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MONDAY, JULY 4, 2016

Murals to beautify new multi-purpose path

Record Staff
SHERBROOKE

Sherbrooke's Tags and Graffiti Committee has announced that several murals will be completed over the next few days at the intersection of Industrial Blvd. and the Portland extension on the concrete walls that surround the multifunctional path under the new double roundabout.

Eight sections of concrete out of a possible fourteen will be brightened by artists or collectives primarily from Sherbrooke. Graffiti artists Ultra Nan, Arnold Vincent, Boris Biberdzic, William Marceau-Briggs, Dominic Lessard, Nicolas Lareau, Raphael Alin, Olivier Trottier, Jessica Chabot, and Samuel Beaubien will present their works. The multifunctional trail will be closed during the work, which could be spread out until July 15, depending on weather conditions.

"The projects that will come to life in the next few days are very original and interesting," said Committee Chair Chantal L'Espérance. "I can't wait to see the final result. Users of the multipurpose path will certainly be amazed by the talent of the graffiti artists here."

Last spring, the committee invited artists and interested organizations to submit urban art projects around the theme 'Sherbrooke's Green Future,' with a nod to the importance of sustainable transport to the urban fabric of the municipality. Selected projects speak to healthy living, agriculture, building happiness, and the vegetative tapestry, among other things.

Members of the committee have already invited graffiti artists to reflect on their sketches, while a new call for applications to dress the other six concrete sections will take place at the end of the summer.

CONT'D ON PAGE 3

Sherbrooke celebrates Canada Day



GORDON LAMBIE

Family Fun was the name of the game for Canada Day in Sherbrooke this year. Jacques Cartier Park was filled with people of all ages and backgrounds for a sunny afternoon of circus games, face painting, gourmet food and live music. "We have truly been spoiled" said event organizer Julie Laplante, noting that the newly expanded festivities benefited from significantly nicer weather than the year before and adding that the turnout was very good.

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LOCAL NEWS

"There's a real push in China to promote multicultural sharing of knowledge," the director said.

Sharing with Shanghai: International nursing students benefit from Sherbrooke simulations

By Gordon Lambie

From the 27th to the 29th of June, 18 nursing students from the University of Shanghai participated in clinical immersion training at the Center for Research and Simulation Training (CEREFS) at the CEGEP de Sherbrooke, coordinated by the Eastern Townships School Board (ETSB). Over the course of three days, the students participated in six training simulations covering emergency care, perinatal health, surgical care, and pediatrics.

"This particular cohort is here for a month," explained Eva Lettner, Director of the ETSB's international Students Program. "They arrived on the 19th of June, and they are here to be initiated to our Quebec health system."

Lettner explained that although the partnership with the CEREFS is new, this is the second group of students to have come for China for the month-long immersion into North-American healthcare practices.

"There's a real push in China to promote multicultural sharing of knowledge," the director said. "In October we've been invited to attend a nursing competition there."

Lettner explained that over the course of the month that the students are present they engage in a number of short practicals at institutions in the area and attend classes at the Lennoxville Vocational Training Centre. The new partnership with the CEGEP, she added, is a good addition to the lineup because it gives access to the school's technologically advanced simulation mannequins, opening the door to risk-free, hands-on training opportunities.

"They can do pretty much anything," the Director said, speaking of the mannequins. "They sweat, they have a pulse, they cry, they talk; they're pretty amazing."

"We planned something not too heavy for our first experience," said Manon Ouellet, pedagogical councillor with the CEREFS, explaining that the school wanted to expose the students to specialities they might have limited access to in their training in China. "We just went through six clinical situations; two in each specialty."

Ouellet said that there was no formal evaluation of the students as a part of the exercise, but simply an effort to let them have new experiences.

"We wanted to give them something from here; something more," the Pedagogical Councillor shared. "For us it was a way to learn about them, what they need, and what we can give to them."

Reflecting on the experience, Ouellet said that the students' knowledge level was fine for the tasks that they were given, but that the greatest difficulty they faced was a lack of practical experience with simulations.

Two of the students in the exchange, Jiang Zi Yan and Hou Yi Wen, shared that three years into their six year program it is very unusual for them to have a chance to engage with patients, even simulated ones, hands-on.

"In China we just see, not do," Hou said, explaining that nursing students typically observe in hospitals and spend their time in classrooms listening to techniques being explained. Both said they enjoyed the new opportunities, with Jiang adding that one of the key lessons was, "don't be shy."

"It's been nice," Lettner added to the students' reflections. "It's a really awakening experience for them and they're really enjoying it."



GORDON LAMBIE

University of Shanghai Nursing Students Hou Yi Wen and Jiang Zi Yan practice their skills on a training baby at the CEGEP de Sherbrooke's simulation training lab.

