

\$1.00 + TAXES

PM#0040007682

MONDAY, SEPTEMBER 23, 2019

Fire leaves dozens homeless in Lennoxville

By Emilie Hackett Special to the Record

Over a dozen students found themselves homeless after a major blaze broke out in Lennoxville 3004 College Street on Friday, September 20, around 4 a.m. Nearly 30 firefighters were on the scene to help put out the fire. Miraculously, no one was hurt.

The building housed a laundromat, Billy Lidstone Catering, and several apartments. The fire was finally put out late in the morning, and police officers were still around in the afternoon. Students returned to the building in the hopes of finding any belongings that did not go up in flames.

"A friend of mine called me at 4:30 a.m. and told me that there was a fire at my business. I came as soon as I could and the entire building was already up in flames," said Billy Lidstone. "Most of the fire was concentrated on the second floor and I think my equipment will be okay. It didn't burn but there is some water damage from the fire extinguishing."

Lidstone believes the building should soon be taken down. "There's really not much that can be salvaged. For now, the guys from the Ascot Masonic Lodge are going to let me use their kitchen for the catering orders I had this weekend. The St. George's Anglican Church also offered to let me use their facilities," he added. "We have a supportive community here and I'll be back in business as usual next week. I'm just glad no one was hurt."

According to several reports, the fire would have started on the outside wall of the building and then caught in the attic, causing a fast spread. All the tenants were evacuated safe and sound, and

CONT'D ON PAGE 3

Sunshine and smiles for the Townshippers' Festival



PICTURES BY GORDON LAMBIE

By Gordon Lambie

The campus of Massey-Vanier High School in Cowansville was crowded on Saturday as people from all

across the Eastern Townships came out to participate in the Townshippers' Festival

Continuing the nearly 40 year legacy of Townshippers' Day in the region, the

festival offered visitors the opportunity to interact with local community organizations, artisans, and government services who set up as exhibitors in the

CONT'D ON PAGE 3

THE RECORD
6 Mallory, Sherbrooke J1M 2E2
www.sherbrookerecord.com
Circulation: 819-569-9528
Advertising: 819-569-9525
Newsroom: 819-569-6345

Show your support for your newspaper!
Send us a picture of you, a family member, a friend, or a group of friends reading The Record and earn a chance to win a free one-year subscription and have your photo published in The Record.
Send pictures to classad@sherbrookerecord.com
A winner will be randomly drawn on October 18, 2019



# The Record e-edition

There for you  
24-hours-a-day  
7-days-a-week.  
Wherever you are.

Access the full edition of the *Sherbrooke Record* as well as special editions and 30 days of archives.

Renew or order a new 12-month print subscription and get a 12-month online subscription for an additional \$5 or purchase the online edition only for \$125.00.

Record subscription rates (includes Quebec taxes)

For print subscription rates, please call 819-569-9528 or email us at [billing@sherbrookerecord.com](mailto:billing@sherbrookerecord.com)

12 month web only: \$125.00  
1 month web only: \$11.25

Web subscribers have access to the daily *Record* as well as archives and special editions.

Subscribing is as easy as 1,2,3:

1. Visit the *Record* website: [www.sherbrookerecord.com](http://www.sherbrookerecord.com)
2. Click e-edition.
3. Complete the form and wait for an email activating your online subscription.

## Weather



TODAY:  
CLOUDY

HIGH OF 23  
LOW OF 15



TUESDAY:  
SHOWERS

HIGH OF 17  
LOW OF 12



WEDNESDAY:  
SHOWERS

HIGH OF 17  
LOW OF 10



THURSDAY:  
CLOUDY,  
SHOWERS

HIGH OF 18  
LOW OF 7



FRIDAY:  
MIX OF SUN  
AND CLOUDS

HIGH OF 19  
LOW OF 7

# Numbers on the rise for Potton's Vieactive program for seniors



## THE SCOOP MABLE HASTINGS

The Missisquoi North Volunteer Centre (CABMN) is proud to announce a notable increase in attendance in its weekly Vieactive Program for seniors. The group gathers to improve the health of participants who are opting for a less sedentary lifestyle in hopes of increasing the lifespan of each individual.

The CABMN Senior Service Coordination team has been working to find a variety of fun ways to expand upon its already popular seniors programming attended by many in the area.

Monique Gilbert (an accredited Kinesiologist), was hired at the CABMN over a year ago and is now working four days per week as part of the SAPA senior services support staff, alongside long-time SAPA organizer, Angelle Laplume. Monique's background and training is a great asset to the CAB's program for seniors.

The Vieactive Program is a group exercise program that encourages the discovery of a wide range of activities specifically designed for seniors. Vieactive aims to help them integrate physical exercise into their lifestyle in manageable ways.

Thanks to an increase in the CAB's Annual Financial campaign funding, the program is now offered two days a week in Potton (in spring, the second day becomes a walking club) and once a week in other municipalities (Eastman, South Stukely and Saint-Etienne de Bolton).

The group also serves to create significant ties to counter isolation with a dynamic and notable zest for life. Numbers have increased to a regular participation of thirty seniors per session!

"The space is tight with this many participants," says Gilbert as she refers to the area on the second floor of the Town Hall that is provided free of charge by the Municipality of Potton. "The

numbers fluctuate but seeing so many interested and enthusiastic people is very encouraging," she added.

The group needs room to stretch their arms and legs and don't let the word "seniors" fool you, these folks are determined to get in a good workout! For more information about the Vieactive program or any of the other SAPA Senior Services, visit the CAB website at

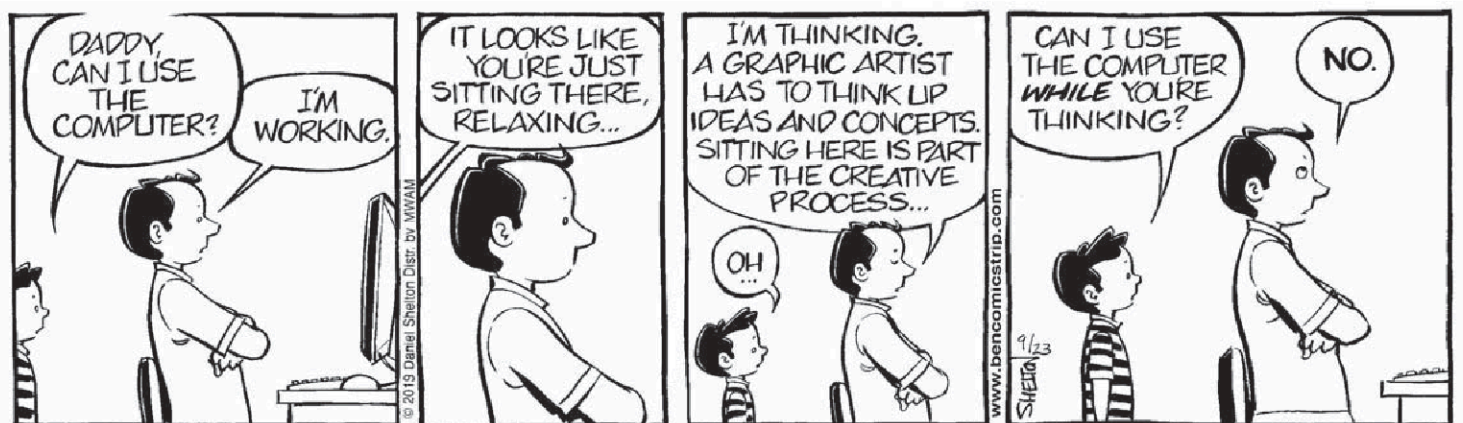
[www.cabmn.org](http://www.cabmn.org) or call and ask to speak to a member of the Senior Services Coordination Team, 450-292-3114.

The CABMN in collaboration with the Municipality of Potton will hold its Annual Senior's Day on October 16 from 8:30am to 4:00pm, for local senior's however pre-registration is required by contacting the number above.



PHOTOS: DEBRA HARDING

## Ben by Daniel Shelton



# LOCAL NEWS

*"Everything burned. The couches were turned to ash and the televisions had literally melted into the floor."*

## Three Villages Homecoming at Dufferin Heights



About 150 people crowded into the Dufferin Heights clubhouse Thursday night, September 19 for a Homecoming Reunion. Former Three Villages residents traveled from the four corners of North America.



Sandra Harrison, left, speaks to Gail Keeler, who gave her the idea for the Homecoming Reunion.



PICTURES BY STEVE BLAKE

Bree Choquette, left, and Nicole St. Laurent were bartenders at the Homecoming.

## Fire leaves dozens homeless

CONT'D FROM PAGE 1

residents from Manoir Le Renaissance were evacuated as a precaution. The fire was considered suspicious and the cause is currently under investigation.

"I woke up at 7 a.m. this morning with a phone call from our Dean of Student Affairs, Stine Linden-Andersen. She told me there had been a fire hours earlier and that numerous students now had nowhere to live," explained Marilyn Hardy, the Bishop's University's Students' Representative Council's (SRC) President. "I showed up and picked up a lot of students who were under shock and I drove them to our temporary modular complex and showed them the resources we had for them."

A fire of such calibre in a student building has its lot of consequences, as many students find themselves far away from home and without insurance. "We gave all the evacuated students new textbooks for their classes, some school supplies, Walmart gift cards, and the Red Cross is organizing the gathering of general supplies. These kids lost everything," remarked Hardy. "They are relocated in our student residences for now. It's sort of a landing spot. Most of

them only have the clothes off their backs, so at least for now they have a bed to sleep in."

