

A \$350k investment in local cheese production

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THE RECORD

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Information and advice inside.

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MONDAY, JUNE 29, 2020

New guidelines for bringing caregivers and visitors to the hospital

Record Staff

The Ministère de la Santé et des Services sociaux du Québec has laid out new directives regarding the arrival of caregivers, companions and visitors to a hospital centre.

Visitors are now allowed to visit patients in all hospital sectors.

General conditions

Among the terms and conditions, the following persons will not be allowed to visit a relative:

- a person who has been diagnosed with COVID-19 within the last 28 days;

- a person whose recovery has not been confirmed;

- a person with symptoms consistent with COVID-19;

- a person suspected of being infected or awaiting a result (in isolation).

Hospital and centre visiting hours still apply and must be followed.

Only one person at a time is allowed, to a maximum of four people during a 24-hour period. Those guidelines may, however, be modified for compassionate reasons, for example, if a patient is at the end of life or if it is an emergency.

CONT'D ON PAGE 3

New partnership between Sûreté du Québec and Memphrémagog police



COURTESY SQ

Left to right: Captain Patrice St-Martin, director of the centre de services MRC Dunham, Sergeant Mathieu Bourdeau from the Régie de Police Memphrémagog, Chief Inspector Patrick Bélanger, director of the SQ South District, Inspector Charles Renaud, Commander of the SQ for the Estrie Region and Centre-du-Québec, Guy Roy, Director of the Régie de Police Memphrémagog.

Record Staff

The Sûreté du Québec (SQ) and the Régie de police de Memphrémagog (RPM) signed a new agreement regarding police presence on Lake Memphrémagog last week.

As a part of the agreement, Guy Roy, director of the RPM, and chief inspector Patrick Bélanger of the SQ's Southern District inaugurated a boat, belonging to the RPM, now identified with the logos of the two police services. This central cabin boat, which is about 6 meters (21 feet) long and powered by a 200 horsepower engine, will be used on a timeshare basis by the nautical patrol

units of the RPM and the SQ to ensure an increased police presence on Lake Memphremagog. This will also allow the police to be present on two different bodies of water in the Memphremagog MRC at the same time.

According to Roy, the partnership agreement with the Sûreté du Québec will allow the two organizations to provide greater protection for both users and residents of Lake Memphremagog. Similarly the pooling of equipment and expertise should be an integral part of the new reality of police organizations, for the benefit of the population.

For his part, Chief Inspector Bélanger made a point of emphasizing

that the SQ is proud of the ratification of this agreement with the RPM which constitutes a first in Quebec in this model. Lake Memphremagog being a major body of water in Quebec as well as a transborder waterway, it was important to have a common police service to ensure the best sense of security for the population.

It should also be noted that the agreement concerning the sharing of this boat will increase the effectiveness of interventions in the event of requests for assistance in matters of nautical rescue on Lake Memphremagog.

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Weather



TODAY:
SHOWERS

HIGH OF 20
LOW OF 15



TUESDAY:
SHOWERS

HIGH OF 21
LOW OF 15



WEDNESDAY:
60% CHANCE OF
SHOWERS

HIGH OF 23
LOW OF 15



THURSDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 27
LOW OF 17



FRIDAY:
60% CHANCE OF
SHOWERS

HIGH OF 26
LOW OF 11

Missisquoi North Volunteer Centre Nutri Sante Committee



THE SCOOP MABLE HASTINGS

The Missisquoi North Volunteer Centre (CABMN) has been offering weekly youth programs in the Potton and surrounding area for over 30 years now. The recent pandemic has certainly taken its toll on programs like these and so many others offered to a diverse clientele base through the organization. One committee of the CABMN that might not be identified initially for “youth” related work, the Nutri Sante committee continues to spread its message in the community.

The Nutri Sante committee of the CABMN has long offered in school workshops and information sessions on healthy eating for children and their families. The group of enthusiastic volunteers often chooses their workshop recipes based on the health produce available during any given season. Introducing children to various fruits, vegetables and healthy substitutes for recipes and encouraging the students to prepare these tasty treats and home for family and friends is a focus of the group.

During the pandemic since they could not see the children nor offer one of their inspirational workshops the group decided to contribute healthy personal favourite recipes to be combined into a small handout cookbook for the children. These booklets were printed on colourful paper and as soon as the school re-opened they were delivered to be distributed as a message to the children that the committee thinks of them often and continues to offer its support in healthy choices to ensure their well-being.

A week or two later, bananas were delivered to the school with the message that, “we are bananas for our youth!” Another message to the students that they are on the minds of all who wish



Some of the members of the CABMN Nutri Sante committee sporting their new aprons.

they could return to the old “normal.” Last week the Nutri-Sante committee met in the park located in the center of Mansenville to receive special aprons made for the committee by the CABMN in recognition of the group’s efforts. In a physical distanced meeting some members of the committee met for a long awaited visit after not seeing one and other for months!!

“It’s hard after all of the seclusion to see these people and not be able to give them a hug knowing we must maintain a distance,” said volunteer committee member, Monique Hebert.

Unfortunately two members of the committee were not available for the quick gathering in the park but will receive their aprons soon. The group is hoping to plan another gathering soon just to sit and catch up while maybe getting in an idea or two for future workshops with the children.

Other areas of the CABMN are also finding ways to let the youth know they are being thought of and missed. This week, Sarah Jersey and Ethan Ball (part of the youth services coordination team at the CABMN youth centre) will be delivering summer themed “thinking of you” kits prepared by Jersey and her daughters (Kendra and Ava).

“We miss the kids from our groups so much,” shared Jersey. “We want them to know that we are hoping all of our programs will be up and running (while respecting the Government directives) by this fall and we will be there

for them,” she added. “These packages are just a reminder.”

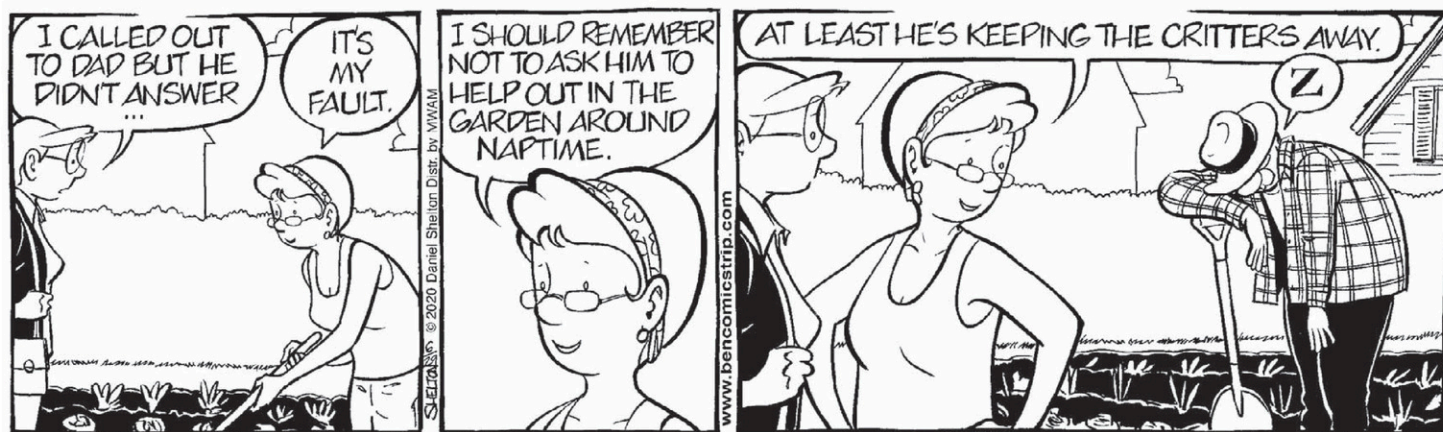
For more information about the Nutri Sante or Youth Programs of the CABMN visit www.cabmn.org



PHOTO: COURTESY

One of the assembly lines as Sarah Jersey prepares summer themed hand outs for the youth in CABMN programs to be delivered by YC staff to each home.

Ben by Daniel Shelton



Local News

The project is expected to increase the use of Canadian cow, goat and sheep milk, increase cheese and yogurt production, reduce production costs, while maintaining jobs in the community.

A successful opening night for “VROOM!”

By Gordon Lambie

Despite the threat of rain, the producer of the Cine-parc Orford's new light show and short film festival “VROOM!” said that last Friday's opening night went even better than he'd imagined.

“It went really well,” said Moment Factory's Daniel Jean, “We had more cars than expected.”