Graffiti

CONT'D FROM PAGE 1

Other graffiti projects in the Sherbrooke area

The committee also endorsed four projects from boroughs. In Fleurimont, introductory graffiti workshops will take place during the Neighbourhood Festival at Debonair Park on August 20 and in Mont-Bellevue, during Family Day at Mont-Bellevue Park September 25. Graffiti activities were also held during the celebrations of the national holiday of Quebec, last week, in the boroughs of Brompton and Jacques-Cartier. In addition, a graffiti artist will be on hand for the Lennoxville Street Festival in August

to create a work and deliver a workshop on and the techniques of graffiti art.

Seven graffiti projects will also be launched by the end of the year, including "Splash your wall", organized by the youth of Azimut North and the third "Urban Art Happening", which will take place on Wellington Street South from July 16 to 31.

The "Amalgam" urban art festival will be held in turn for a fifth time this summer during the "Bouffe ton centro" event. The sidewalk plow painting project "Art is calling you," will also be back in September. There is also a project that

involves repainting the tunnel connecting Dufresne Park to Camirand Park, the wall of the facade of Partage Saint-François, and the project "Granny Graffiti" that will create a permanent work on an outside wall of the Murray residence, in collaboration with young professional graffiti artists and a dozen seniors from the residence.

Sherbrooke's Tags and Graffiti Committee was created in 2011 to encourage legal graffiti and, by extension, to beautify certain sectors of the city while improving neighborhood life. Through this program, the City wishes to put forward

urban art, encourage respect for public property, and thus reduce harm. "Since the creation of the committee, there has been a decline in the number of complaints related to tags and graffiti and fewer tags and graffiti on municipal buildings. This means that our efforts are paying off," said the Captain Guy-Laine Perron, of the Sherbrooke Police Safe Environments Division.

Anyone wishing more information on the Tags and Graffiti Committee and the various upcoming events in 2016 can visit the website of the City of Sherbrooke sherbrooke.ca/graffitis.

Historical Society offers free site tours

Record Staff
SHERBROOKE

The Sherbrooke Historical Society, in collaboration with Destination Sherbrooke, is presenting a new series of free guided tours from June 29 to August 21 of six Sherbrooke locations chosen for their rich history.

Mandated by Destination Sherbrooke, the Sherbrooke Historical Society has animated sites linked to the network route. From Wednesday to Sunday, Pamela and Sarah will help residents and visitors discover or rediscover some of the remarkable places in the city of Sherbrooke.

"For some time now, we have wanted to be where the people are," says Society D-G Michel Harnois. "The history open doors allow us to meet citizens and tourists at historical places in Sherbrooke."

The six sites visited:

- Beckett Woods Park

Dive into the past of a Sherbrooke pioneering family that arrived around 1819, and discover the flora and fauna of one of the few ancient forests in urban areas.

- The Réal-D.-Carbonneau marsh

The natural microcosm of the Réal-D.-Carbonneau marsh deserves attention several times during the summer so that

it can be enjoyed it from every angle.

- Domaine-Howard Park

From the Howard family to the Townships Festival and fly fishing, come and explore the Howard Park and learn about this enchanting site and its historic district.

- The Magog River Gorge

Today lines a path for assessing urban nature, the Magog River gorge was once the scene of Sherbrooke's industrial revolution.

- Jacques Cartier Park

Everybody loves Jacques-Cartier Park, but how many really know its story? Learn the tales of ice, trains, O.T.J., and

swimsuits!

- Victoria Park

Tramways, music stands, a zoo and a wooden dance floor, have all graced Victoria Park since 1892. Come and discover a multitude of historic pearls, while enjoying nature in the heart of the city.

Schedules of the various outings are variable and will be posted in the parks. To learn more about the tours, visit the websites of Destination Sherbrooke, the Sherbrooke Historical Society or, go through the Tourist Information Office at the corner of King Street West and Richmond.

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MEET YOUR NEIGHBOURS

Walk a mile in Raymonde Bremaud's shoes

By Matthew McCully

It's been said that if you want to really know someone you should walk a mile in their shoes.

Of course, some people have walked more miles than others.

To fully understand Raymonde Bremaud and see all the things she has seen, one would need to walk several thousand miles.

Bremaud is a long distance walker. "I wear out a lot of shoes in a year," she said.

Bremaud was born and raised in a small French community south of Winnipeg.

"Eventually everybody leaves because there's no work," she explained, referring to her small hometown of St. Agathe.

Bremaud ended up in the Townships because her husband worked for Agriculture Canada and was offered a position at the research centre in Lennoxville.

"Anybody that comes to live in the Townships, they never want to leave," she said, calling the region her home ever since she arrived.

Bremaud worked in the secretarial field with finance and life insurance companies, as well as Canada Post.

Like many retirees, Bremaud's life picked up the pace when she stopped working.

"How do I fill my time? Want to see my list for today?" she joked.

Bremaud spends four hours per day exercising; she walks for two hours, and spends two hours doing other training and physical activities.

"I get up very early in the morning," Bremaud said. "I'm very disciplined; you have to be to do that at home," she added, not wanting to waste travel time going to and from a gym.

"I do it to stay healthy, and because I enjoy it," Bremaud explained.

While walking is her passion, Bremaud has another reason to stay in shape. "I've always had a goal, I'd like to

live to be 125-years-old," she said.