"I think a lot of them are under shock. I don't think they realize the full extent of what just hit them," she admitted. "A few have been crafting insurance letters and papers, but that only applies for those who were under their parents' insurance. Many Gofundme pages have been set up online, and we'll be putting up a donation page on our SRC website. We're looking into fundraisers, but firstly we want to assess the students' needs before we do anything. They won't have any furniture left, so donations will likely be our best route."

"Everything burned. The couches were turned to ash and the televisions had literally melted into the floor. It was an old building so it's obvious that once the fire reached the attic it was over," she continued. "Luckily, we have note takers who will be sending their notes to all the students who basically lost all their schoolwork in the blaze. There will be extensions for assignments for sure. The Dean of Student Affairs' office was really on the ball today. Theresa Gagnon, the Manager of counseling, did an amaz-

ing job. It's the first day, but so far we've given them access to walk-in counselors, some food, and there is a whole office ready to take care of them as they need."

Several Gofundme pages were set up on Friday morning and had received thousands of dollars by Saturday afternoon. Members of the SRC shared a pub-

lication on Instagram explaining the resources available for those affected by the fire along with email addresses and phone numbers indicating where they could be reached. The publication was reposted to hundreds of Instagram pages.



MATTHEW MCCULLY

## Townshippers' Festival

CONT'D FROM PAGE 1

school cafeteria, while also taking in the sights and sounds of Townships' arts and culture through a variety of performances on the indoor auditorium stage and an outdoor performance space.

"I'm quite delighted, so many things are coming together for us today," Townshippers' Association President Gerald Cutting said in the early afternoon, hail-

ing the event as a great success. "We have great weather and I think a lot of people have taken this opportunity to see what is happening at the Townshippers festival."

Cutting also shared that he was very thankful to the local provincial and federal politicians who came out for the day, including MNAs Isabelle Charette and Genevieve Hebert, the political attaché for Premier Francois Legault, and

Compton-Stanstead MP Marie-Claude Bibeau.

Rachel Hunting, Executive Director of the association, estimated that the event drew around 2000 visitors throughout the day.

"We couldn't have asked for better weather," Hunting said. "It was a great day all around; the site flowed well, activities were plentiful, well organized and easy to get to. This year's organizing

committee did a beautiful job and they'd like to especially thank the team at Massey-Vanier for their incredible help during setup."

Thanks to the dedicated work of the volunteer "green team" the event was also able to feed and entertain the crowds all while producing only one bag of garbage. All other waste was either compostable or recyclable.

ETRC ARCHIVES

# Hoofin' it to school

Crisp air, leaves beginning to change, and getting back into the routines of school are part of how we're ushered out of summer and into autumn. With the start of school also come the sights of children travelling to class, some by bus, some on foot and others by parent drop-off. With this in mind, a browse in the archives led me through some of the changes in how children and teachers travelled to school over the decades.

An early diary from a teacher, written in 1836, recounts her experiences as she taught for 12 weeks in the "wilderness." The teacher, known only as "Mabel," was 17 at the time and she describes herself as having been "tenderly reared" so her foray into the backwoods is recounted with some dramatic flair. While she

does not give her specific location, she was probably teaching in the area of either Brome or Shefford County. In 1836, the walk she and the school-aged children of the family she boarded with took to the schoolhouse involved removing and replacing fences, crossing clearings, and much bending and weaving as they navigated the dense woods.

Walking would continue to the primary mode of travel to school into the 20th century but, as reliable roads were established and the population increased, other methods emerged. One of these was the "horse bus," pictured here, likely from the East Clifton area, which could transport a number of children to school during the cold winter months.



The Bombardier snowmobile bus, belonging to the Compton County Protestant Central School Board, ca. 1950s. (P020 E.T. Heritage Foundation fonds)

CONT'D ON PAGE 5

## ASK THE EXPERTS BUSINESS DIRECTORY

### OPTOMETRISTS



*Our eye care services:*

- Eye Exam
- Children and Elderly Eye Care
- Low Vision Aids
- Eye Disease Screening
- Contact Lenses
- Wide Selection of Frames
- Sunglasses

**OPTO RÉSEAU** 160 Queen St., Lennoxville  
819.563.2333  
Dr. Meggie Faust, Dr. Alain Côté and Dr. Denis Destrempe, optometrists

- INVESTMENT
- NOTARY
- OPTOMETRISTS
- PAINTING/ROOFING
- TREE SERVICE

### ROOFING/PAINTING

**DAVIDSON**  
— Roofing —  
House painting

Exterior & interior painting



RBQ: 5733-7248-01  
**819.620.2511**

To place  
an ad on  
this page,  
call The Record  
at 819-569-9525



### NOTARY

*Lamoureux Leonard sencl*



Notaries & Solicitors

**Mtre Timothy Leonard**

- Trust Wills • Mandates
- Corporate Law • Estate Settlement
- Protection of Assets

520 Bowen St. S., Sherbrooke (next to Hôtel-Dieu Hospital) **563-0500**

### TREE SERVICE



**ArboExcellence**  
Stephen Goddard, prop.  
ISA Certified Arborist QU-0103A



Professional Tree Service

- Pruning
- Hedge trimming
- Tree removal
- Planting
- Stump grinding
- Lot clearing
- Chipping
- Forestry
- Cabling & bracing
- Consulting

Over 30 years experience  
Fully insured  
Free estimate

[www.arboexcellence.ca](http://www.arboexcellence.ca)

Cell: 819-821-0425 Tel./Fax: 819-562-1642

### INVESTMENTS

Life Insurance  
~  
Annuities  
~  
Critical Illness  
~  
LTD  
~  
RRSP\* • RDSP\*  
RESP\* • RRIF\*

In partnership to help you invest for your future



**TIM GODDARD**  
BRANCH MANAGER



**RICK TRACY**  
MUTUAL FUNDS DEALING REPRESENTATIVE

**GLOBAL MAXFIN INVESTMENTS INC.**  
151 Queen Street, Sherbrooke • 819-569-5666  
"Locals serving locals for more than 20 years."

(\*Only Mutual Funds are offered and regulated through Global Maxfin Investments Inc.)

Support the local businesses, services & professionals who serve our area where you live, work and play!

# Until we meet again

By Emilie Hackett  
Special to The Record

Well, here it is. My last “Special to The Record.” Now that’s pretty special. This last year at The Record has been a one-of-a-kind experience that changed me for the better.

After sprinting through college and university, I found myself frantically looking for the next step. I was disoriented and I was so desperately trying to find a new meaning for my life.

I never really thought that would involve sitting in The Record’s newsroom for nearly 2,000 hours, writing over 300 articles about the fantastic people of the Eastern Townships, but I’m so fortunate that Sharon McCully decided to give me a chance last September.

In ‘The End of the Affair,’ Graham Greene writes that “a story has no beginning or end: arbitrarily one chooses that moment of experience from which to look back or from which to look ahead.” I’m sorry Mr. Greene, but I slightly disagree. From the day I started at The Record, I knew it would have an end. Reluctantly, I knew this chapter would eventually draw to a close.

But I guess I can concede one thing, Mr. Greene. Although my story here was ongoing, I still found myself fondly looking back at the start, almost nostalgically. I would reminisce, even if it wasn’t over yet, of all that I had learned so far.

My year at The Record taught me a whole lot about myself, but also about the world around me. I learned how to flip a 1,000-word story in less than an hour, I managed to drastically improve my writing, I discovered how to truly listen, to make people comfortable and encourage them to naturally draw out

their truths.

More importantly, the lessons I learned along the way from Townshippers are ones that I will cherish forever.

Alexander Galt librarian Judith Munger taught me that there is strength in vulnerability and kindness.

Twenty-three-year-old Thérapie Beauté owner Terry-Lynn Bachand taught me to be bold and to take risks.

The Roy-Nadeau family and their little Èva, who lives every day with a rare and incurable disease, taught me the boundless power of a community.

Ninety-nine-year-old Donald Taylor taught me that you’re never too old for a little magic.

It might sound mundane, but I also learned to work in an office. I learned to be an adult. Or at least to act the part. I guess you really can fake it until you make it if you’re well surrounded. I have lots of people to thank at The Record for making this year so special.

Thank you, Samantha, for being patient, and always staying behind when I just couldn’t, for the life of me, finish an article on time.