Planned, designed and assembled in only eight weeks, “VROOM!” combines the whimsy and magic that has become the signature of the Montreal-based multimedia company behind Foresta Lumina with the drive-in movie experience offered by the Orford theatre.

Using complex lighting systems, bilingual audio tracks, smoke machines, distinctive décor and a small group of actors, the show ushered roughly 150 vehicles' worth of viewers through a magical forest path to a showing of several short films by the National Film Board of Canada.

“People really got into the adventure,” Jean said, noting that although visitors were encouraged to dress themselves and their vehicles up for the evening, he was struck by the number of families that took the opportunity to do so. “It was a perfect evening.”

The drive-in has currently planned

for nightly screenings until July 12, and Jean said that after a slow start, publicity around the opening night saw a significant increase in ticket sales for the weeks to come.

nificant increase in ticket sales for the weeks to come.



A \$350k investment in local cheese production

Record Staff

Last week Marie-Claude Bibeau, Minister of Agriculture and Agri-Food, announced an investment of \$353,432 under the Dairy Processing Investment Fund (DPIF) to La Fromagerie Nouvelle France, a local cheese

processor in Racine, Québec. The announcement follows a celebration of the business' ten year anniversary.

“I am very grateful to Agriculture and Agri-Food Canada for recognizing the potential of our team over the past 10 years,” said Marie-Chantal Houde, cheesemaker and co-owner of Fromage-

rie Nouvelle France. “The “Buy Local” concept is also part of the commitment of our government to small artisans like us. Sheep milk production represents a significant and growing niche. It is our identity and our artisanal know-how that shines throughout the country.”

The new funding will allow Fromagerie Nouvelle France to transfer its processing operations of sheep, goat and cow milk from a rental property into their own facility. The funding will also enable them to purchase and install new cheese and yogurt manufacturing equipment, including a controlled ripening chamber, pasteurization tank, automated manufacturing tank and cheese press.

“The construction of a new cheese factory here in Racine is excellent news for the region,” Bibeau said. “This means more opportunities for our dairy producers and more of your excellent cheeses for consumers from near and far. I am proud that our government has contributed to this initia-

tive, because it is exactly what we want for our regions. I would like to congratulate the whole Fromagerie Nouvelle France team for 10 years of growth and wish you many more decades of innovation and discoveries.”

The project is expected to increase the use of Canadian cow, goat and sheep milk, increase cheese and yogurt production, reduce production costs, while maintaining jobs in the community.

La Fromagerie Nouvelle France was founded in 2010. It specializes in the production of fine cheeses and yogurts from sheep's milk and cow's milk.

DPIF was designed to help the sector increase productivity and competitiveness, and help them prepare for market changes resulting from the Canada - European Union Comprehensive Economic and Trade Agreement (CETA). Valued at \$100 million, it is designed to help dairy processors modernize their operations, improving productivity and competitiveness.



COURTESY

Fighting food insecurity one cheese at a time

Record Staff

Last week Lactalis Canada delivered a full truckload of P'tit Québec cheese and a donation of \$60,000 to Québec Food Banks.

Banques alimentaires du Québec (BAQ) received 8,320 packages of P'tit Québec (2,300 kgs of cheese) which have a market value of \$60,000.

Lactalis Canada has been working with food banks across the province since the beginning of the pandemic. True to its commitment of feeding the

nation, Lactalis Canada and the 3,500 dedicated employees of its 17 factories and administrative offices have already donated many healthy and nutritious dairy products to these organizations to help the most vulnerable.

According to Julie Marchand, General Manager of Banques alimentaires du Québec,

COVID-19 increased the need for food aid by 30 to 40 per cent depending on the region.

PHOTO CREDIT: COURTESY



New guidelines

CONT'D FROM PAGE 1

Sector-specific conditions

For emergency rooms, only one attendant per patient is allowed, unless the presence of other people is required for medical reasons or for the announcement of difficult news. Visi-

tors may be temporarily banned in case of heavy traffic.

On the oncology side, the presence of accompanying persons is limited to cases that require it, for example, for patients who need special support, such as people with cognitive impairment or hospitalized children. In the

case of bone marrow transplantation and cell therapy, no one is admitted unless necessary and subject to a triage or testing procedure applicable to the unit.

In obstetrics, all reasonable measures must be put in place to facilitate the presence of an accompanying per-

son at the time of delivery. In neonatology and paediatrics, the presence of parents is encouraged, always in accordance with established infection control measures.

Robert Davidson (1846-1913): A Scottish immigrant as Police and Fire Chief in Sherbrooke

By Jean-Marie Dubois (Université de Sherbrooke) and Gérard Côté (Lennoxville-Ascot Historical and Museum Society)

1846. He was the second of four sons of Isabella Greig (ca 1812-1873) and James Davidson, a janitor (ca 1815-1879). The family had immigrated to Canada in 1864 and settled on a farm in Waterville. Robert began to work as a clerk in the market that was at the time located on the ground floor of the old Sherbrooke City Hall which, from 1859 to 1902, stood where the City Hall is today. In 1868, Robert married Charlotte Logan (1848-1906), also from Scotland, in the Sherbrooke Congregational Church (now Plymouth-Trinity). They had six children: Isabella Grace (1869-?), Robert Andrew McKay (1871-1872), William Stewart (1873-1926), Robert Greig (1875-1948), who from 1935 to 1943 was the member of Parliament for Stanstead, James George McIntosh (1879-?) and Florence Charlotte (1887-1963).

From 1869 to 1879, Robert was a volunteer firefighter and from 1871, secretary-treasurer of the Sherbrooke Fire Brigade, which, in 1875, became the Sherbrooke Fire Department. In 1879, he was appointed Chief following the resignation of Samuel J. Foss (after whom Sherbrooke's Foss Street is named). In 1882, under Mayor James Wiggett, the City set up the Police and Fire Department by merging the Sherbrooke Fire Department, the police force that had been in place since

1873, the street lighting and hygiene services, as well as the committee for the poor! Robert Davidson was named Director of this amalgamated service as he was in part the instigator of the move. He continued in this capacity until his death. He lived with his family in a dwelling in Fire Station No. 1 on Market Street (Marquette Street since 1904). His annual salary in 1883, was 1 200 \$. It was under his leadership, that the use of helmets was introduced in 1884 and about 1897, a system of alarm boxes was set up in the town. Three other fire stations were also built: one (No. 2) in 1884 on London Street where the de l'Ancienne-Caserne Park was created in 2001. The No. 3 Station was transformed in 1902 from a previous building near the old Lansdowne Market on King Street West where a branch of the SAQ is now located. And finally a third one (No. 4 Station) was established in 1911 at the corner of Papineau and King East Streets. From around 1875 to 1881, Chief Davidson

was a member and then secretary of the Protestant School Board. He died in Sherbrooke on April 27, 1913 following a holiday to improve his health in his home county of Scotland. He is buried with his wife and his parents in Elmwood Cemetery. He had served as a firefighter for 45 years, 34 of them as Police and Fire Chief. Alfred Boudreau took over from him for a few months before Joseph-Eusèbe Hébert became Chief of the Fire Department.

In 2014-2015, the City of Sherbrooke built a new fire station on Plateau Saint-Joseph, at a cost of 3.8 million \$. It replaced the Bromptonville fire station as well as one other, Fire Station No. 2, built in 1963 on Prospect Street, which had been renamed in 1992, after Robert Davidson.

Robert Davidson was born at Laurencekirk, Scotland, on May 10,



Bessette, Gérard (1987) Histoire judiciaire du district de Saint-François. Sherbrooke, p. 301



Photo of Fire Station No. 1 (1877-1925) at that time situated in the parking lot of the Séminaire de Sherbrooke (post card, collection of Jean-Louis Beaudoin, Sherbrooke)

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Danville drug lab dismantled

Record Staff

The Drummondville Organized Crime Investigation and Coordination Team (DOCT) is currently in the process of dismantling a methamphetamine production laboratory located in Danville.

This operation follows four arrests made on June 26 in Montreal, Terrebonne and Danville. The dismantling of the synthetic drug production laboratory is one of six locations searched by police officers as part of this investi-

gation, which began in the fall of 2019. The arrested suspects appeared by telephone Friday and remain in custody. They are expected to appear Monday at the Drummondville courthouse to face various drug charges.

This operation included some 50 police officers from the Organized Crime Investigation and Coordination Division, the Regional Mixed Forces Squads, the Major Crime Investigation Division, the MRC Investigation Division, the Service de police de la Ville de Montréal, the Service de police de

Terrebonne, the MRC des Sources and Pierre-De Saurel of the Sûreté du Québec.

Upon entering the site, the officers found that the laboratory was operational.

On-site specialists were still working Sunday to dismantle the facilities with special safety measures required by a lab of this type.