According to Bremaud, the oldest living person on record was a French woman who died in 1997 at the age of 122. The oldest right now is an Italian woman, who is 116, she said.

"I'll have to try and keep in shape to do that," Bremaud said.

In the meantime, she concerns herself more with her biological age than her chronological one. "Every year I calculate it. Sometimes I go up, sometimes I go down," she said, explaining that her biological age is based on her overall health and fitness level.

Bremaud never walks with headphones.

"I like to listen to nature," she said, pointing out that there is always something different to listen to when she takes a walk, especially at different times of the day.

"A lot of people think where you find two hours every day to walk?" she said.

Bremaud said that it actually saves her time. By staying fit she has more energy for other events and activities throughout the day. Also, she said she often finds solutions to her problems while she is out walking, able to clear her head and focus on the issue.

"It's two hours, but it helps me get other things done."

Bremaud doesn't just walk for pleasure. For the past 18 years, she has been organizing a 50 kilometre walk as a fundraiser for the Canadian Cancer Society.

She started the 50 km walks because she was looking for a fun way to celebrate her birthday in May. Already a volunteer for the Canadian Cancer Society, she decided to start the fundraiser, holding it in May around her birthday.

Bremaud said roughly 20 people participate every year. They have to pay a \$25 registration fee, and then do their own fundraising leading up to the walk. The walkers set out at 7 a.m. and try to finish by 4 p.m. making it a full-day event.

Although there is no minimum amount to raise, Bremaud said she always collects between \$1000 and \$6000 every year.

A conservative estimate puts Bremaud at 900 km and \$54,000 in the name of Cancer research.

"When I started the walk, I said I would organize it as long as I can walk 50 km in a day," Bremaud said.

She is no signs of slowing down yet; after this year's walk in May, Bremaud did another 40 km the very next day.

"They figured I should be tired, but walking energizes me."

While 50 km in a day seems like an impressive accomplishment, Bremaud has done much longer treks.

In 2002, she walked the Camino de Santiago, a 1,600 km pilgrimage route through France and Spain.

It took her six weeks to complete the journey.

"Some days I walked 21 km, some days I walked 57 km," she said.

Bremaud did the pilgrimage alone. "Everyone has a different pace," she said, explaining that it is just as tiring to try to slow down as it is to speed up to match someone else's speed.

The temperature in Spain reached 45 degrees some days, but Bremaud said the fact that it was a dry heat made it bearable. She also drank an average of 10 litres of water per day.

Along the way she happened upon plenty of young people complaining of leg cramping. When Bremaud asked if they were well hydrated, they said 'oh yes, we drink a litre and a half of water every day.'

After next year's 50 km walk Bremaud plans to do another European pilgrimage, this time a 2,000 km distance.

When asked if she ever had the intention of walking across Canada, she said no, but not because she wouldn't enjoy it; simply because of the time commitment it would require, she said, wanting to spend time with her family.

"If I didn't have a family I would just



MATTHEW MCCULLY

Raymonde Bremaud

take off and do this for the rest of my life," she said.

She has walked across Prince Edward Island, though, and added that it is on her walking bucket list to also walk across Newfoundland.

"I always admired Terry Fox," Bremaud said, adding that he was the inspiration for her 50 km walk, which is called 'I have Two feet, therefore I walk.'

"Most people have two feet and won't go down the street," Bremaud said, pointing out that Terry Fox embarked on a trip across the country with only one foot.

Bremaud said she'll be crawling before she is willing to give up her lifelong passion of seeing the world one step at a time.

She has an inside joke with her friends if walking ever becomes challenging. "Instead of using a cane, we'll use walking sticks," Bremaud said.

Rainy Canada Day celebrations in Bury

By Matthew McCully

Bury didn't have the same sunny weather as Hatley the day before, but that did not deter spectators and participants from enjoying the Canada Day parade, held at noon on Saturday.

Hundreds lined the street to see the pipers, fire trucks and other parade staples, as well as a variety of creative floats, including everything from antique saw mills to Mario Kart mini-racers in full costume.

Bringing up the rear of the parade was an impressive show of horses in teams as well as solo riders.



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EDITORIAL

“The program provides opportunities for the clients to make choices, acknowledge achievements and respond to basic emotional needs and comfort,” said Lanciaux.

20 years of service in Mansonville for people with intellectual disabilities

THE SCOOP



MABLE HASTINGS

“There are many changes with the restructuring and we are adapting to many changes,” said Danielle Lanciaux, Director in charge of Community Integration Services. “We are doing all we can to assure everyone that the same quality services are being offered.”

The program in Mansonville offers quality of life and maintenance services to the clientele which includes nine people with intellectual disabilities who benefit from the program. A rehabilitation assistant accompanies the participants during their time at the Centre. Clinical responsibilities are carried out by a specialized educator and all of this is supervised by a manager who is also responsible for all of the day activities centers throughout the Eastern Townships region.