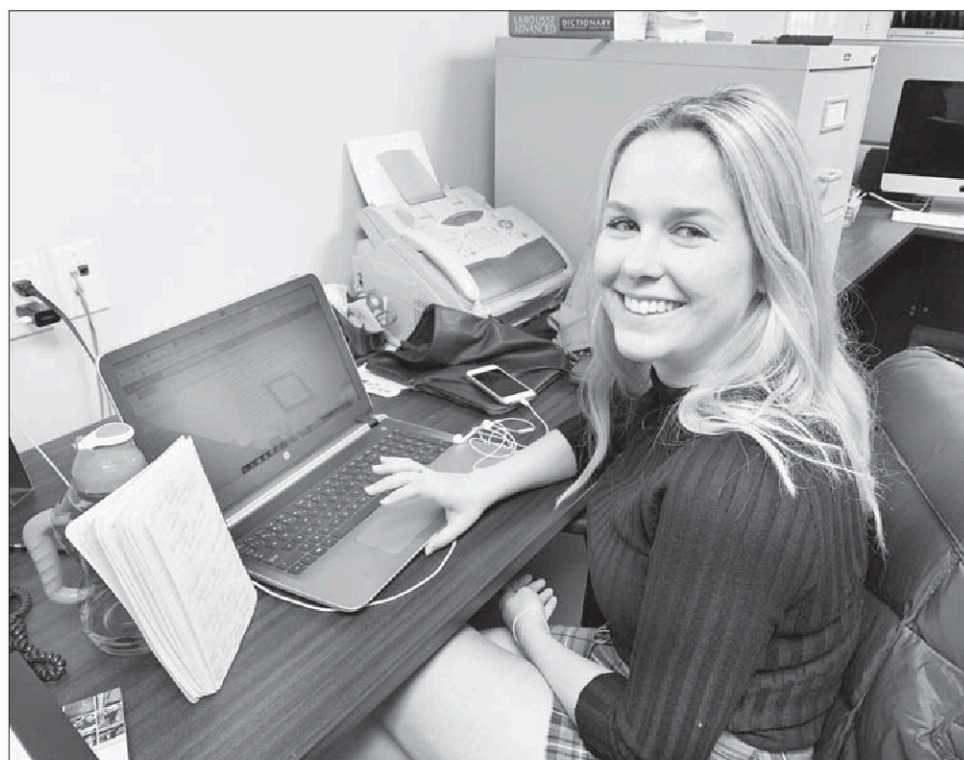
Thank you, Caroline, for being the kind, quiet powerhouse in the newsroom, who makes sure everything goes to press.

A special thanks to Matthew, for your endless sass and wit, simultaneously keeping us entertained but in check.

I have Gordon to thank for being understanding and helping me improve my writing, day in and day out.

Thank you to Laurie, Janet, and Anne, for hanging out with me on Fridays, and letting me tag along on the occasional ‘The Young and The Restless’ watch-party during lunchtime.

Thank you, Sharon, for this incredible



MATTHEW MCCULLY

opportunity. Thank you for choosing me and trusting me.

The biggest lesson that I take away from this year is that everyone has a story to tell. And it’s a great responsibility (and a great honour) to be trusted to tell someone’s story.

It takes lots of courage to tell your story, especially to a stranger. I want to thank everyone who took the time out of their day to tell me theirs in the last

365 days. It’s peculiar for me to be telling my own story now, and I recognize how challenging it can be.

So, this is it. Thank you for reading me, thank you for reading The Record, thank you for supporting your only daily English-language newspaper. This may be the end of my time at The Record, but it’s just the beginning of my story. We’ll see each other again, I’m sure of it.

## Hoofin’ it to school

CONT’D FROM PAGE 4

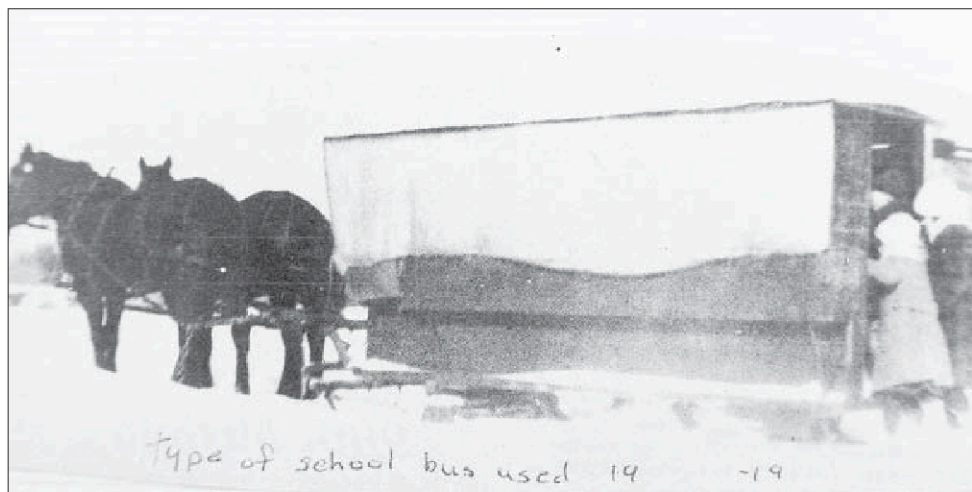
In the 20th century, the Townships began to see a shift away from local, one-room schoolhouses towards consolidated schools, which partly emerged from the notion that this would result in a better education for the area’s youth but also stemmed from a gradually declining rural population. With schools farther away, it became necessary to find ways to transport students who were no longer able to walk there. One new method was the motorized school bus. By the 1930s, bus technology had advanced enough that school boards were making use of them in increasing num-

ber and, in 1939, the iconic ‘school bus yellow’ was adopted as the standard colour for the buses.

As a quintessentially Canadian way to get to school, the Bombardier B12 snow bus made its way onto the scene in the late 1940s as a way to reliably transport children to school over snow-covered roads when the early school buses were not able to.

Looking for an interesting conversation starter with family this Thanksgiving? Ask your grandparents or great-grandparents how they travelled to school!

Jody Robinson, ETRC Archivist  
etrc2@ubishops.ca  
819-822-9600, ext. 2261



A “horse bus,” ca. 1919. (P020 E.T. Heritage Foundation fonds)



**ORCHESTRE SYMPHONIQUE DE SHERBROOKE**  
2019 | 2020

**80<sup>th</sup> SEASON**



**Stéphane Laforest**  
Conductor and Artistic Director of the OSS



**Charles Richard-Hamelin**  
Piano Concerto N° 3

**BMO GRAND CONCERTS SERIES**

As part of Beethoven's 250<sup>th</sup> birthday, a concert entirely dedicated to works of the famous composer.

**SATURDAY, OCTOBER 5 – 8 PM**

**Orchestre symphonique de Sherbrooke**  
Symphonie N° 7

“A highly sensitive pianist”  
- Gramophone

**WIN 2 TICKETS TO THIS CONCERT!**  
The first caller on Monday, September 30 at 9 a.m. will win the pair of tickets!  
**819-569-9525**

# EDITORIAL

So, the message here is that school boards are particularly important to Quebec's anglophone community,...

## CAQ looking at compromise on elected anglo school boards



PETER BLACK

Prime Minister "Aladdin" might not be the best example these days - but he'd like the genie to grant all three wishes about now - but the fact is a goodly number of Canada's political representatives come from the education sector.

While nowhere near as predominant as lawyers and business types, people from the world of learning make up about 10 percent of MPs, MNAs or other lawmakers in the land. That figure would include teachers, administrators and school board members, the latter mostly elected.

Here in Quebec you need look no further than the provincial Liberal caucus which currently and historically has been stocked with MNAs with an education background, mostly from the English school system. Geoff Kelley, David Birnbaum, Jennifer Maccarone, to pick just a few examples, are all products of school classrooms or governance. Current Westmount MNA Maccarone is a past-president of the Quebec English School Boards Association.

Here in Quebec City, two notable politicians, deputy-mayor Michelle Morin-Doyle, and Senator and former MP Dennis Dawson, are both former chairs of school boards serving the city's English-speaking community.

In the battle over the preservation of elected school boards in Quebec, one of the principles underlying their importance for the English-speaking community is how they serve as breeding grounds for active participants at other

political levels.

This is particularly true for women who account for about half of all elected school board members in Canada. Women are well-represented on two of the province's biggest English boards outside Montreal; nine of 12 commissioners on the Central Quebec School Board are women; the Eastern Townships School Board has six of 12.

Not that it is really anything to brag about, but the participation rate for English school board elections is nearly 20 percent - OK, it's 17 percent - well ahead of the single-digit turn-out for francophone boards. (Nostra culpa. I can't remember the last time members of our household voted in a school board election.)

So, the message here is that school boards are particularly important to Quebec's anglophone community, whether for their role in involving parents in their children's education, or as a political bulwark against excessive government interference in English education.

There's also that Constitution thing, Section 23 to be specific, whereby minority language education is a guaranteed right.

In what can be seen as an about-face, a peace gesture, a recognition of practicality or all of the above it seems the Coalition Avenir Quebec (CAQ) government is ready to offer a compromise to the English community in its plan to abolish elected school boards and replace them with "service centres" - which kind of sounds like gas stations.

As reported last week by Phil Authier, the Montreal Gazette's National Assembly reporter, "... the compromise idea - which has to be approved by the Quebec cabinet before finding its way into legislation this fall - would mean voters in the English system would still be allowed to elect administrators through universal suffrage. The candidates for posts would come from within the English-speaking community and voted on by the same community as happens now."



How this would work in practice is expected to be laid out in a bill Authier describes as "complex and technical." A key question would be just what exactly "administrators" of the service centres would do and how their function would differ from the current role of school commissioners.

The CAQ government says it has listened to the concerns of the English-speaking community and surely just as attentively to their lawyers, in deciding to pursue a solution to the school boards question tailored to anglophones

A government official cited in Au-

thier's report said "We are aware the anglophone community has a different vision, one that views schools as more community focused than the francophone majority." The community also has constitutional protection of their right to manage their own boards, unlike francophone citizens of Quebec.

One figures the CAQ, having used the "nuclear option" notwithstanding clause to enact the Law 21 anti-religious dress code, may not be as eager to use a legal hammer against its own anglophone minority to make changes to school board governance.