The dismantling operation could take several days.

To date, officers have seized over \$90,000 in Canadian currency, several

firearms, several kilograms of methamphetamines and one kilogram of cocaine.

A more complete review will follow in the coming days, as the operation is still ongoing.

The Sûreté du Québec would like to remind the population that any information related to drug trafficking or production can be communicated at any time, in a confidential manner, to the Sûreté du Québec's Central Criminal Information Unit at 1 800 659-4264.

Sprinklers and outdoor fires now permitted in Magog

Record Staff

The City of Magog is informing the population that it is putting an end to the ban on the outdoor use of drinking water decreed on June 23. Fireworks and outdoor fires made in a screened receptacle are also permitted again.

The cooler weather combined with recent precipitation has reduced the pressure on the municipal water system caused by increased use of drinking water and the risk of fire because of drought is now lower.

However, the Town would like to remind the public that municipal bylaws still apply to sprinklers and backyard fires and pointed out that the population should restrict their consumption of drinking water during prolonged periods of heat and drought.

Water bylaws

The use of drinking water for watering is permitted from May 1 to September 1, from 8 p.m. to midnight on Tues-

days, Thursdays and Saturdays.

Exceptionally, an owner who is installing a new lawn may, after obtaining a permit issued by the municipal inspector, water between 7 p.m. and 10 p.m. every evening for 15 consecutive days after the start of seeding or sodding work.

Complete filling of pools is permitted every day between midnight and 6 a.m.

For more details, consult the City of Magog's website.

Bylaws on outdoor fires and fireworks

Exterior fires are permitted only when the SOPFEU index is between low and moderate levels and when winds are less than 20 km/h. To find out the fire index, visit the SOPFEU website at www.sopfeu.qc.ca.

In addition, certain regulations apply:

All exterior fires must be set in a screened appliance equipped with a

spark arrester, installed 3 metres from a lot line and 6 metres from a building and its annexes.

Natural, unpainted and untreated wood is the only fuel permitted. It is prohibited to burn brush, leaves and other plant matter.

The fire must be monitored at all times and water or a way to put out the

fire must be available nearby.

The use of fireworks requires a permit from the fire department.

For more details on the regulations concerning outdoor fires and regulatory devices, consult the explanatory sheet on the City of Magog's website.

Bridge work coming up in Richmond

Record Staff

Richmond's MacKenzie Bridge will be closed in both directions for maintenance work during the daytime next week. From Monday, July 6 until Thursday, July 9, the bridge will be completely closed between 7 a.m. and 5 p.m.

During the closure, drivers head-

ing toward Richmond from the Melbourne side of the river will be detoured over the other bridge via Melbourne Avenue, route 143, route 116, and route 243/ Those heading towards the Melbourne side of the river can take Principale to Fair or Gouin streets, then follow the same route in the inverse.



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EDITORIAL

The humble cabbage does at least earn historical bonus points for having been brought to Canada by explorer Jacques Cartier in 1541.

Pucker up and embrace rhubarb as Canada's national vegetable



PETER BLACK

A couple of years ago this space made the case for the “versatile, nutritious, abundant, delicious wild blueberry” as Canada’s national fruit. “It’s grown from coast to coast, a leading export product, and a staple for all manner of wildlife - indeed beavers have been known to snack on the berries.”

Crickets lurking in the patches greeted that call to action. As a consequence, this campaign was ... fruitless.

Undaunted, we now take up the cause of the national vegetable, it being the peak of the growing season, with root, stem, leafy, flower, fruit and seed veggies galore piling up in markets, groceries and roadside stands across the land.

Let’s start with the same criteria for determining the prospective national fruit, namely the candidate must be native to Canada, meaning pre-European contact, and must be found in most parts of the country. The list of vegetables meeting that test, alas, is a boringly short one. According to botanical research and anecdotal history based on the diet of Indigenous people, we’ve got the “three sisters” - and that’s about it.

Corn, climbing beans and squash. Hardy, versatile, nutritious and ... well, without butter they’re awfully bland. As useful as they are, the sisters are doomed to be wallflowers at the grand

vegetable ball. So, with due respect to the legumes that fed our predecessors in Canada for eons, we need a slightly more glamorous contestant.

From time to time, a movement arises advancing a certain vegetable for national edible icon status. A Facebook petition has been out there for a few years “to declare the fiddlehead the national vegetable of Canada.” There’s not much by way of argumentation for the infantile fern save, “In Canada, the fiddlehead occurs in parts of all provinces and territories.” (Again, without butter ...)

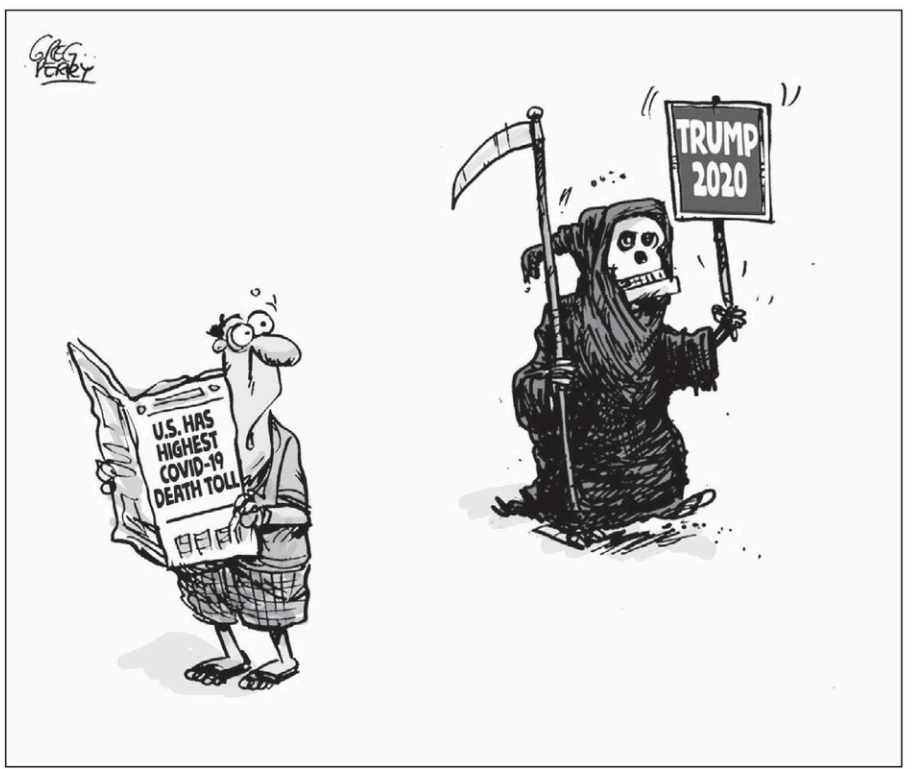
A more feisty championing of a patriotic plant appeared in the Globe & Mail a few years ago, in response to the kale craze at the time. In the piece titled “Beyond the kale: Why cabbage should be our new national vegetable,” food writer Sarah Elton declares, “This vegetable represents the essence of our country; it connects us to our past, but also speaks to our future food culture.” Plus who doesn’t like coleslaw, cabbage rolls and sauerkraut?

The humble cabbage does at least earn historical bonus points for having been brought to Canada by explorer Jacques Cartier in 1541. While the French attempt at a colony at that time did not take root, the cabbage certainly did.

Still. The cabbage as the symbol of Canada’s vegetable glory? The idea has a certain unpleasant whiff to it.

Well, then, what about rhubarb? What’s that you say? Rhubarb a vegetable? Preposterous! Though, like fruit, it almost always ends up in some dessert, with a generous helping of sugar, rhubarb is botanically speaking, a vegetable, in the family of buckwheat, which is not actually a grain, but a plant whose seeds can be turned into flour.

Rhubarb, like the lowly cabbage, is an import, although with a much more exotic history. It arrived in Canada in the 1700s, with whom and when exactly is not known, although George



Washington apparently had planted a patch in 1788, cultivated, no doubt, by his slaves.

The initial popularity of rhubarb is due to man’s undying quest for regularity. Rhubarb’s medicinal powers, especially its capacity to relieve constipation without causing painful cramps, made the plant a highly prized commodity.

It even sparked a Holy Grail-like search for the source of the “True Rhubarb,” the one whose powder had the most effective and gentle impact in purging the pipes, as it were. In the style of the mountain-top quest for universal truth, the “True Rhubarb” was traced to the Himalayas.

Since then, rhubarb has been less sought out for its laxative effect than as a healthy and incredibly versatile vegetable (!) to be turned into an infinite number of delicious desserts, and, we might add, a mixed drink - the rhubarb sour, which, of course, rhubarb is.