This stimulating program offers the following services: meaningful and learning activities, awareness of the environment, development and maintaining interests, provides new knowledge, allows participants to explore and experiment different mediums by sensory or other approaches.

“The program provides opportunities for the clients to make choices, acknowledge achievements and respond to basic emotional needs and comfort,” said Lanciaux.

Marie-Ève Frappier and Jason Corcoran work with the clients in Mansonville and the two of them are enthusiastic, implicated and fun people. When you



MABLE HASTINGS

From left to right: Marie-Ève Frappier, Educator, Danielle Lanciaux, Director of Community Integration Services and Jason Corcoran who works with the clients two days per week in Mansonville.

enter the building, there is laughter, talking and a buzz of activity. Jason Corcoran who works with the clients two days per week has created some amazing original hands on activities for the clients to enjoy.

To find out more about this program or other programs offered through the Programmes DI-TSA-DP of the DIUSSS de l’Estrie-CHUS visit the website at: <http://www.crditedestrie.qc.ca/>

MY TAKE

By Gordon Lambie

Last Friday, forty people became Canadian citizens as a part of the Canada Day celebrations in Sherbrooke’s Jacques Cartier Park. It is an annual tradition, and in many ways it is the most significant part of the day in terms of what Canada Day really celebrates.

While for many July first is a day of concerts, fireworks, and fun, the folks

who turned out last Friday were doing so in order to change a fundamental part of what defines them as human beings. These people consciously chose to become Canadian, and watching them arrive at the park in their finery, it was clear that this was something being taken very seriously.

Those of us who were born into the privilege of being Canadian ought to take the time to think about what our

Canada Day

citizenship really means beyond just definition, we need to think about what toques and two-fours. More than the responsibilities come with it.

Letters

DEAR EDITOR,

Many readers in the North Hatley area will know Edward Sprigings and likely they’ll remember how fascinated he has been, over his many years, with Fire trucks, Firemen, their apparatus and what they do among us. He’s visited most fire stations in the area and to his great delight, has been made an honorary fireman by the North Hatley team. Without exception, all the Firemen have been kind, thoughtful, helpful and understanding to Edward.

Today we went to the Hatley July 1st celebrations which were, as usual, very well organized and interesting – a great place to reconnect with old friends and make new ones. But what made this one special for Edward was the attention of the firemen, who made a point of greeting him and giving him the chance to have a few words with them. In addition to meeting his ‘old’ friends, Gary, a ‘new’ friend from Stanstead, who had beautifully built and finished a miniature motorized fire engine, helped Edward into his vehicle and took him for a little ride in it - siren and horn and granddaughter in the back and all! Edward had one of the best July 1sts in Hatley ever!

Thank you, all you firemen, who do not turn off your ‘caring-for-others’ attitude when you’re not on duty.

You are a special breed and we are lucky to have you among us.

TOM MATTHEWS
NORTH HATLEY

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Local Sports

A relatively new player to the sport, she only started playing Rugby in the summer of 2014.

Erika Scott named to Team Canada for Women's 7's Rugby

By Dylan Konecny
Special to the Record

Bishop's University's Women's Rugby rookie of the year will be heading across the pond to compete against the best university competition the world has to offer. Serving as part of Team Canada at the FISU World University Sevens Championships and competing with 11 other CIS athletes. She will be representing the Gaiters and her country in Swansea, UK hoping to defend Canada's gold medal from two years ago.

When asked about the process for making the team she explained how it really rushed up on her.

"I got news of everything very last minute, I got invited to the camp late and it went well, there were a lot of talented players there"

"Now that I'm on the team I'm really hoping to gain more experience, learn from my teammates and the amazing coaching staff that we have."

In 2015 Scott was a force to be reck-

oned with in her rookie season as an integral part of the revitalized Gaiters squad which showed massive improvements from years past. During the season opener against Bishop's cross town rivals the Université de Sherbrooke, the freshman scored 3 tries in a tight game that the Vert et Or won by a score of 42-29.

A relatively new player to the sport, she only started playing Rugby in the summer of 2014. Erika explained "Rugby is a popular sport where I'm from (Ormstown) and my friend insisted that I try it."

Despite the inexperience, she has already played at the provincial level representing Team Quebec at 7's tournaments in Las Vegas and New York City. At Bishop's, the Gaiters play 15 players' aside in games of a much more grinding and technical nature.

On the different styles of Rugby, she was quick to state which of the two she preferred, "I actually prefer (7's) over

15's, It's a faster game, I'm still getting the hang of other skills but I can run!"

Watching the Gaiters in 2015, one thing that stood out was the young outside centre's speed, she's often the fastest player on the field and teams have a lot of trouble defending her as soon as she breaks for the edge. That speed is how the rookie sensation burned Sherbrooke for 3 scores in a game and her coaches will be hoping that's an asset the team can use to take advantage of opposing defenses in a wider more open game.

This team competing at the University Championships is also the one of the first chances that Rugby Canada uses to identify players that might be able to compete at the 2020 Olympics in Tokyo four years from now.