## Conservative Party leader stops in Sherbrooke

By Matthew McCully

Andrew Scheer, leader of the Conservative party, held a brief meet and greet on Thursday evening at the Times Hotel in Sherbooke.

He was joined by the conservative candidates from local ridings, running in the upcoming federal election.

As Scheer and his wife took a brief

stroll around Lac des Nations, Richmond-Arthabaska Conservative MP Alain Rayes and Sherbrooke riding candidate Dany Sévigny took a moment to address the roughly 50 supporters in attendance.

Scheer then gave a brief campaign speech.

None of the three candidates addressed the crowd in English.



MATTHEW MCCULLY

### THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2  
 FAX: 819-821-3179  
 E-MAIL: newsroom@sherbrookerecord.com  
 WEBSITE: www.sherbrookerecord.com

SHARON MCCULLY PUBLISHER (819) 569-9511  
 MATTHEW MCCULLY MANAGING EDITOR (819) 569-6345  
 GORDON LAMBIE ASSOCIATE EDITOR (819) 569-6345  
 SERGE GAGNON CHIEF PRESSMAN (819) 569-4856  
 JESSE BRYANT ADVERTISING MANAGER (450) 242-1188

DEPARTMENTS  
 ACCOUNTING (819) 569-9511  
 ADVERTISING (819) 569-9525  
 CIRCULATION (819) 569-9528  
 NEWSROOM (819) 569-6345

KNOWLTON OFFICE  
 5B VICTORIA STREET, KNOWLTON, QUEBEC, JOE 1V0  
 TEL: (450) 242-1188 FAX: (450) 243-5155

#### PRINT SUBSCRIPTIONS

For print subscription rates, please call 819-569-9528 or email us at billing@sherbrookerecord.com

#### ON-LINE SUBSCRIPTIONS

QUEBEC:	1 YEAR	108.72	5.44	10.85	\$125.00
	1 MONTH	9.78	0.49	0.98	\$11.25

Rates for out of Quebec and for other services available on request.  
 The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

PM#0040007682

Return undeliverable Canadian addresses to The Record, 6 Mallory Street, Sherbrooke, QC J1M 2E2

Member  
 ABC, CARD, CNA, QCNA

# Local Sports

*Shifting the focus away from winning and onto doing one's best has meant seeing people who would otherwise never bother trying, come back again and again to train against themselves to overcome personal obstacles.*

## Strange sports of the Townships: Obstacle courses

By Gordon Lambie

There is no denying that there are a lot of runners around. Whether it is on the streets of our towns and cities or along cross-country trails, jogging and running is practiced by many in the Townships because of its accessibility and low cost.

That's not to say, however, that people have not found ways to put their own twist on the sport.

Serge Picard is the Director of Operations for Base Bootcamp, the outdoor obstacle course centre that has set up on the site of what used to be the Montjoie ski hill in Hatley, and he told The Record that he has seen a huge increase in interest from the general population in the five years he has been in operation.

Presenting itself as "the headquarters of fitness fighters," Base Bootcamp claims to be the largest all-terrain obstacle course in Canada and offers four to six kilometre runs on and around the mountain year-round for individuals and school or business groups.

"Our primary clientele is schools," Picard said, sharing that more than 200 schools per year make trips to the site for teambuilding exercises, many of which take place at either the beginning or end of the year. In addition to providing students an opportunity to get to know each other and themselves through physical activity and problem solving, the director explained that the course is also a "no device" zone because there is mud and water involved.

"The teachers love that," he said, noting that although the reason for the restriction is a practical one, the result is that the site has become a place where people unplug. "Our mission is really to get people out and into nature, regardless of their physical condition or age."

Picard shared that he believes the surging popularity of outdoor obstacle courses, either in permanent form like the bootcamp or in temporary touring versions like the Xman Race, has a lot to do with a need people have to get outdoors.

"People need to get back to nature," he said, calling the playful, active environment an opportunity to return to childhood. "The popularity of this type of activity comes from that need, I think."

Outside of bookings for schools and other groups, Picard said that the site also runs three themed events for the general public throughout the year. A "love run" for Valentine's Day with hot chocolate and couple's runs, a summer fun run that in 2020 will have the theme of "Mexican fiesta" in 2020, and the autumn's Halloween theme, "the zombie enigma."

"That one is a little more playful," the director of operations said, explaining that the theme blends the obstacle course set-up with the increasingly popular "escape room" concept. "There will be four "zombie zones" where participants will be presented with a mystery, and they will need to consider the solution over the following kilometre," he

said. "At the end they have to have solved the mysteries to open four locks to get their medal and their candy."

The run, he said, will be about 4 km in total with about 40 obstacles spread throughout.

One important element that distinguishes the Base Bootcamp from other similar sites and events is that it no longer operates on a competitive basis.

"Everyone has their medal; there is no pressure," the director said, explaining that although the site started off holding events with first, second and third place winners and cash prizes, the decision to eliminate those elements and focus on personal development is one he does not regret for a second. "The day I took away the competition, first place, second place, third place, I went from 5000 people per year to 10,000," he added, pointing out that the figure has not climbed to 15,000.

Shifting the focus away from winning and onto doing one's best has meant seeing people who would otherwise never bother trying, come back again and again to train against themselves to overcome personal obstacles.

"It is really accessible to everyone," Picard said. "Unlike many popular obstacle courses, we do not penalize people for not doing the obstacle."

Taking away the competition, he continued, also put the focus back on something essential: having fun.

"There are crazies who come and they run, but even there the people say to me, "wow, we forgot how much we loved doing this," the director said, pointing out that people get so driven to win a race that they miss out on opportunities for real human contact.

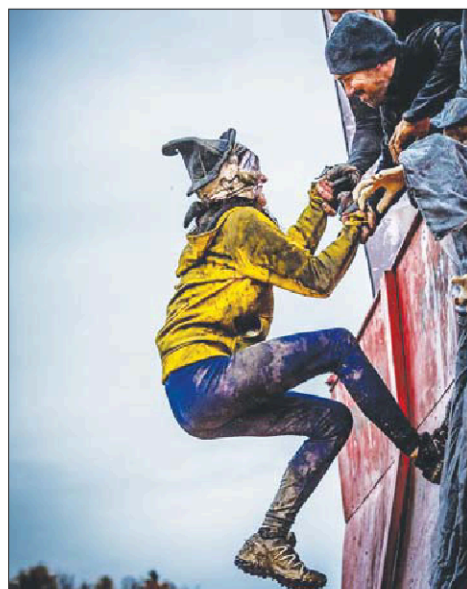
The Base Bootcamp site offers a range of trails between four and six kilometres long, with as many as 80 obstacles that can be set up along the way. The routes are customizable, and can be done with a guide to help people who are new to the concept explore how best to move forward.

"Everything is optional," Picard repeated. "The runners who are less in shape, often they will do one obstacle of two."

More information on the Base Bootcamp is available at <https://basebootcamp.ca>



PICTURES COURTESY





**AIDE COMMUNAUTAIRE  
COMMUNITY AID**

**Are you caring for a senior?**

**Caregiving 101:  
Tips to help along the caregiving journey**

**Tuesday September 24, 2019 | 2:00 to 3:30 p.m. or  
Wednesday September 25, 2019 | 5:00 to 6:30 p.m.**

Lennoxville and District Community Aid Office  
164 rue Queen, Suite 104, Borough of Lennoxville

Do you provide support to an aging spouse, parent, family member, friend, or neighbour? Do you ever feel overwhelmed by your caregiving responsibilities, or do you feel unprepared for what lies ahead?

Whether you have recently become a caregiver, or whether you have been providing care for some time, please join us for a discussion of some of the basics of caregiving, to arm yourself with tools to help you along your caregiving journey, and to help you face challenges that lie ahead.

Free admission. Refreshments provided. Sessions in English

**Please confirm your attendance:  
info@communityaid.ca • 819-821-4779**

This session is made possible thanks to financial support of **L'APPU** Estrie POUR LES PROCHES AIDANTS D'AINES

**You care for them,  
We care for you.**

# You won't miss the meat in this vegetable packed lasagna

## By America'S Test Kitchen

There's no reason why a vegetable lasagna made with the classic trio of eggplant, zucchini, and summer squash should be any less satisfying than a meat-based casserole, especially when the produce is in season and locally grown.

But we've rarely cooked one that we've been moved to make again. Some versions look tempting enough with a topcoat of bubbly cheese and thick tomato gravy, but cutting out a square of it invariably reveals trouble at the core. Often placed between the pasta sheets raw, the zucchini and squash turn out steamy and limp, flooding the dish with their juices\_or, in some instances, undercooked and crunchy.

Then there's the eggplant, which is typically not only soggy, but greasy from pre-frying. Add to that the usual patches of dry, grainy ricotta and it's a wonder this dish ever became an Italian American standard.

So what would it take to make a full-flavoured lasagna with vegetables that could stand up to - not wash out - the cheese and sauce? Ridding the produce of some of its moisture and boosting its flavour before adding it to the dish would be steps in the right direction.

### VEGETABLE LASAGNA

Servings: 8-10

Start to finish: 1 hour, 45 minutes

Part-skim mozzarella can also be used in this recipe, but avoid pre-shredded cheese, as it does not melt well. We prefer kosher salt because it clings best to the eggplant. If using table salt, reduce the amounts by half.