In its simplest form, it’s a very Canadian snack. I recall as a kid, my mother chopping a stalk from the patch behind the garage, and me sticking the end into a bowl of sugar for that unique, puckering taste of sweet and sour.

Rhubarb as Canada’s national vegetable? Don’t want to provoke a rhubarb, but such an idea would not make us the laughing stalk of the vegetable world.

Letters

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So close and yet so far:

Border closure means new challenges for international couples

By Gordon Lambie

Lydia Pouliot has not seen her boyfriend Jon Higgins in 103 days. Even though he lives less than five kilometres away. Although the couple and their children had been happily living together for months prior to March 21st of this year, they are now facing a challenging separation because of what lies between their two homes: the Canada/US border.

"Neither of us is sleeping well, and we're worried all the time with everything that is going on," Pouliot said, explaining that the closure of the border forced them to face a challenge unlike anything they have faced before.

Border crossings for the purposes of reuniting immediate family has technically been possible since June 12, and the Mansonville resident said that she's received assurances that the local crossing would allow for it in her case despite the fact that she and Higgins aren't married. With each working on their respective side of the border, however, she argued that the reality of the situation doesn't actually make it possible.

"Who has four consecutive weeks of vacation time?" she asked, pointing out that a two-week quarantine on either side of the 4.1 km gap stretches out even the shortest face-to-face meeting to a completely unreasonable span of time.

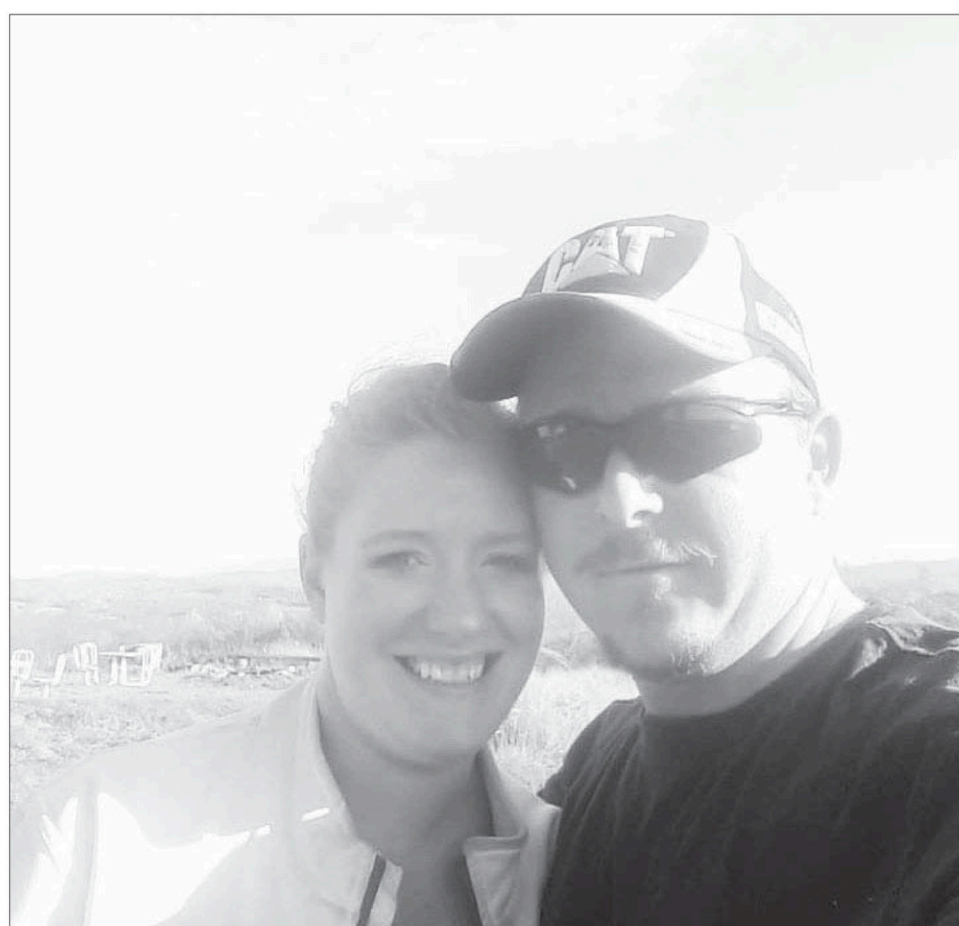
Pouliot said that she and her boyfriend have been writing to officials across a range of levels on both sides of the border to very little effect.

"We feel ignored," she said, explaining that the only response she received from the office of Brome-Missisquoi MP Lyne Bessette called their problem "isolated" and said that it was not an issue that would be addressed.

Pouliot said that although people facing this kind of separation are likely concentrated in border communities, she does not believe that she and Higgins alone in their separation. She made reference to people being turned away by border patrol for trying to talk to each other "over the line," and mentioned a few other long-term relationships in the area that have been cut off from each other by the border closure.

Worse than the stress of the current separation combined with an increased workload at their respective jobs (she at the local pharmacy, him a mechanic for a waste management company), is the fact that there is no sense of when the border will reopen. With the closure having already been extended three times since the original announcement in March, the Mansonville resident said that she fully expects it to be extended through the summer.

"And I will eat my socks if they don't extend it again in September," she added, expressing concern that the decision has become more one of political



posturing than public health.

"We're a couple. We love each other. We need a connection," Pouliot said. Although the couple has made an effort to stay in touch via videoconference and telephone, the internet services in

Mansonville and North Troy are quite poor, adding insult to injury.

"(Normally) I can drive there faster than I can to Owl's Head," she said, comparing the separation to not being able to drive around the block.

Protesters denounce changes to Quebec experience program, call on government to act

By Roxanne Ocampo
THE CANADIAN PRESS

Demonstrators denounced proposed changes to a Quebec immigration program that fast-tracks foreign students and workers, describing the reforms during several protests Saturday as a dehumanizing vision of immigration policy.

The changes to the Quebec experience program are expected to come into effect soon and demonstrators holding signs that read "A promise is a promise" and "Quebec is us too" called on the province's new Immigration Minister Nadine Girault to act.

The experience program permits foreign students and workers already established in the province to quickly obtain a Quebec selection certificate to gain permanent residency.

A new version of the program was introduced in May, following an ill-fated attempt to reform it last November that forced the provincial government to backtrack and apologize.

The new rules require international students to acquire two years of full-time work experience, in addition to obtaining their diploma. For foreign workers, this requirement is increased from one to three years and less skilled

workers don't qualify.

That was heartbreaking for news for Carla Trigoso, a McGill University sociology student from Peru whose family went into debt to pay the \$80,000 needed to complete her bachelor's degree.

After four years of living in Quebec and her degree no longer enough, Trigoso now fears that her chances of finding work in the midst of a COVID-19 pandemic will be slim, not to mention that many jobs require permanent residence.

"We're not just file numbers and permits," she said, calling on Girault to show compassion.

Quebec Liberal Kathleen Weil believes the program she presented as immigration minister under a previous Liberal government, was "the envy of many jurisdictions."

"We had created this rapid immigration route because we wanted to retain these talents," she said, alongside several Liberal colleagues. "We are competing with the world to attract them."

Weil said she's torn up inside about changes being made.

"It is not a reform, reform is a progressive concept," Weil said. "We are regressing with this reform, we are not looking at human beings with all their

potential."

Quebec solidaire co-spokesperson Gabriel Nadeau-Dubois described the changes as a "solution to a problem that does not exist" and simply a way for the Legault government to fulfil its electoral promise to reduce immigration.

"It is the program that makes it easier to successfully integrate, in particular because it allows people who are already in Quebec to stay there," Nadeau-Dubois said. "But from the moment the CAQ begins to obsess over this number, they are forced to close as many doors as possible."

Quebec solidaire denounced in particular the exclusion of less qualified workers — often in essential services that were key jobs in recent months as things shut down during the pandemic.

"The truckers brought the goods that fed Quebec during the pandemic, but with the new reform, these people will never be able to aspire to stay in the country permanently," said Andres Fontecilla, the left-leaning party's immigration critic.

This was the case of Donalee Martinez, a trucker of Filipino origin who has travelled long distances for more than two years in the hope of being

able to benefit from the program.

"Good enough to work, good enough to stay," he told a downtown Montreal gathering.

Similar demonstrations were held in Sherbrooke, Quebec City and Rouyn-Noranda — an initiative of labour unions, student associations and migrants' rights groups.