When asked about the Olympics being a future goal she said, "Definitely, it's something I'm working towards".

You can see Erika and the Lady Gaiters play this fall when the team opens up



Erika Scott

GAITERS.CA

the 2016 season against RSEQ competition in September with home games being played on Coulter Field.

2016 National Hockey League free agent signings

The Canadian Press

Players who signed contracts through Saturday during the National Hockey League's 2016 free agency period (with position and 2015-16 team, if available):

ARIZONA

Jamie McGinn, F, Anaheim; Kevin Connauton, D, re-signed; Jamie McBain, D, Los Angeles; Justin Peters, G; Chris Mueller, F; Jarred Tinordi, D, re-signed; Garret Ross, F; Klas Dahlbeck, D, re-signed; Ryan White F, Philadelphia.

BOSTON

David Backes, F, St. Louis; Riley Nash, F, Carolina; Anton Khudobin, G, Anaheim; Tommy Cross D, re-signed; John-Michael Liles, D, re-signed; Tyler Randell, F, re-signed; Tim Schaller F, Buffalo.

BUFFALO

Kyle Okposo, F, N.Y. Islanders; Derek Grant, F, Calgary.

CALGARY

Troy Brouwer, F, St. Louis; Chad Johnson, G, Buffalo.

CAROLINA

Lee Stempniak, F, Boston; Viktor Stalberg, F, N.Y. Rangers; Andrew Miller, F, Edmonton.

CHICAGO

Brian Campbell, D, Florida; Sam Carrick, F, Toronto; Spencer Abbott, F;

Pierre-Cedric Labrie, F.

COLORADO

Joe Colborne, F, Calgary; Patrick Wiercioch, D, Ottawa; Trent Vogelhuber, F; Fedor Tyutin, D, Columbus; Ryan Stanton, D, Washington; Jeremy Smith, G; Turner Elson, F; Jim O'Brien, F, New Jersey; Mike Sislo, F, New Jersey; Joe Whitney, F, New Jersey.

DALLAS

Dan Hamhuis, D, Vancouver; Andrew Bodnarchuk, D, Colorado; Dustin Stevenson, D; Patrick Eaves, F, re-signed.

DETROIT

Frans Nielsen, F, N.Y. Islanders; Darren Helm, F, re-signed; Thomas Vanek, F, Minnesota; Alexey Marchenko, D, re-signed; Matt Lorito, F; Ben Street, F, Colorado; Steve Ott, F, St. Louis.

EDMONTON

Milan Lucic, F, Los Angeles; Jonas Gustavsson, G, Boston; Mark Fraser, D.

FLORIDA

James Reimer, G, San Jose; Colton Sceviour, F, Dallas; Jonathan Marchessault, F, Tampa Bay; Aaron Ekblad, D, re-signed.

LOS ANGELES

Jeff Zatkoff, G, Pittsburgh; Tom Gilbert, D, Montreal; Michael Latta, F, Washington; Zach Trotman, D, Boston.

MINNESOTA

Eric Staal, F, N.Y. Rangers; Alex Stalock, G, Toronto; Chris Stewart, F,

Anaheim; Victor Bartley, D, Montreal; Pat Cannone, F.

MONTREAL

Alexander Radulov, F; Zach Redmond, D, Colorado; Al Montoya, G, Florida; Daniel Carr, F, re-signed.

NASHVILLE

Yannick Weber, D, Vancouver; Matt Irwin, D, Boston; Trevor Smith, F; Harry Zolnierczyk, F, Anaheim.

NEW JERSEY

Ben Lovejoy, D, Pittsburgh; Beau Bennett, F, Pittsburgh; John Merrill, D, re-signed; Devante-Smith Pelly, F, re-signed; Karl Stollery, D; Andrew MacWilliam, D; Carter Camper, F; Vernon Fiddler, F, Dallas.

N.Y. ISLANDERS

Jason Chimera, F, Washington; Andrew Ladd, F, Chicago; Shane Prince, F, re-signed; Pierre-Alexandre Parenteau, F, Toronto.

N.Y. RANGERS

Michael Grabner, F, Toronto; Nathan Gerbe, F, Carolina; Adam Clendening, D, Edmonton; Michael Paliotta, D, Columbus.

OTTAWA

Michael Kostka, D, re-signed; Phil Varone, F, re-signed; Casey Bailey, F; Max McCormick, F, re-signed; Chad Nehring, F, re-signed.

PHILADELPHIA

Dale Weise, F, Chicago; Boyd Gordon, F, Arizona; Andy Miele, F; Greg Carey, F; Will O'Neill, D.

PITTSBURGH

Tom Sestito, F, re-signed; Steve Olesky, D; Stuart Percy, D, Toronto.

SAN JOSE

David Schlemko, D, New Jersey; Mikkel Boedker, F, Colorado.

ST. LOUIS

David Perron, F, Anaheim; Carter Hutton, G, Nashville; Jake Allen, G, re-signed.