#### Tomato Sauce:

1 (28 ounce) can crushed tomatoes  
1/4 cup finely chopped fresh basil  
2 tablespoons extra-virgin olive oil  
2 garlic cloves, minced  
1 teaspoon kosher salt  
1/4 teaspoon red pepper flakes

#### Cream Sauce:

8 ounces (1 cup) whole-milk cottage cheese

4 ounces Parmesan cheese, grated (2 cups)

1 cup heavy cream

2 garlic cloves, minced

1 teaspoon cornstarch

1/2 teaspoon kosher salt

1/2 teaspoon pepper

#### Filling and Noodles:

1 1/2 pounds eggplant, peeled and cut into 1/2 inch pieces

Kosher salt and pepper

1 pound zucchini, cut into 1/2 inch pieces

1 pound yellow summer squash, cut into 1/2 inch pieces

5 tablespoons plus 1 teaspoon extra-virgin olive oil

4 garlic cloves, minced

1 tablespoon minced fresh thyme

12 ounces (12 cups) baby spinach

12 no-boil lasagna noodles

1/2 cup pitted kalamata olives, minced

12 ounces whole-milk mozzarella cheese, shredded (3 cups)

2 tablespoons chopped fresh basil

For the tomato sauce: Whisk all ingredients together in bowl; set aside.

For the cream sauce: Whisk all ingredients together in second bowl; set aside.

**For the filling and noodles:** Adjust oven rack to middle position and heat oven to 375 F. Toss eggplant with 1 teaspoon salt in large bowl. Line large plate with double layer of coffee filters and lightly spray with vegetable oil spray. Spread eggplant in even layer over coffee filters; wipe out and reserve bowl. Microwave eggplant until dry to touch and slightly shriveled, about 10 minutes, tossing halfway through microwaving. Let cool slightly. Return eggplant to bowl and toss with zucchini and summer squash.

Combine 1 tablespoon oil, garlic, and thyme in small bowl. Heat 2 tablespoons oil in 12-inch nonstick skillet over medium-high heat until shimmering. Add half of eggplant mixture, 1/4 teaspoon salt, and 1/4 tea-

spoon pepper and cook, stirring occasionally, until vegetables are lightly browned, about 7 minutes. Push vegetables to sides of skillet. Add half of garlic mixture to centre and cook, mashing mixture into pan, until fragrant, about 30 seconds. Stir garlic mixture into vegetables and transfer to medium bowl. Repeat with 2 tablespoons oil, remaining eggplant mixture, and remaining garlic mixture; transfer to bowl.

Heat remaining 1 teaspoon oil in now-empty skillet over medium-high heat until shimmering. Add spinach and cook, stirring frequently, until wilted, about 3 minutes. Transfer spinach to paper towel-lined plate and let drain for 2 minutes. Stir into eggplant mixture. (Filling can be refrigerated for up to 24 hours.)

Grease 13-by-9-inch baking dish. Spread 1 cup tomato sauce evenly over bottom of dish. Arrange 4 noodles on top of sauce (noodles will overlap). Spread half of vegetable mixture evenly over noodles, followed by 1/4 cup olives. Spoon half of cream sauce over top and sprinkle with 1 cup mozzarella. Repeat layering with 4 noodles, 1 cup tomato sauce, remaining vegetable mixture, remaining 1/4 cup olives, remaining cream sauce, and 1 cup mozzarella. For final layer, arrange remaining 4 noodles on top and cover completely with remaining tomato sauce. Sprinkle remaining 1 cup mozzarella evenly over tomato sauce.

Cover dish tightly with aluminum foil that has been sprayed with oil spray and bake until edges are just bubbling, about 35 minutes, rotating dish halfway through baking. Let lasagna cool for 25 minutes, sprinkle with basil, and serve.

Nutrition information per serving: 537 calories; 296 calories from fat; 33 g fat (14 g saturated; 0 g trans fats); 68 mg cholesterol; 928 mg sodium; 42 g carbohydrate; 6 g fiber; 9 g sugar; 25 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Vegetable Lasagna in "Revolutionary Recipes."

(The Associated Press)

## Datebook

### MONDAY, SEPTEMBER 23, 2019

Today is the 266th day of 2019 and the first day of autumn.

**TODAY'S HISTORY:** In 1806, Lewis and Clark's Corps of Discovery returned to St. Louis from its exploration venture to the Pacific coast.

In 1845, the New York Knickerbockers baseball club was founded.

In 1846, astronomers Urbain Le Verrier, John Couch Adams and Johann Gottfried Galle discovered the planet Neptune.

In 1952, vice presidential candidate Richard Nixon gave his famous "Checkers" speech, denying allegations of improper campaign financing.

**TODAY'S BIRTHDAYS:** Victoria Woodhull (1838-1927), journalist/activist; Walter Lippmann (1889-1974), journalist/philosopher; Mickey Rooney (1920-2014), actor; John Coltrane (1926-1967), saxophonist; Ray Charles (1930-2004), singer-songwriter; Julio Iglesias (1943-), singer-songwriter; Bruce Springsteen (1949-), singer-songwriter; Jason Alexander (1959-), actor; Ani DiFranco (1970-), singer-songwriter; Anthony Mackie (1978-), actor.

**TODAY'S FACT:** Nintendo, known today as a video game company, was founded by Fusajiro Yamauchi in Kyoto, Japan, on this day in 1889. The company originally produced handmade playing cards.

**TODAY'S SPORTS:** In 1988, Jose Canseco of the Oakland A's became the first member of Major League Baseball's "40-40 club," hitting 40 home runs and stealing 40 bases in a single season.

**TODAY'S QUOTE:** "It requires wisdom to understand wisdom: The music is nothing if the audience is deaf." — Walter Lippmann, "A Preface to Morals"

**TODAY'S NUMBER:** 33 — surviving members in Lewis and Clark's Corps of Discovery. Only one member of the party died during the nearly 8,000-mile expedition.

**TODAY'S MOON:** Between last quarter moon (Sept. 21) and new moon (Sept. 28).

## RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$16.00 (includes taxes)

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

### WEDDING WRITE-UPS:

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

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

### DEADLINES FOR DEATH NOTICES:

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

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or

fax 819-569-1187 (please call to confirm transmission) or e-mail: [production@sherbrookerecord.com](mailto:production@sherbrookerecord.com) between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

# Missing son despite moving closer

Dear Annie

MONDAY, SEPTEMBER 23, 2019

**Dear Annie:** I moved here a year ago from another state to be closer to my son and daughter-in-law, but it seems that was not a good idea.

I only see them once a month when they come to my home for dinner. I realize they have jobs and a home to tend to, but I am pretty sure they spend more time with her family (10 members) than they do with me. I was alone for Mother's Day, and I have asked my son four times to go to lunch on his day off, which is Monday every week, and I have been turned down four times. He also is very snarky with his reply to not have lunch, as he said in the last text message to me, "So on my day off I am supposed to drop everything I plan to do and do lunch with you? Nah ... I am busy." I told him I would bring lunch to his home, and he still said no.

They are going to have a baby in December, and I seriously doubt if I will see the baby as much as I would like because of her large family. I suspect that she will want to be with them more.

I must tell you that for my 70th birthday she thought I would want to go to a pizza joint with her entire family, and this pizza joint was really chosen for her four nephews, all under age 6, so they could run around and play video games. They did not get me a cake either, which was an OK thing to do at this pizza joint. I was just appalled and very hurt since I had told my son and daughter-in-law that I wanted to go to a seafood restaurant for my birthday.

I feel that I made a big mistake in moving closer to them and am asking for your advice. — Soon-to-Be Grandma

**Dear Soon-to-Be Grandma:** Instead of guessing if you made a big mistake, why don't you just ask your son directly? It is obvious that your expectations are not being met, so perhaps you could lower your expectations and instead be happy with what your son and daughter-in-law invite you to. Or you could have a long conversation with your son about your feelings.

The fact that he is snarky with you could be a few things. Sometimes it could be displaced frustration. For instance, if he is really mad about work or his wife, he might feel it is safe to be snarky with Mom because you will always love him no matter what. Or it is possible that he really has other obligations and does not have time for lunch. Regardless, your best bet is to ask your son how you can help him and his wife and her family instead of asking him how he can help you. He has a wife and a baby on the way. As a mom, try to take off some of that pressure by not demanding that he does things your way. You might be surprised that once you shift your expectations, he might invite you over more often, even if it's with her family as well.

**Dear Annie:** My 81-year-old mother lives in Florida with her same-age boyfriend of 10 years in a 55-plus community, which requires residents to maintain the interior and exterior of their home. I live in Ohio and fly down periodically to maintain this property. I also stay there.

My last visit, while I was completing a plumbing repair, I caught a glimpse of her boyfriend mocking me behind my back. And this was not the first time, I will state. I ignored him and completed my task.

My mother obviously sees this behavior and says nothing. I feel hurt and have not returned since.

This man has alienated many family members, and I do not want his behavior to affect my relationship with Mom. Any suggestions? — Mocked Man from Ohio

**Dear Mocked Man:** Whether because he's unable to do as much around the house as he'd like, or because he's jealous of her love for you, it sounds as though this man is insecure for one reason or another. The old saying about rubber and glue comes to mind. Whatever he says or does, let it bounce off you and stick to him.