Last November, the Legault government was forced to backtrack after a reform proposed by former immigration minister Simon Jolin-Barrette would have seen hundreds of temporary workers and foreign students sent back to their countries due to a retroactive tightening of the program rules.

They were also to include specific university and technical junior college programs in industries the government said were facing labour shortages.

The government has since dropped that limited list.

Girault, who is also international relations minister, added the immigration portfolio on Monday following a surprise cabinet shuffle.

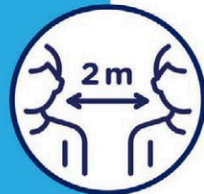
An official in her office said it will take her some time to get up to speed on the reforms, expected to take effect imminently.

Enjoy summer, but continue to protect yourself!

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

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

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



Exploring/rediscovering Québec

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

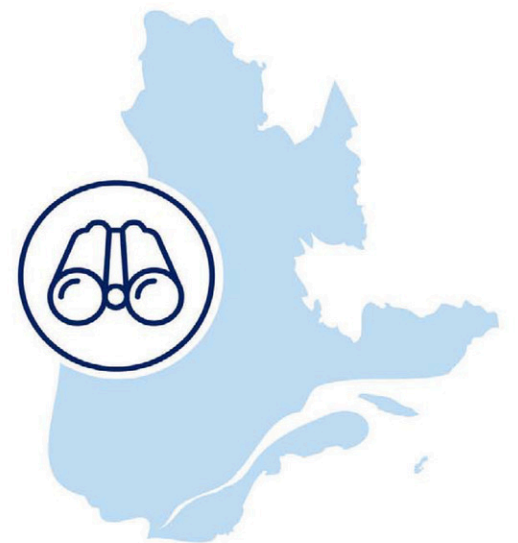
Check BonjourQuebec.com to learn about the attractions you can discover in the regions of the province and take advantage of 25% off package pricing for overnight getaways when you use Explore Québec on the road.

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

Finding lodging

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

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





What's available this summer?

Enjoy the bounty of nature

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

Enjoy summer with your family

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

If your desire is to take a one-day cruise ship excursion, you will be able to do this as of July 1, 2020.

Are you a "culture vulture?"

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

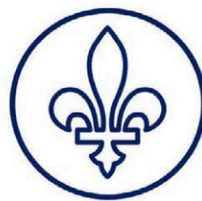
Enjoying the water

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

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

Staying active outdoors and indoors

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



Savouring local products

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

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



Spending time with friends and family

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

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



Enjoy summer!

Being watchful will help the good times stay safe.

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

Quebec.ca/coronavirus

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Québec 

Local Sports

"When I came in in preseason I knew I had the chance to take the spot, and I went for it," Diop said. "I stayed focused and now I'm going to stay focused to get more game time."

Diop gears up for MLS is Back Tournament

By Michael Boriero - Local Journalism Initiative Reporter

Montreal Impact goalkeeper Clément Diop is primed to play a crucial role for his squad at the upcoming Major League Soccer (MLS) is Back Tournament held in the Walt Disney World Resort in Bay Lake, Florida, from July 8 to August 11.

The 26-year-old Parisian-born footballer made only two league appearances last season with the Impact. However, he did play in four Canadian Championship matches, and he was starting to gain trust from management.

"I think I changed a lot as a person and as a footballer, I think I'm much more professional than I was in the past when I was in L.A.," Diop said during a video conference Friday. "I'm working way harder and I'm trying to be much more focused than I used to be."

It hasn't been an easy road for the Senegalese international, playing his first two seasons in the MLS with the L.A. Galaxy. He made 15 appearances in 2017, but the Galaxy were undergoing a tumultuous period.

L.A. finished dead last that season with an 8-18-8 record and the second most goals against with 67. Diop was picked up by Montreal at the MLS Waiv-

er Draft in the following season. They re-signed him at the end of the 2018 season.

Diop admits that he was never a very patient person throughout his career, but it's something that he picked up with age. Spending his first season with the Impact on the bench was a difficult pill to swallow, but it taught him a lot, he explained.

It's a situation he doesn't want to relive again anytime soon. He hopes that with his continued work ethic he can acquire more confidence from the coaching staff and more starts at the MLS tournament.

"When I came in in preseason I knew I had the chance to take the spot, and I went for it," Diop said. "I stayed focused and now I'm going to stay focused to get more game time."

When asked about legendary head coach Thierry Henry, who is also born and raised in Paris, the 26-year-old had nothing but positive feedback. According to Diop, he is teaching the team how to attack and play with the ball.

"Everybody knows what they have to do," he said. "We work hard and you can only learn from a legend like him because everybody knows who he is, and everybody knows what he has done and what he has won."



Vancouver Whitecaps' Kei Kamara, front left, scores on a penalty kick against Montreal Impact goalkeeper Clement Diop during second half semifinal Canadian Championship soccer action in Vancouver on Wednesday July 25, 2018. THE CANADIAN PRESS/Darryl Dyck

Memphremagog MRC publishes a new bike map

Record Staff

The Memphremagog MRC has announced the publication of the 2020-2021 edition of the cycling network map of the territory. This project was carried out in collaboration with Tourisme Memphremagog.

For the new edition, the circuits have been revised to offer cyclists even safer routes that minimize exposure to motorized traffic.

According to Jacques Demers, MRC Prefect and Mayor of the Municipality of Sainte-Catherine-de-Hatley, given the current situation, the population will want to turn to activities to do close to home and cycling will certainly be favoured by many. "We hope that this map will allow cycling enthusiasts, citizens and visitors alike, to discover the cycling network in the Memphremagog region," Demers said in a press release. "The map now proposes six road circuits, with different levels of difficulty, to provide challenges for all types of cyclists," added Demers.

The six circuits total nearly 320 km and will certainly make the happiness of the amateurs:

- Along the water (60 km - Ayer's Cliff, Township of Stanstead, Ogden, Stanstead, Stanstead East)
- Entre deux rives (46 km) - Tour of Lake Massawippi (66 km) (Ayer's Cliff, Hatley, North Hatley, Sainte-Catherine-de-Hatley)
- Magog-Orford (33 km)
- Tour des Bolton (31 km - Saint-Éti-

enne-de-Bolton, West Bolton, Centre Bolton)

- The Pilgrim's Route (52 km - Mansonville, Saint-Benoît-du-Lac, Austin, Bolton-Centre)
- Tour du Lac d'Argent (5.5 km) - Tour du Lac Stukely (25 km) (Eastman)

The bicycle map also shows the 80 km of bicycle paths in the territory, spread over three networks. Each of these trails offers landscapes and natural environments to discover:

- La Montagnarde (Magog, Orford, Parc national du Mont Orford, Eastman, Stukely-Sud)
- Tomifobia Nature Trail (Ayer's Cliff, Stanstead East, Ogden, Stanstead)
- The Grandes-Fourches Bikeway (Massawippi and Summit routes) (Hatley Township, North Hatley)

Cycling is a flagship sport for the Memphremagog region, explained Noémie Poirier, general manager of Tourisme Memphremagog, "both for tourists and local residents," she said. "Cycling is growing in popularity and we are proud to offer new quality circuits that will allow us to stand out and be appreciated by everyone. Niche sports are also becoming popular, such as mountain biking and gravel road tours, which we are very pleased to find on our territory," Poirier added.

The bike map is available at municipal offices, bike shops, campgrounds and lodging in the region, as well as in the displays of certain businesses. It is also available at the Memphremagog tourist information office (2911 Mil-

letta Road, Magog (A-10, exit 115)) and at tourist information offices. It can also be ordered free of charge on the Tourisme Memphremagog website at <https://tourisme-memphremagog.com/contact/>. It is also available in digital version at www.mrcmemphremagog.com/velo.

In order to promote cohabitation between cyclists and motorists, the MRC

will continue the awareness campaign carried out over the last few summer seasons. The capsules "Le coach des routes", whose objective is to make cyclists and motorists aware of how to share the region's roads in a harmonious manner, as well as various safety tips, will be broadcast over the summer on social networks.



METRO CREATIVE

Datebook

MONDAY, JUNE 29, 2020

Today is the 181st day of 2020 and the 10th day of summer.

TODAY'S HISTORY: In 1956, President Dwight D. Eisenhower signed into law the Federal-Aid Highway Act, creating the interstate system.

In 1972, in *Furman v. Georgia*, the Supreme Court ruled that the death penalty as it was then applied in the United States was unconstitutional "cruel and unusual punishment."

In 1974, Isabel Peron was sworn in as Argentina's president, becoming the Western Hemisphere's first female head of government.

In 1995, the space shuttle Atlantis docked with the Russian Mir station in orbit for the first time.

In 2007, Apple Inc. released the first iPhone.