TAMPA BAY

Michael Bournival, F; Gabriel Dumont, F; Jeremy Morin, F; Pierre-Luc Letourneau-Leblond, F; Victor Hedman, D, re-signed; Andrei Vasilevskiy, G, re-signed; Kristers Gudlevskis, G, re-signed.

TORONTO

Matt Martin, F, N.Y. Islanders.

VANCOUVER

Loui Eriksson, F, Boston.

WASHINGTON

Tom Wilson, F, re-signed; Joe Cannata, G; Darren Dietz, D, Montreal; Christian Thomas, F, Arizona; Brett Connolly, F, Boston; Brad Malone, F, Carolina.

WINNIPEG

Shawn Matthias, F, Colorado; Quinton Howden, F, Florida; Brian Strait, D, N.Y. Islanders; Julian Melchiori, D, re-signed; Jamie Phillips, G.

Alouettes receiver S.J. Green out rest of season with shredded knee

The Canadian Press
MONTREAL

Alouettes receiver S.J. Green will miss the remainder of Montreal's season with a shredded knee, the team announced on Saturday.

An MRI on Green's right knee show that he has suffered a complete tear of his medial collateral ligament, posterior cruciate ligament, anterior cruciate ligament as well as the meniscus in his

right knee.

The 31-year-old import receiver suffered this injury in the second quarter of Thursday's game against the Ottawa Redblacks. His injury will require months of

rehabilitation.

International running back Tyrell Sutton suffered a sprained MCL in the same game and has been placed on the six-game injured list.

Death



**Orma Jane JEWETT
(1953-2016)**

Orma Jane Jewett of Vale Perkins, Quebec died unexpectedly on Sunday evening, June 26, 2016. She leaves to mourn her sisters, Sandra and Carolyn Jewett, her nephews, David and Jim Milton; as well as her extended family, Paul and Sue, plus a multitude of friends and family.

Jane was the youngest daughter of the late George U. Jewett and his wife, Orma Jane Booth. Jane lived her entire life in the family home at Vale Perkins, where her warm personality and sharing nature radiated to all she met.

Visitation will be held at the Desourdy Funeral Home, 4 Vale Perkins (beside Mansonville Town Hall), Mansonville, Que. on Thursday, July 7th, from 2 p.m. to 4 p.m. and from 7 p.m. to 9 p.m., and on Friday, July 8th at St-Cajetan Church from 11 a.m., until the service.

A celebration of Jane's life will take place on Friday, July 8th, 2016 at the St-Cajetan Catholic Church, Main Street, Mansonville at 1 p.m.

A reception will follow the service at the Owl's Head Ski Chalet.

Interment of her ashes will be held at a later date.

In lieu of flowers, and in her memory, donations to the First Responders Municipality of Pottton, or to the charity of your choice would be appreciated.

DESOURDY FUNERAL HOMES
4 Vale Perkins, Mansonville QC
E-mail: info@desourdy.ca

PHONE: 450-292-3204
FAX: 450-263-9557
www.desourdy.ca

Death



**Mary Aveline McHarg (Down)
1934-2016**

DOWN - Mary Aveline McHarg passed away peacefully at CHUS-Fleurimont, on July 1st, 2016 at the age of 81. Beloved wife of Edwin Down and daughter of the late Samuel McHarg and Amanda Sarrasin.

Mary leaves to mourn her children Janet (Tim Danard) from Fahler, Alberta, Lynn (Scott Clever) from Sarnia, Ontario, Allan from Mono, Ontario and Brian (Lynay) from Campbell River, B.C.; her grandchildren: Valerie, Matthew (Erin), Jeremy (Desiree) Clever; Joshua (Haley), Caiti (Richard McClelland), Joe, Logan (Adrienne) Down; Kyanna and Xinya; as well as her 6 great-grandchildren. She will also be sadly missed by her brother Ron (Betty), sister-in-law Louise from Alberta, her brother-in-law Murray (Anne), as well as many nieces, nephews, other relatives and cherished friends. Mary was predeceased by her sister Bea, and brothers Arthur and Lloyd.

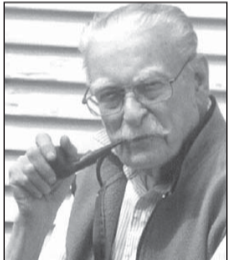
Visitation will be held at the Cass funeral home, 900 Clough St., Ayer's Cliff, on Wednesday, July 6th, 2016 from 2 to 4 p.m. and from 7 to 9 p.m. as well as on Thursday, July 7th, 2016 from 2 to 4 p.m. and from 7 to 9 p.m. Funeral services will be held at the Barnston Baptist Church, Baldwin-Mills-Barnston Rd., on Friday, July 8th, 2016 at 2 p.m. Interment at the Ayer's Cliff cemetery will follow.

In lieu of flowers, donations in memory of Mary Down to the Gideons Bible International of Canada (888-482-4253) would be appreciated by the family.