And the next time you catch him mocking you behind your back, feign ignorance and ask him — as though genuinely curious — what he's doing. "Nothing," or some variation thereof, will most likely be his response. But he might behave himself more in the fu-

ture, if he knows he'll be called out.

As for your mom, I understand why your feelings are hurt by her reluctance to speak up on your behalf. But it doesn't mean she doesn't love you. Likely, she's trying to avoid rocking the boat; for all you know, he picks on her, too. Spend some one-on-one time with her and ask her about her relationship dynamic to make sure he's not being emotionally abusive. Whatever you do, do not let that bully alienate you from your own mother.

**Dear Annie:** Can you please address how stutterers are treated in public places? My brother-in-law stutters, and it is amazing to me how some waitstaff make fun of him. He is in his 50s, an adult, intelligent and this is a problem that he's been dealing with for many years. Some waitstaff are kind and patient as he tries to tell them his order. Can restaurant managers please educate their staff that some patrons have trouble with stuttering? — Hurt to See This

**Dear Hurt to See This:** It's hard to believe that adults would stoop so low. Truly, I pity people who are so self-absorbed, apathetic and shallow that they don't know what it is to be a human being. The joke, if there is one, is on them.

For anyone who needs to hear this: Don't mock people with speech impediments. And get a life.

**Dear Annie:** I had a similar event as "Suddenly a Sister." I am the oldest of four. When we were teenagers in the mid-'70s, Dad would bring up a possibility of another sibling after he had a few drinks. We didn't think much of it. Now, after almost 50 years, we have found our half brother. All four of us, and our entire families, are aware of him even though I am the only one to have met him so far. My two brothers had similar relationships with our father as did the letter writer. My dad, though, has been gone for more than 25 years, and I don't think my brothers think any less of our father. My parents were still married when my half brother was conceived; they divorced a few years later. My mother has also met my new half brother and his family. It was a wonderful meeting. We have had other family members find and meet half siblings with wonderful results, too. Definitely, yes, "Suddenly a Sister" needs to share this wonderful news with her entire family. — Now the Oldest of Five

**Dear Oldest of Five:** Congratulations on discovering a whole other branch of your family tree!

**Dear Annie:** I have never felt the need to write in until I read the letter from "Please Help Guide Me," who is despairing about how her husband of one and a half years is abusive to her and her daughter. My heart was breaking for her, and my blood was boiling. She sounds depressed and thoroughly beaten down, and she needs to get mad and get out NOW, if only for her child. I've learned that anger is a great motivator.

She must put her daughter's safety above everything else, keeping in mind that emotional abuse can and often is worse than physical abuse. That mother and child deserve better. It was good of you to suggest the National Domestic Violence Hotline, but first she needs to grab her child and leave; even a shelter would be a better living situation. And have her contact an attorney. — Sympathetic Woman

**Dear Sympathetic Woman:** Your letter offers a great suggestion. You are correct that she should leave the household immediately and get out of the abusive situation.

**Dear Annie:** I appreciated the letter from "Another Aging Individual," who saw a mother teaching her kid to be respectful of her elders. I'd like to add a message to parents, which is to teach your kids to skip the handicapped restroom stalls.

I was at a family comedy show where the bathroom was very small, with only two stalls, and the little girl who went in before me took

the handicapped stall. I had to squeeze into the tiny regular stall instead. Fortunately, I am able to stand without using the handrails, but I was barely able to fit. I kept thinking that I was squeezed in while the little girl, who didn't seem impaired in any way, hogged the larger stall. — A Tip for Your Readers

**Dear A Tip for Your Readers:** Thank you for your gentle reminder about handicapped stalls.

**Dear Annie:** I've been reading Ann Landers and "Dear Abby," the famous twins, since the 1950s. You are good at coming up with original aphorisms. You're clear and modern. But I think what I like best is your wisdom and bravery. The bravery is in your tackling tough questions. I often find myself finishing one of the reader queries and thinking, "I wonder how she will advise this person..."

I sure wouldn't know what to tell them. Then I read your answer and admire its wise counsel. Somehow your tone suggests you're fairly young, but your advice sounds as if it comes from a lifetime or two of experience, compassion, and, let's be frank, good judgment. I knew from your first week that you were really great at this job. Keep it up! — Faithful Reader

**Dear Faithful Reader:** Thank you so very much for your kind words. They mean a great deal to me. "Ask Ann Landers" and "Dear Abby" are the gold standard for advice columns, so your reference to them is all the more meaningful.

"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](mailto:dearannie@creators.com).

## SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

9/23 © 2019 Dist. by Andrews McMeel Syndication for UFS

PREVIOUS SOLUTION

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

**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.

"XMIU BCU BYUUG WJBDX BCUDY  
XURIUG ERXX MEE, BCUJ UJPMWYROU  
BCUS BM BYK RORDJ JUAB KURY."  
— PCRFGWOO

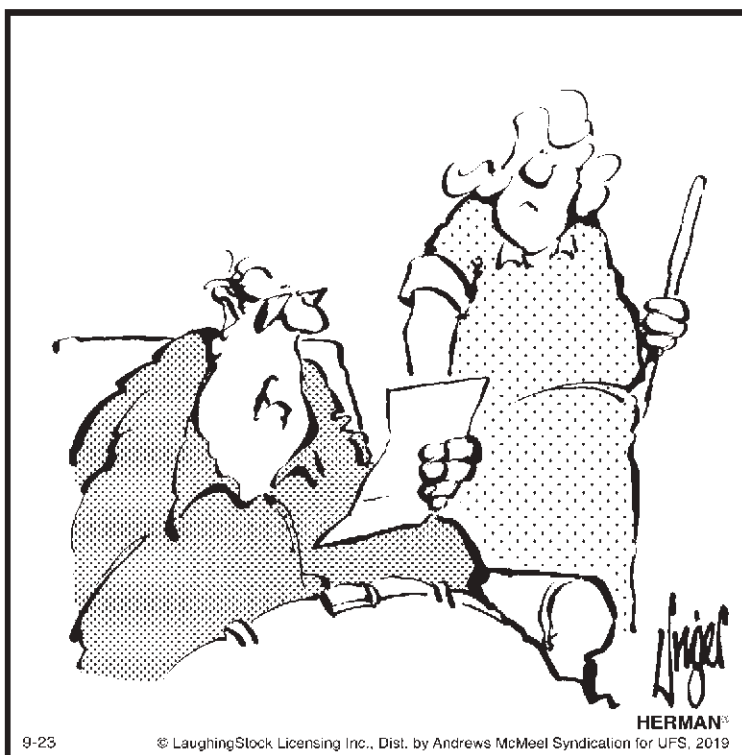
Previous Solution: "My model for business is the Beatles: They were four guys that kept each other's negative tendencies in check." — Steve Jobs

TODAY'S CLUE: X sgnbz v

### REALITY CHECK

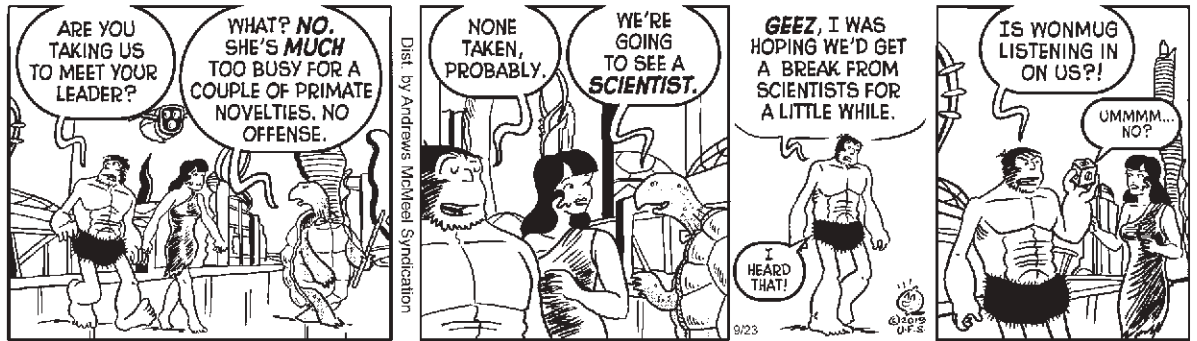


HERMAN

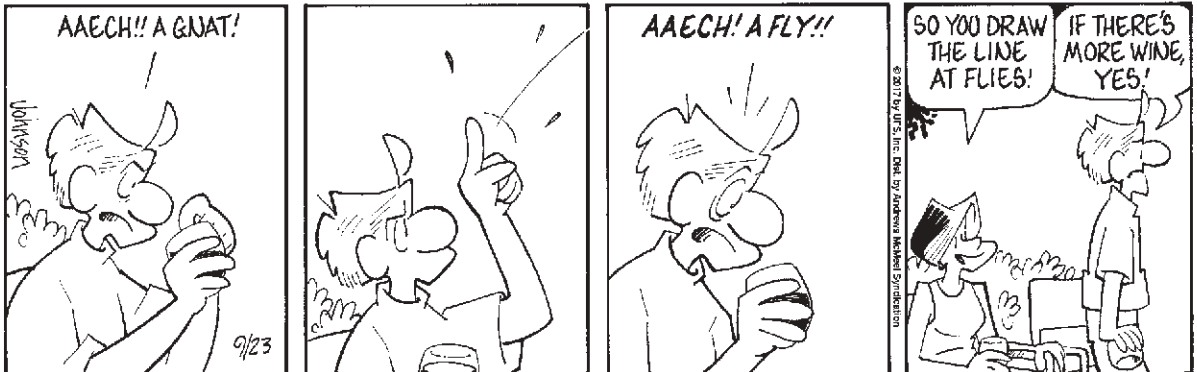


"We owe the gas company \$14.3 billion for August."