TODAY'S BIRTHDAYS: Harry Frazee (1881-1929), producer/Red Sox owner; Alan Blumlein (1903-1942), engineer; Leroy Anderson (1908-1975), composer; Slim Pickens (1919-1983), actor; Harmon Killebrew (1936-2011), baseball player; Gary Busey (1944-), actor; Richard Lewis (1947-), actor/comedian;

Dan Dierdorf (1949-), football player/sportscaster; Michael Nutter (1957-), politician; Matthew Weiner (1965-), TV writer/producer; Bret McKenzie (1976-), comedian/musician; Kawhi Leonard (1991-), basketball player.

TODAY'S FACT: The United States executed 22 convicts in 2019; nine were executed by the state of Texas.

TODAY'S SPORTS: In 2004, Arizona Diamondbacks pitcher Randy Johnson became the fourth pitcher in Major League Baseball with 4,000 career strikeouts.

TODAY'S QUOTE: "If you have a deep-seated need to be loved and admired every day, you shouldn't be in politics. You should go work at a pet shop." - Michael A. Nutter, "Mayor: The Best Job in Politics"

TODAY'S NUMBER: 46,876 - miles of roads in the U.S. interstate highway system.

TODAY'S MOON: Between first quarter moon (June 28) and full moon (July 4).

In Memoriam



WRATHMALL, Rachelle (Sept. 5, 1975-June 29, 2007). In memory of a dear friend who passed away too soon. "Thy eternal summer shall not fade."
CAROLINE



In Memoriam

NUTBROWN - In loving memory of Russell Nutbrown, June 30, 1924 - June 28, 2019.

*He had a nature you could not help loving
And a heart that was purer than gold,
And to those who knew him and loved him
His memory will never grow old.*

Love always
BEVERLY (wife)
LINDA (daughter) & STEPHEN

20 years. 10,000 wishes. 100% Canadian.

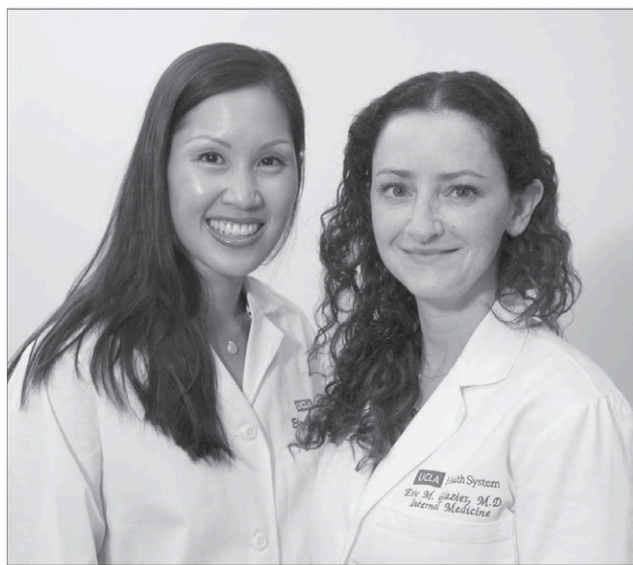
"Only 2 more needles 'til my wish!"

Children's Wish Foundation

20 years 10,000 Wishes

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The Children's Wish Foundation of Canada

The doctors recap what we know about coronavirus



ASK THE DOCTORS

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

Dear Doctor: Would you please consider doing a recap about the coronavirus - especially about how it spreads? There's a lot of information floating around, and it's getting hard to sort through the noise.

Dear Reader: It's true that we've been deluged in recent months with coronavirus coverage. Whether in print, on TV, on the radio or online, the information

ranges from accurate to speculative to deliberately false. All of this adds up not only to potential confusion, but also to mental fatigue. You're not alone in feeling overwhelmed by the topic. And to be honest, just running through the facts as we know them thus far will be helpful to us, as well.

Let's start at the beginning. The novel coronavirus goes by the name SARS-CoV-2, which stands for severe acute respiratory syndrome coronavirus 2. It's referred to as "novel" because it has never been seen in humans before. This means we have no acquired resistance or immunity to this particular virus. The disease that SARS-CoV-2 causes is known as COVID-19. COVID stands for "coronavirus disease," and the number 19 refers to the year that it first appeared, which is 2019. In fact, the first public information about the disease was released on Dec. 31, 2019, the last day of that year.

A growing body of evidence suggests the virus most commonly spreads via the tiny respiratory droplets we emit whenever we speak, cough, sneeze and breathe. These droplets can be inhaled, or may be transferred to the mucous membranes of the nose, mouth and eyes via touch. That's why washing your hands and not touching your face are both so important. This is also why the Centers for Disease Control and Prevention now recommends that people in public places wear facial coverings, which constrain the movement of the respiratory droplets

we all release. Since not everyone infected with SARS-CoV-2 develops physical symptoms, it is possible for these individuals to unknowingly transmit the virus. Again, that's why facial coverings for everyone are so important - you're protecting the people around you. The typical range of expelled respiratory droplets is less than 6 feet, which has led to the buffer zone we are now all asked to observe.

Symptoms of COVID-19 appear about two weeks after infection. They include fever, dry cough, tiredness and shortness of breath. Also common is a sudden loss of the sense of taste and smell. Patients also report headache, muscle aches, chills and chest pain. Although older adults and anyone with a serious underlying medical condition appear to be at higher risk of serious COVID-19 complications, it's possible for anyone of any age to become ill. And the disease appears to have a broader scope than the pneumonia it's best known to cause. A rare inflammatory condition is now being seen children. And in a number of adults, a range of adverse reactions brought on by sudden and unexpected blood clot formation have been reported. Unfortunately, there is no cure for COVID-19 at this time. Anyone with symptoms should seek immediate medical care.

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.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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

DEADLINES FOR DEATH NOTICES:

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

Dear Annie

MONDAY JUNE 29, 2020

Dear Annie: I'm heartbroken over an event that took place 52 years ago.

I dated a girl in high school for several years and was truly in love. After I graduated from high school in 1967, I asked her to marry me. She took my hand and said that she couldn't because she was pregnant from her former boyfriend. I was shocked, hurt and destroyed from within. Naturally, we broke up, and we both moved on with our lives.

It bothered me more because of the fact that he was an addict and I believe he got her hooked on drugs, and she died at the age of 49.

I worked at the local hospital for many years. One day, upon my return from vacation, I was told that a woman in the ICU had been asking for me. Now, this was 32 years after our breakup. She remembered me and followed my career in medicine to know I worked there. She died a few days before I returned from vacation.

I found her grave today. It was a sad day. Why does this bother me so much? The cemetery had her obituary. In it, I found enough information about her life after me, including information on her two daughters. Should I contact them and get filled in on her life? - Heartbroken

Dear Heartbroken: I am so sorry for your loss. It's understandable that you

are still upset about her death. While time is known to heal wounds, it does not mean we forget about people who were important to us growing up. Just because you both went on to love other people does not mean you didn't stop caring about each other as friends. The fact that she looked you up all those years later and knew where you worked shows that.

I can imagine being a drug addict and being married to one is a very lonely life. She probably remembered you from before her life was filled with addiction and wanted to say goodbye. Although it is so sad you weren't able to, you could connect to her through her daughters.

There is nothing wrong with reaching out to them, sharing memories of how great their mother was and learning about her life. The main point to stress is this is not about romantic love but rather how you care deeply about her as a friend. The man she married is probably their father, so I would not tell them your opinion of him.

Dear Annie: I was raised by a very strict mother. I am now a middle-aged man.

Several years ago, out of the blue, my mother asked me if she had been too strict when I was young. I told her I thought she was. Do you think this was her way of apologizing or something else? - Strict Mother's Son

Dear Strict Mother's Son: It very well could be an apology. If that is something you are looking for, why not ask her? You are very sparse with your words in discussing this issue. It would be helpful to be aware of this and to try to relax before talking to her. Also make a list of all the things she did right and that you love about her. The more you tell her these things, the more it will facilitate the conversation.

Dear Readers: Fathers Day was celebrated recently, a day to thank your dad for everything he has done and for what he means to you. In this poem, William Wordsworth celebrates being able to see the world through his son's eyes. He celebrates the childlike wonder that his son has, a playful curiosity that is too often lost in adulthood.

Being a great father includes being empathetic to your child and seeing things from their perspective to meet them where they are. There is nothing more powerful than when a dad gets down on his knees to meet his young son or daughter on eye level. It is through this type of understanding and compassion that a child will develop healthy self-esteem and know that they can do and be anything in this world. The greatest gift a dad can give a child is to believe in them.