CASS FUNERAL HOMES
900 Clough St., Ayer's Cliff QC
cass@salonfunerairecoaticook.com

PHONE: 819-876-5213
FAX: 819-876-5213
www.casshomes.ca

Death



John BOYNTON

Peacefully at the Clough Home, North Hatley, Que., on Tuesday, June 28, 2016 at the age of

93 years. John Charles Boynton beloved husband of the late Dorothy Margaret (Peg) Chitty. John was the loving father of Donald (Wendy) and Peter (Sue-Marie) and cherished grandfather of Sean-Paul. John is survived by his brother Gordon and was the dear uncle of Roger, Everett (June), Orma (David), Mary (David) and also of several great nieces and nephews. In respect of his wishes, cremation was held. In keeping with John's dedication and deep relationship to both churches in Georgeville, visitation will be held at the Georgeville United Church, on July 9, 2016 from 1 to 2:45 p.m. A Legion Service will be held at 2:45 p.m. Veterans please attend. Service will be followed by the funeral service at St. Georges Anglican Church at 3 p.m. The Rev. Canon Dean Ross officiating, assisted by the Rev's Deane and Doreen Moffat. Interment will follow at the MacPherson Cemetery. As memorial tributes, donations to the Georgeville Historical Society, 4600 Ch. Georgeville, Georgeville, QC J0B 1T0 or to the charity of your choice will be gratefully acknowledged by the family.

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

Death



Pauline JENSEN

Passed away peacefully at Cambridge Memorial Hospital on Sunday, June 26, 2016 at age 86.

Pauline was born in Cape Broyle, Nfld. on June 29, 1929 and resided in Austin, Que. for 41 years and in Cambridge, Ont. for the last 19 years. Beloved wife of Flemming Jensen; loving mother of Eric (Elizabeth) Jensen, and Arnold (Doreen) Jensen. Cherished grandmother of Amanda (Nigel), Dain, David, and great-grandmother of Hannah and Madelyn. Pauline lived an active and vibrant life right up to her last days. Her gardens will miss her. A special thank you to the nurses at Cambridge Memorial Hospital for their care.

A visitation for Pauline will be held on Wednesday, July 6th at 10 a.m. at Lounsbury Funeral Home, 1766 Franklin Blvd., Cambridge, with a Memorial Service to follow at 11 a.m. In lieu of flowers, memorial donations may be made to a charity of your choice.

Condolences/donations/directions: www.lounsburyfuneralhome.com 519-658-9366

LOUNSBURY FUNERAL HOME
1766 Franklin Blvd., Cambridge ON
PHONE: 519-658-9366
FAX: 519-658-4481
www.lounsburyfuneralhome.com

Death



**Stephen TEOLIS
(1949-2016)**

Stephen Teolis of Knowlton, Que., died unexpectedly at home, with his wife by his side, on Friday, July 1st, at the age of 66. Beloved and cherished husband of Carol Page.

He leaves to mourn his children, Scott, Todd (Margaret), Darren (Sarah), Laura (Matthew), his grandchildren, Jessica, Owen, Tyler, Madison, Sam, Jacob, Emily, Phoenix, Hunter, Taylor and Jackson, his sister Joanne, his brothers, Paul and Robert, his mother-in-law Cecilia Page, many nephews and nieces, other relatives and friends.

Resting at the Desourdy Funeral Home, 318 ch. Knowlton, Knowlton, Que., where family and friends may visit on Monday, July 4th, from 7 p.m. to 9 p.m., Tuesday, July 5th, from 2 p.m. to 4 p.m. and 7 p.m. to 9 p.m.

The funeral service be held on Wednesday, July 6th at 2 p.m. at St-Paul's Anglican Church in Knowlton, following the interment at Knowlton Protestant.

Donations in his memory to the Heart & Stroke Foundation or the Cancer Society would be appreciated (forms available at the funeral home).

DÉSOURDY FUNERAL HOMES
318 Knowlton Rd., Knowlton QC
PHONE: 450-243-5568
FAX: 450-263-9557
info@desourdy.ca
www.desourdy.ca

Death

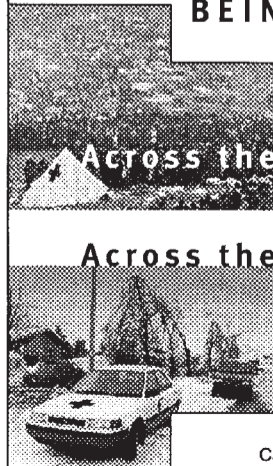
Frances Mary LEGER (FISK)

Aged 92 of Vancouver, BC, passed away at her home on June 26, 2016. Born in Granby, Que., on March 31, 1924, she was the daughter of the late Maude and Horace Fisk and wife of her late husband, J. A. (Art) Leger. She is survived and will be greatly missed by her daughters Barbara, Lorraine, and Theresa, son Raymond, and grandchildren Andrew and Pamela Jensen, and great-grandchildren Grace, Faith, Trinity, and Lukas.

A graveside service will take place in St. Paul d'Abbotsford at a later date. In lieu of flowers, donations can be made to the charity of your choice. Mom always loved animals.