### ALLEY OOP



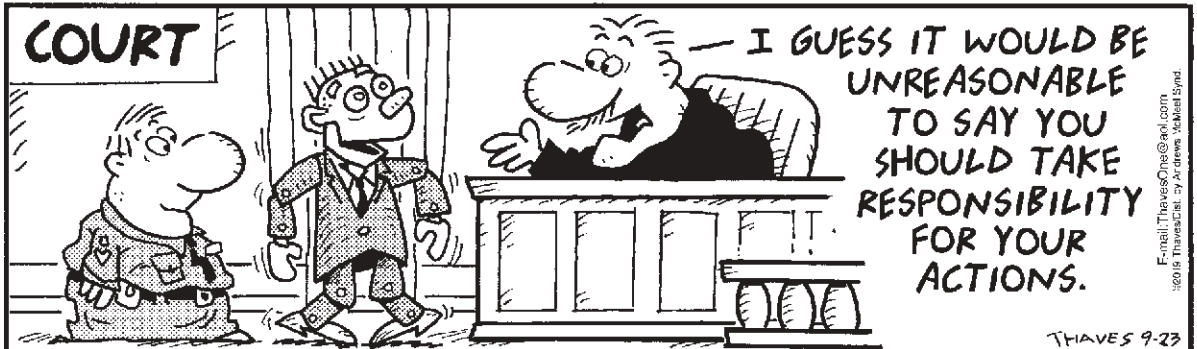
### ARLO & JANIS



### THE BORN LOSER



### FRANK AND ERNEST



### GRIZWELLS



### THATABABY



Go grocery shopping with dietitians. When you choose products with the Health Check symbol, it's like shopping with the Heart and Stroke Foundation's dietitians, who evaluate every participating product based on Canada's Food Guide. www.healthcheck.org

Diabetes The New EPIDEMIC REACT NOW! Diabetes Québec Information and donations: (514) 259.3422 or 1.800.361.3504 www.diabete.qc.ca

CALL SHERBROOKE: (819) 569-9525 BETWEEN 8:30 A.M. AND 4:30 P.M.  
 E-MAIL: classad@sherbrookerecord.com  
 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

# CLASSIFIED

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION  
 OR MAIL YOUR PREPAID CLASSIFIED ADS TO  
 THE RECORD, 6 MALLORY, SHERBROOKE, QUEBEC J1M 2E2

## Today in History

Today in History for Sept. 23:  
 On this date:

In 63 B.C., Roman emperor Augustus Caesar was born.

In 1122, the "Concordat of Worms" was reached in Germany between Pope Callistus II and Holy Roman Emperor Henry V. It settled the controversy over who had the right, bishop or emperor, to choose church positions. The emperor was guaranteed the free election of bishops and abbots by the church and the Pope granted Henry the right, in Germany, to be present at elections and to invest those elected with their lay rights and obligations before their consecration.

In 1578, English explorer Sir Humphrey Gilbert sailed from Plymouth, England, in search of the Northwest Passage.

In 1595, Spain began a missionary campaign in southeastern North America. During the next two years, about 1,500 Indians were converted to Catholicism.

In 1780, British spy John Andre was captured along with papers revealing Benedict Arnold's plot to surrender West Point to the British.

In 1787, the site of Toronto was purchased from the Mississauga Indians.

In 1789, the United States Supreme Court was created.

In 1806, the Lewis and Clark expedition returned to St. Louis more than two years after setting out for the Pacific Northwest.

In 1817, Spain signed a treaty with Britain to end the slave trade.

In 1846, Neptune, eighth planet from the sun, was discovered by German astronomer Johann Galle.

In 1871, Louis-Joseph Papineau, leader of the French-Canadian patriotes and organizer of the Rebellion of 1837, died at age 84. Although Papineau is known as the godfather of liberalism in Quebec and one of the forefa-

thers of the Parti Rouge, he was not actually present at the uprising and fled to France in 1839.

In 1873, the first convention of delegates from labour unions from Toronto, Hamilton and Ottawa met in Toronto to form the Canadian Labour Union. The Ontario-based organization strove to improve the working conditions of employees. It disbanded in 1878 after failing to become the national federation it set out to be.

In 1908, the University of Alberta opened in Edmonton with 37 students.

In 1926, Gene Tunney scored a 10-round decision over Jack Dempsey to win the world heavyweight boxing title in Philadelphia.

In 1939, Sigmund Freud, founder of psychoanalysis, died in London at age 83.

In 1973, Juan Peron was elected president of Argentina.

In 1985, federal Fisheries Minister John Fraser resigned over the "tainted tuna" affair, in which he authorized the sale of rancid tuna over the objections of his department's inspectors. Fraser was elected Speaker of the House of Commons the following year.

In 1987, free trade negotiations between Canada and the United States were halted. Ottawa disagreed with the U.S. positions on culture, regional development and settling trade disputes. Negotiations resumed and the deal was signed by U.S. President Ronald Reagan and Prime Minister Brian Mulroney on Jan. 2, 1988. (The deal took effect Jan. 1, 1989.)

In 1987, Saskatchewan became the first English-speaking province to ratify the Meech Lake accord.

In 1998, a team of European and Australian surgeons performed the world's first arm and hand transplant in Lyon, France.

In 1999, British and American scientists announced they had found a way to reverse menopause through ovarian tissue grafts that would let older women bear children.

In 2007, famed Canadian artist Ken Danby died at age 67 while canoeing in Algonquin Park in Ontario. Danby was recognized as one of the world's foremost realist artists and was best-known in Canada for his hockey painting, "At The Crease."

In 2008, a 22-year-old gunman killed 10 people at a school in Kauhajoki, Finland, the country's second such attack in less than a year.

In 2009, a Supreme Court judge in B.C. threw out polygamy charges, the first in Canada, against leaders of two rival factions, Winston Blackmore and James Oler, in the community of Bountiful in B.C.'s interior, saying the government did not have the authority to pursue them. (In August 2014, a special prosecutor approved polygamy charges against the two.)

In 2010, movie renter Blockbuster Inc. filed for bankruptcy protection in the United States. (It was bought by Dish Network Corp. in April 2011 for US\$228 million in cash. Blockbuster Canada was placed into receivership in May and closed 146 locations in June. In early September, it announced the remaining 253 stores were scheduled to close after failing to find a buyer willing to invest in the business.)

In 2011, ABC aired the final episode of the daytime soap opera "All My Children" after more than 40 years. (It was reborn online on April 29, 2013 but was cancelled later that year.)

In 2017, the Invictus Games Toronto 2017 got underway. The international sports competition was founded by Britain's Prince Harry as a way to inspire and motivate wounded soldiers on their path to recovery.

(The Canadian Press)

040 Wanted to Rent

**CLASSIFIEDS ONLINE!**  
 www.sherbrookerecord.com

145 Miscellaneous Services

**LENNOXVILLE PLUMBING**  
 Domestic repairs and water refiners. Call Norman Walker at 819-563-1491.

275 Antiques

WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. 819-837-2680.

425 Business Opportunities

**CLASSIFIEDS ONLINE!**  
 www.sherbrookerecord.com

Find the right person for the job in advertising in our **Career Section**

Many Record readers want a career change and are looking for a new job. Shouldn't your ad be in The Record's Career Section? For reservations or further information, please call

**THE RECORD**  
 819-569-9525

**THE RECORD**

**MAKE YOUR POINT-OF-SALE**

Advertise your goods and services in the Classifieds and reach hundreds of potential buyers daily. Call today to place your ad and make a sale quickly.

819-569-9525  
 450-242-1188  
 classad@sherbrookerecord.com

**Do Just One Thing**

By Danny Seo



Take the time to go around your house and unscrew lightbulbs to give them a good dusting. Dust that builds up on top of lightbulbs can be a safety hazard if sparks fly, but more commonly the dust covering limits the amount of light the bulb emits. The EPA estimates a coating of dust on a lightbulb can reduce light output by as much as 50%. For maximum light output and safety, make it part of your regular household cleaning routine to give all of your lightbulbs a thorough dusting!

**Diabetes The New EPIDEMIC**



**REACT NOW!**

**Diabetes Québec**

Information and donations:  
 (514) 259.3422 or 1.800.361.3504  
 www.diabete.qc.ca

# NEA Crossword Puzzle

# Your Birthday

MONDAY, SEPTEMBER 23, 2019

**PISCES** (Feb. 20-March 20) — What you do to help others will be challenging, but will also lead to interesting encounters with people who can influence your future. A change looks promising.

**ARIES** (March 21-April 19) — Don't let emotions stand in your way. If something comes up that you want to do, jump in. Broaden your horizons and live life your way. Romance is favored.

**TAURUS** (April 20-May 20) — Set a high standard and make your position clear. How you present what you want to do will affect the changes you can make. Be bold.