"Anecdote for Fathers"
I have a boy of five years old;
His face is fair and fresh to see;

His limbs are cast in beauty's mould,
And dearly he loves me.
One morn we strolled on our dry walk,
Our quiet home all full in view,
And held such intermitted talk
As we are wont to do.
My thoughts on former pleasures ran;
I thought of Kilve's delightful shore,
Our pleasant home when spring began,
A long, long year before.
A day it was when I could bear
Some fond regrets to entertain;
With so much happiness to spare,
I could not feel a pain.
The green earth echoed to the feet
Of lambs that bounded through the glade,
From shade to sunshine, and as fleet
From sunshine back to shade.
Birds warbled round me - and each trace
of inward sadness had its charm;
Kilve, thought I, was a favored place,
And so is Liswyn farm.
My boy beside me tripped, so slim
And graceful in his rustic dress!
And, as we talked, I questioned him,
In very idleness.

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

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

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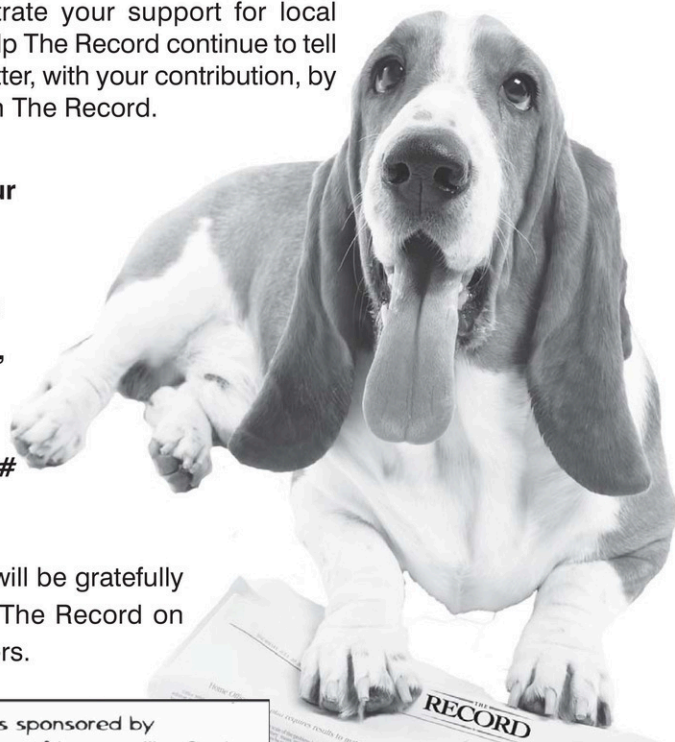


More than ever the community needs to be able to stay abreast of rapidly changing events. We need to know how the government intends to make improvements to the longterm care system, what the future holds for our English-language schools and school board, where to turn for mental health services, when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

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SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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

6/29

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PREVIOUS SOLUTION

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

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

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.

" NJ ARCP ZNVJ KCPBD RCK KR IV
 SRRH ... NK'D U SRRH KONBS KR
 KCPB UPRCBH UBH XUMV NK GRPM JRP
 RKOVPD." — XRPSUB JPVVXUB

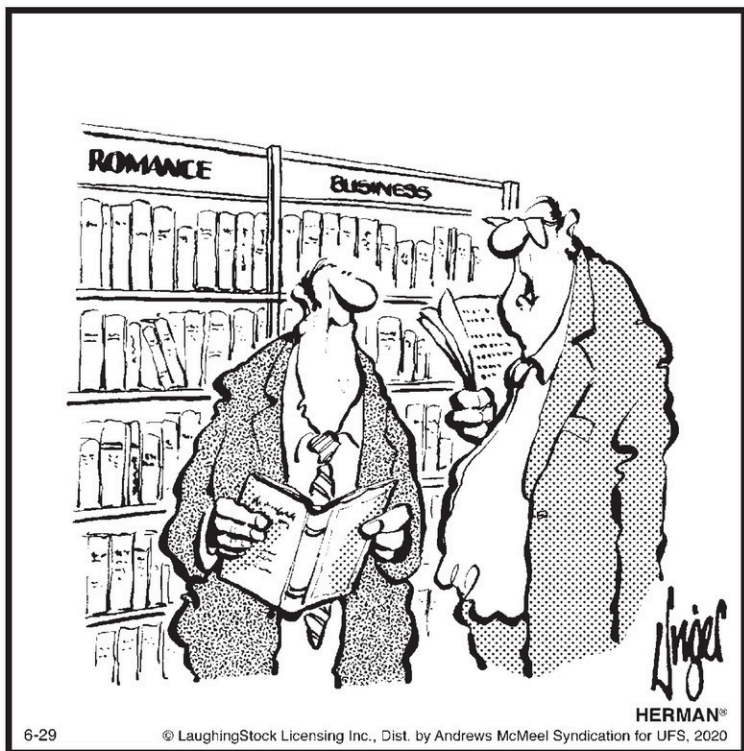
Previous Solution: "If you do build a great experience, customers will tell each other about that. Word of mouth is very powerful." — Jeff Bezos

TODAY'S CLUE: 7 s1enbø Z

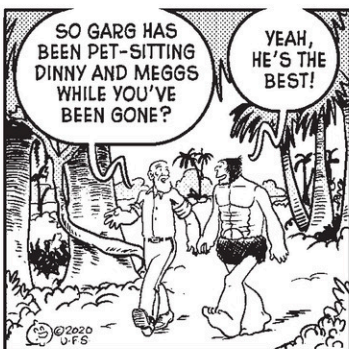
REALITY CHECK



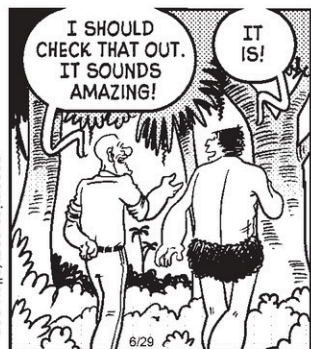
HERMAN



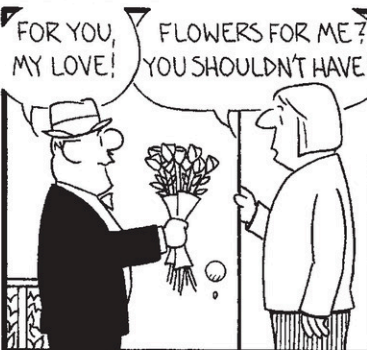
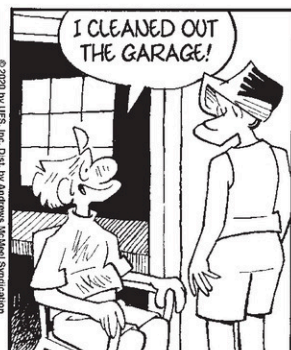
"If you insist on laughing, sir, I must ask you to browse"



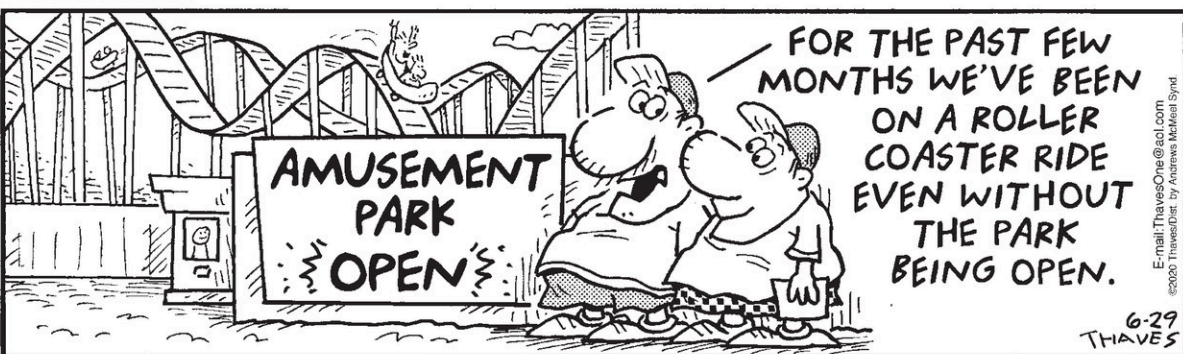
ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZZWELLS



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100 Job Opportunities 100 Job Opportunities

CROSSWORD

THE RECORD

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The Record is currently looking for a carrier(s) in Lennoxville for the following streets:

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- Charlotte
- Convent
- Queen
- Warner

(9 customers)

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1	2	3		4	5	6	7	8		9	10	11	12	13
14				15						16				
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51				52	53	54				55			56	57
		58							59					
60	61						62	63					64	
65						66							67	
68						69							70	

CLUES ACROSS

- Japanese classical theater
- Chess pieces
- Pieces of writing
- Doctors' group
- Capital of Guam
- Type of turtle
- Swiss river
- MLB Hall of Famer
- Places to sit
- Fancy rides
- One of Washington's Tri-Cities
- Without class
- Male child
- Keeps you cool
- Biblical place
- Italian city
- District in central Turkey
- Job for a grad student
- Central nervous system
- Arrange in steps
- Witch
- Promotional material
- Having certain appendages
- Approaches
- One who did it (slang)
- Of I
- Blood relation
- Works out

- Female given name
- Isaac's mother (Bib.)
- Makes someone happy
- Creative
- Small, faint constellation
- S. American trees
- Makes simpler
- Neither
- We all need it
- Unique plastic utensil
- Thyroid-stimulating hormone (abbr.)

