were killed when a Delta Air Lines jumbo jet crashed while landing at Dallas-Forth Worth International Airport.

In 1985, the Reichmann brothers, Canadian financiers, bought control of Gulf Canada Ltd. for $2.8 billion. Their company ended up bankrupt after the

Cont'd on page 7

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Today in History

Cont'd from page 6

Reichmanns over-extended themselves in 1987 with the $6.5-billion project at Canary Wharf in London.

In 1989, a team of Ottawa doctors led by Wilbert Keon successfully completed Canada's first new-born infant heart transplant.

In 1990, Iraq invaded the tiny, oil-rich nation of Kuwait following the collapse of talks on oil and territorial claims. International sanctions were imposed on Iraq when it refused to withdraw from Kuwait, sparking an international crisis. In January, 1991, a U.S.-led United Nations force began aerial attacks on the Iraqi capital, Baghdad. The Persian Gulf War ended a month later with the ex-pulsion of Iraqi forces from Kuwait.

In 1991, a replica of an ancient Viking ship arrived from Norway at L'Anse aux Meadows in New-foundland to commemorate a Viking landing in the area 1,000 years earlier.

In 1992, Silken Laumann completed one of the most remarkable comebacks in Olympic history when she won a bronze medal in women's single sculls in Barcelona. The medal win came less than three months after her right leg was seriously damaged in an accident during a competition in Germany. (Laumann also won an Olympic bronze medal in 1984 and a silver in 1996.)

In 1998, puppeteer Shari Lewis, who entertained generations of kids with "Lamb Chop," "Charlie Horse" and "Hush Puppy", died of cancer in Los Angeles. She was 65.

In 1999, a head-on collision of two passenger trains in west Bengal, in eastern India, killed 285 people.

In 2000, a series of terrorist attacks in less than 12 hours left 90 people, mostly Hindu pilgrims and labourers, dead in the Indian states of Jammu and Kashmir.

In 2001, Gen. Radislav Krstic, 53, a Bosnian Serb general, was found guilty of genocide by the UN war crimes tribunal in The Hague for the killing of up to 8,000 Muslims at the UN-protected enclave of Srebrenica in 1995. He was sentenced to 46 years in prison. It was the first genocide conviction in Europe since the days after the Second World War.

In 2001, the CRTC ruled that television networks and newspapers owned by the same corporate parent can work together closely, as long as both media keep separate management structures.

In 2004, the Quebec Labour Relations Board certified a union at a Wal-Mart store in Quebec. It became the first unionized Wal-Mart in North America.

In 2005, an Air France passenger jet carrying 309 people skidded off the runway in a fierce thun-derstorm at Toronto's Pearson International Airport. All on board escaped before the jet burst into flames.

In 2005, CIBC agreed to pay $2.4 billion to settle litigation against top Wall Street financial firms who were involved with Enron Corp.

In 2007, Mattel's Fisher-Price division recalled nearly one million toys because of excessive amounts of lead in the paint. The 83 types of toys included the popular Big Bird, Elmo, Dora and Diego characters.

In 2009, Karlheinz Schreiber was extradited to Germany to face criminal charges after losing a dec-ade-long court battle to remain in Canada. Once in Germany, he was held in custody pending trial. In May 2010, he was found guilty of evading taxes for not declaring money he allegedly received as kickbacks for the sale of tanks to Saudi Arabia in the 1990s and sentenced to eight years in pris-on.

In 2009, the world swimming championships in Rome came to a close with a whopping 43 world records being set during the week of competition, all of them in bodysuits that became illegal on Jan. 1, 2010.

In 2012, American swimmer Michael Phelps won the 200-metre individual medley at the London Games and became the first male swimmer to win the same individual event at three straight Olym-pics. (He accomplished the same feat in the 100 m butterfly the next day. In 2016, he won the 200-metre individual medley at the Rio Games and settled for silver in the 100 m butterfly.)

In 2015, world No.1-ranked Inbee Park won the Women's British Open, capturing her seventh ma-jor title and becoming just the seventh female player to complete the career grand slam.

In 2017, the Dow Jones Industrial Average closed above 22,000 for the first time.

In 2018, a 60-year-old German tourist was shot in the head while driving with his family on a highway near Morley in southwestern Alberta.

In 2018, two paramedics accused of failing to properly care for a 19-year-old Good Samaritan in Hamilton, Ont., were charged with failure to provide the necessities of life to Yosif Al-Hasnawi. He died after being shot on Dec. 2, 2017 when he tried to help an older man who was being ac-costed outside his mosque.

In 2018, Apple became the world's first company to be valued at US$1 trillion, the financial fruit of technology that had redefined society since the company was founded 42 years earlier. By the end of November, its value had fallen back to US$845 billion.

In 2020, veteran actor Wilford Brimley died at the age of 85. His manager said he'd been on dialy-sis and had several medical ailments.

In 2021, point guard Kyle Lowry signed with the Miami Heat, ending his time with the Toronto Raptors. Lowry spent nine seasons with the Raptors and posted confirmation of the news, which had been widely rumoured in the lead-up to the NBA free agency period, on social media.

In 2021, Britain opened its borders to fully vaccinated travellers from the U.S. and the European Union. Travel industry leaders were urging Britain's Tory government to further ease restrictions.

In 2021, Poland granted a visa to a Belarusian Olympic sprinter who said she feared for her safety and that her team's officials tried to force her to fly home. In Belarus, the autocratic government had been accused of diverting a flight to arrest a dissident journalist. A Polish Foreign Ministry official said runner Krystsina Tsimanouskaya received a humanitarian visa from the Polish Embassy in Tokyo.

(The Canadian Press)

Death



NORWOOD, Rodney 1949-2022

At the Brome-Missisquoi-Perkins Hospital, unexpectedly after a short illness on July 15th, 2022, at the age of 73, passed away Mr. Rodney Norwood residing in Knowlton, formerly from Montreal.

He leaves to mourn his sister Diane, his nephews Ashley McCutcheon (Morgan) and Evan Wright (Stephanie), his great nieces, great nephew and other family and friends.

The family wishes to thank the staff of the Excelsoins in Knowlton for the good care given, they also like to thank the nursing staff of 2nd floor medical, BMP, for their care and compassion.Cremation was held in Granby at Les Jardins Funéraires Bessette Crematorium.

A celebration of life to be held at a later date.In lieu of flowers please make a donation to an animal charity of your choice.

We invite you to share memories and messages to the family through our website: www.famillebessette.com.

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Death



Flanagan Susan 1951-2022

At the Brome-Missisquoi-Perkins Hospital in Cowansville, in July 23rd, 2022, at the age of 71, passed away Ms. Susan Flanagan. She was the daughter of the late Reginald Flanagan and Beatrice Champeau.

She was the sister of the late Kenneth (Betty), Richard (Penny), Lawrence (Sue), Patrick (Sabine). She also leaves to mourn her nephews and nieces, other family, and friends.

The family wishes to thank the staff of the BMP Hospital for the good care given.

Cremation was held in Granby at Les Jardins Funéraires Bessette Crematorium.

The interment will be held at the Knowlton Cemetery at a later date.

In lieu of flowers, donations to the BMP Hospital would be appreciated at this address: https://fondationbmp.ca/.

We invite you to share memories and messages to the family through our website: www.famillebessette.com.

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