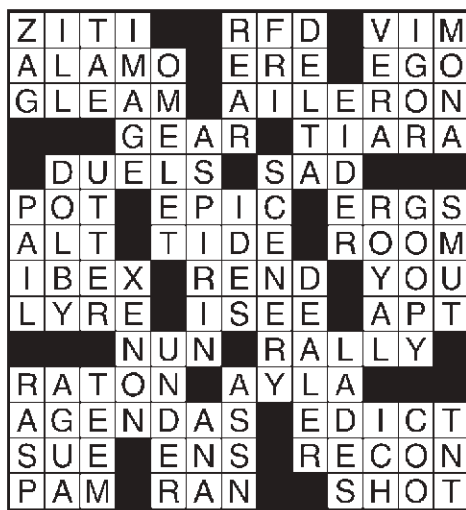
**GEMINI** (May 21-June 20) — Self-improvement projects will help you recognize your potential. Discipline and hard work will be necessary for you to overcome obstacles. A partnership should be re-evaluated. Don't lose sight of your long-term goals.

**CANCER** (June 21-July 22) — Make changes conducive to getting ahead, and put a stop to situations that are bringing you down. Stay calm, keep the peace and do what's best for you.

**LEO** (July 23-Aug. 22) — Get together with people you haven't seen in some time. The information you are given will provide insight into something that can help you redirect your energy.

**VIRGO** (Aug. 23-Sept. 22) — Participate in an event or conference that will introduce you to new ideas and people who can help you parlay your skills and experience into something exciting.

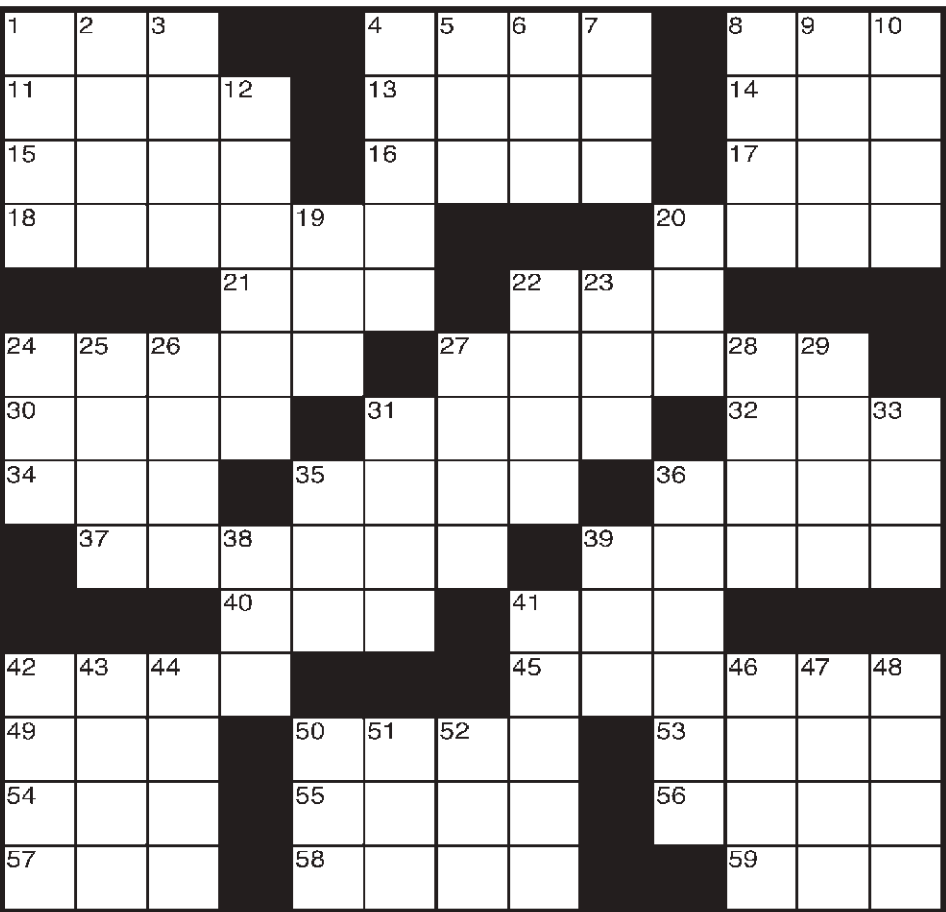
Answer to Previous Puzzle



- ACROSS**
- 1 Circuit
  - 4 Corporate biggies
  - 8 Tear
  - 11 Lubricates
  - 13 Neutral shade
  - 14 Inventor — Whitney
  - 15 Spill over
  - 16 Footwear
  - 17 Fish catcher
  - 18 — de corps
  - 20 Snack
  - 21 Mo. multiples
  - 22 Legal profession
  - 24 Roof part
  - 27 Debonair
  - 30 Submit
  - 31 Pate de foie —
  - 32 Put — — fight
  - 34 Tennis cry
  - 35 Disguise items
  - 36 Ran off
  - 37 Fishing gear
  - 39 Yarns
  - 40 "Born in the —"
- 41 Finish first**
- 42 Practice boxing
  - 45 Haphazard
  - 49 Give a ticket to
  - 50 Used to be
  - 53 Limerick locale
  - 54 Eggs
  - 55 Runs up a tab
  - 56 Remnant
  - 57 Pricing word
  - 58 Didn't spoil
  - 59 RV haven

- DOWN**
- 1 Misplace
  - 2 Feels under par
  - 3 Dripping sound
  - 4 Sleeveless garments
  - 5 Fritz, to himself
  - 6 Paid performer
  - 7 Take to court
  - 8 Gamblers' mecca
  - 9 Seine moorages

- 10 — helmet (safari wear)
- 12 Nimble
- 19 Fury
- 20 Hunters' org.
- 22 Bikini tops
- 23 Tummy muscles
- 24 Sticky stuff
- 25 Just touch
- 26 Test version
- 27 Press
- 28 Empty, in math
- 29 Dueler's sword
- 31 — monster
- 33 TV spots
- 35 Mo. fractions
- 36 Made a breeze
- 38 Stray dog
- 39 Baja aunt
- 41 Take by force
- 42 Halt
- 43 Do roadwork
- 44 Seaweed extract
- 46 Dagger
- 47 Two-piece cookie
- 48 Big prefix
- 50 Cookware item
- 51 Wool producer
- 52 Theater company, briefly



Do what feels right, and keep moving forward. Let go of what isn't working for you and let yourself shine. Put negativity behind you and be open to trying something new. Prepare to launch the new you. Success begins with a positive attitude.

**LIBRA** (Sept. 23-Oct. 23) — Size up your situation and make adjustments. If you wait for someone else to make the first move, nothing will be accomplished. Trust your instincts and do what needs to be done.

**SCORPIO** (Oct. 24-Nov. 22) — The more you know, the better. Dig deep, ask questions and embrace new experiences with enthusiasm. Listen and observe, but don't reveal too much about your beliefs or personal life.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Refuse to let someone ruin your day. If you trust your judgment, you will avoid being led astray. A personal gain will depend on how hard you work. Thoughtfulness will be key.

**CAPRICORN** (Dec. 22-Jan. 19) — Put more thought into how you handle your finances and avoid trying to buy love or favors. If someone doesn't like you for who you are, be prepared to walk away.

**AQUARIUS** (Jan. 20-Feb. 19) — If you look for opportunities, you will discover a way to use your skills to get ahead. An unexpected opening should not be pondered over. Be aggressive and take action.

MONDAY, SEPTEMBER 23, 2019

## Bite the carrot that they dangle

By Phillip Alder

Catherine Bach, an actress best known for her role in "The Dukes of Hazard," when her legs were insured for one million dollars, said, "I was at a party in London when I met Bond producer Barbara Broccoli. She introduced herself, and I didn't believe her name. So I just replied: 'Yeah, and I'm Cathy Carrot.' I think maybe I got off on the wrong foot!"

Sometimes an opponent offers you a juicy carrot. Do not pass up the opportunity to benefit.

In this deal, East's two-club response was natural and game-forcing. So, when South could not resist the temptation to overcall two hearts, West doubled for penalty. There was no need for a conventional double, because West could always make a forcing pass. If East had an unsuitable hand, he did not have to pass, but here, with such a balanced hand and three trumps, he was delighted.

West led the club seven: jack, king, four. East returned a low diamond. West took that trick and his other diamond winner before pushing his second club through the board's holding. East took two more tricks in that suit and the diamond ace, West pitching two spades.

North 09-23-19			
♠ 10 7 5 3			
♥ 8			
♦ 10 7 6 5			
♣ Q J 9 2			
West			East
♠ A J 9 4 2			♠ Q 8
♥ K 7 6 2			♥ J 5 3
♦ K J			♦ A 9 8 2
♣ 7 5			♣ A K 10 8
South			
♠ K 6			
♥ A Q 10 9 4			
♦ Q 4 3			
♣ 6 4 3			
Dealer: South			
Vulnerable: Neither			
South	West	North	East
Pass	1♠	Pass	2♣
2♥	Dbl.!	All Pass	
Opening lead: ♣ 7			

Now came the spade queen, covered by the king and ace. West cashed the spade jack, giving the defenders the first eight(!) tricks.

Knowing declarer was down to his trump holding, West exited with a spade. South ruffed and led the heart queen, but West did not take that trick. Then the defenders also got two trump winners for down four!

Yes, East-West could have made three no-trump, but isn't 800 much more enjoyable?