CLUES DOWN

- Civil Rights group
- Metropolis
- Badgers
- Regular business given to a store
- Gets older
- A bundle of banknotes
- Midway between north and northwest
- Takes to the sea
- Prestigious film prize: __ d'or
- Baltimore ballplayer
- Removed
- Term of respect
- Genus containing pigs
- Illumined

- One who symbolizes something
- Member of a Turkic people
- The academic world
- "Key to the Highway" bluesman
- Hang-ups
- Long, leafless flower stalk
- Categorize
- Loads
- Indicates position
- Unreasonable
- Dorm worker
- Dweller
- Welsh female name meaning "snow"
- Offering again
- National capital
- Firm, dry and brittle
- 007's creator
- Allied H.Q.
- Mackerels
- Month of the Hindu year
- Not odd
- Belonging to a thing
- "Boardwalk Empire" actress Gretchen
- Religion
- Equal, prefix

HANDY POINTERS



on writing
a successful
classified
ad

*It's easier than
you think*

Prepare an outline of your ad and then write it.

Be specific – buyers want useful information such as price.

Group related facts in the same sentence.

Avoid slang and abbreviations. Abbreviations are not needed because **The Record** charges by word rather than space.

Above all, don't forget your telephone number or address and when respondents may contact you.

NEA Crossword Puzzle

Your Birthday

MONDAY, JUNE 29, 2020

your surroundings to accommodate a project you want to start. A close relationship will improve with a little tender, loving care.

CAPRICORN (Dec. 22-Jan. 19) – You'll thrive on change. Dedication will be required to get things done; however, don't make the mistake of neglecting the needs of someone close to you in the process.

AQUARIUS (Jan. 20-Feb. 19) – Keep your emotions tucked away when dealing with money matters or changes that are happening at home. Pitching in and doing your best to help will ease whatever transition is taking place.

PISCES (Feb. 20-March 20) – Offer help to others, but don't let anyone take advantage of you. Leave time to take care of yourself and do something that brings you joy. A creative project will ease stress.

ARIES (March 21-April 19) – Keep busy and put your energy into something that counts. Less talk and more action will bring better results. Don't take on someone else's responsibilities. Do your own thing.

TAURUS (April 20-May 20) – Embrace change and make whatever is happening around you work in your favor. An opportunity to improve your income is heading your way. Speak up, share your ideas and change your destiny.

GEMINI (May 21-June 20) – Pay attention to the way you look and how you present yourself to the world. Health, diet and exercise will lift your spirits and encourage you to try new things.

Look at what you can accomplish, not at what you cannot. Sign up for courses that will encourage you to enrich your mind and boost your marketability. Become part of the solution, not part of the problem, and you will gain ground and surpass your expectations. Be agreeable and keep life simple.

CANCER (June 21-July 22) – Take advantage of an opportunity to learn. How you spend your time will affect the type of day you have. Don't sit around waiting for something to come to you.

LEO (July 23-Aug. 22) – A physical activity will help restore your balance and push you in a meaningful direction. Don't feel obligated to make a change because someone else does. Live within your budget.

VIRGO (Aug. 23-Sept. 22) – Listen carefully, assess situations and make practical choices. Expect the youngsters and seniors in your life to overreact. Remain calm to control the outcome.

LIBRA (Sept. 23-Oct. 23) – Refuse to get dragged into a situation that has nothing to do with you. Your words will be used against you. Spend time making personal improvements instead of trying to change others.

SCORPIO (Oct. 24-Nov. 22) – Expand your skills, knowledge and experience. Use your attributes to fit changing economic trends. Your success will depend on your ability to diversify and adapt.

SAGITTARIUS (Nov. 23-Dec. 21) – Avoid joint ventures. Spend time changing

Answer to Previous Puzzle

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

- ACROSS**
- 1 Pfc. boss
 - 4 Sink part
 - 8 Network
 - 11 Fleece
 - 13 Quasimodo's creator
 - 14 Cassowary kin
 - 15 Not pro
 - 16 News article
 - 17 Face the target
 - 18 Kitchen gadgets
 - 20 Shopping plazas
 - 22 Throw in
 - 23 Single no more
 - 24 Whim
 - 27 Upholstery fabric
 - 30 Sacred bird of Egypt
 - 31 Refusals
 - 32 Artfully shy
 - 34 Entreat
 - 35 Mire
 - 36 Isle off Sicily
 - 37 King's place
 - 39 Charley horse

- 40 "Friends" network
 - 41 Shogun's yes
 - 42 Coca-Cola rival
 - 45 Defiled
 - 49 Set down
 - 50 Back muscles, for short
 - 52 Busy European airport
 - 53 Get wrong
 - 54 Composer – Satie
 - 55 Windstorm
 - 56 Malt brew
 - 57 Knights of the realm
 - 58 Proof ender
- DOWN**
- 1 Exchange one thing for another
 - 2 Absent
 - 3 Shopping bag
 - 4 Bronze medalist's place
 - 5 Deep tracks
 - 6 ID info
 - 7 Saddle horns

- 8 Have on
- 9 Put out heat
- 10 Work shirkers
- 12 Fragrant shrubs
- 19 Ben & Jerry rival
- 21 Hubbub
- 23 Pay period
- 24 Small untruth
- 25 Help a crook
- 26 Almost, in verse
- 27 Sotto –
- 28 Home of the Bruins
- 29 Thieves from
- 31 Now, to Caesar
- 33 Candied goody
- 35 Modern sculptures
- 36 Novel closer
- 38 Hosp. workers
- 39 – ammoniac
- 41 Shucks corn
- 42 Urgent request
- 43 British peer
- 44 Fiery heap
- 45 Cook in a wok
- 46 Baghdad's country
- 47 She, in Cherbourg
- 48 Tinted
- 51 Jackie's second

1	2	3		4	5	6	7		8	9	10
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MONDAY, JUNE 29, 2020

Cartoon characters continue playing

By Phillip Alder

The "Peanuts" cartoon bridge deals continue to appear.

This time, Snoopy, playing with Woodstock and two of his friends, was the declarer in three no-trump. What should he have done after West led the spade four?

In the bidding, Snoopy (South) might have opened one diamond because his hand was worth more than its face value of 17 points. The five-card suit and the 7 ace-king points (2 for each ace and 1 for the king) add extra value. The Kaplan-Rubens evaluation method (which gets most players' votes for the most accurate) rates this hand at 18.35 points. Then, though, North would have had a close call. K-R makes his hand worth 8.8 points only, so he should respond one no-trump. Then South would jump to three no-trump. Probably East would lead the heart jack, giving North an easy time. He would play low from the board (South) and take two spades, two hearts and five diamonds.

When Snoopy opened one no-trump, North judged well to invite game, and South had a clear-cut raise.

The reader did not learn how Snoopy played until the next day. The game was interrupted because Snoopy had to try

North		06-29-20	
♠ 8 3			
♥ Q 5 4			
♦ K J 2			
♣ Q J 10 9 8			
West		East	
♠ J 10 5 4 2		♠ Q 9 7 6	
♥ K 8 3		♥ J 10 9 6	
♦ 10 6		♦ 8 4 3	
♣ A 7 4		♣ K 6	
South			
♠ A K			
♥ A 7 2			
♦ A Q 9 7 5			
♣ 5 3 2			
Dealer: South			
Vulnerable: Both			
South	West	North	East
1NT	Pass	2NT	Pass
3NT	Pass	Pass	Pass
Opening lead: ♠ 4			

to shoot down the Red Baron. When Snoopy returned to the aerodrome, he reported to his captain and asked him what he should have done. When Snoopy got back to the game, he admitted that the captain said he should have led a low heart to the queen.

The truth was out. Snoopy incorrectly played on clubs, but the defenders got their spades established and took three spades and two clubs to defeat the contract.