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Your Birthday

MONDAY, JULY 4, 2016

Think about what will make you happy and pursue it. Nothing will change unless you make a concentrated effort. Stop talking about what you want to do, and start making it happen. You are the master of your destiny and the only one responsible for your happiness.

CANCER (June 21-July 22) — If you gravitate toward the unfamiliar or unusual, you will discover someone or something that drives you to explore what's available to you. Express how you feel in order to bring about favorable change.

LEO (July 23-Aug. 22) — The way you work a crowd at business functions will be impressive. A prosperous partnership will be a feasible option. You can make a difference if you don't fear change.

VIRGO (Aug. 23-Sept. 22) — Don't feel the need to discuss financial matters. You will be taken advantage of if you get involved in a cause you know little about. Joint ventures will not end well.

LIBRA (Sept. 23-Oct. 23) — Bring about whatever change is necessary to bring you peace of mind. Don't feel the need to make choices to please others. Focus on what makes you happy.

SCORPIO (Oct. 24-Nov. 22) — Get your fears out in the open. You can make wise choices that will eliminate stress. If you take off in an unusual direction, you will find your calling.

SAGITTARIUS (Nov. 23-Dec. 21) — Keep

an open mind, but don't let anyone control you or push you in a direction that isn't in your best interest. Back away from anyone putting demands on you.

CAPRICORN (Dec. 22-Jan. 19) — You can make alterations to the way you do things and the jobs you take on. A new way of presenting an old idea will attract interest. Love is in the stars.

AQUARIUS (Jan. 20-Feb. 19) — If you challenge yourself, positive changes will develop. Having a creative outlet will enhance your personal and professional lives. Good fortune is heading your way.

PISCES (Feb. 20-March 20) — If you offer guidance to someone experiencing a difficult time, you will discover something that will help you with your personal dilemmas. Participate in order to make positive gains.

ARIES (March 21-April 19) — Say little and do a lot. What you offer others will help ward off criticism. Make adjustments that will secure your position and build your reputation as a contributor.

TAURUS (April 20-May 20) — If you reunite with people you have worked or played with in the past, old memories will spark new interests. Romance is favored, and expressing your feelings will pay off.

GEMINI (May 21-June 20) — If you cannot make up your mind, it's because you don't have enough information. If you dig deep, you will discover someone has motives that are not to your benefit.

MONDAY, JULY 4, 2016

Two chances are better than one

By Phillip Alder

First of all, I hope all of my American readers enjoy a fun Independence Day.

Victor Hugo said, "Mankind is not a circle with a single center but an ellipse with two focal points of which facts are one and ideas the other."

At the bridge table, you use the known facts to form an idea of how to try to make or break the contract. Also, if you can see two chances to succeed, that is twice as good.

In today's deal, how should South play in four hearts after West leads the diamond queen: king, 10, two?

If it is part of your methods, North could respond three no-trump to show 13-15 points with a 3-3-4-3 or 3-3-3-4 distribution, leaving opener to decide between three no-trump and four hearts (or a slam). Otherwise, North should bid two clubs, planning to jump in hearts on the next round to show a game-force with exactly three-card heart support.

South should see a potential loser in each suit. Maybe the trump finesse will work, but if he takes it immediately and it loses, another diamond would require declarer's establishing a club winner in the dummy for a spade discard.

However, perhaps West has the spade king. Then dummy's queen can become a winner. South should hope that West has one of the major-suit kings. At trick

North				07-04-16
♠ Q 7 5				
♥ J 8 2				
♦ A K 3				
♣ K 10 5 4				
West		East		
♠ K 9 8 4		♠ J 10 6 3		
♥ K 6		♥ 3		
♦ Q J 5		♦ 10 9 8 6		
♣ 8 7 3 2		♣ A Q 9 6		
South				
♠ A 2				
♥ A Q 10 9 7 5 4				
♦ 7 4 2				
♣ J				
Dealer: South				
Vulnerable: East-West				
South	West	North	East	
1♥	Pass	2♣	Pass	
2♥	Pass	4♥	All Pass	
Opening lead: ♦ Q				

two, declarer plays a spade to his ace, then leads his second spade. Here, West wins with the king and plays another diamond, but South takes that trick on the board and pitches his last diamond or the club jack on the spade queen. Then he can try the trump finesse for a possible overtrick.

CROSSWORD

Across

- 1 Son of God, in a Bach cantata
- 5 Sacred wading bird of ancient Egypt
- 9 English class topic
- 14 Novelist Hunter
- 15 Outstanding credit
- 16 __ Valley, Calif.: 1960 Winter Olympics site
- 17 Pre-exam review session
- 20 Prepare to propose
- 21 Figure skating leap
- 22 Satisfied sounds
- 23 Tel __, Israel
- 25 Use an acetylene torch on
- 27 Multinational military alliance
- 33 PIN requester
- 34 In a bit
- 35 Words before "Happy New Year!"
- 37 Explore eBay
- 39 Vintage roadster

- 41 Pop singer Diamond
- 42 Medal of Honor recipients
- 45 State firmly
- 48 Delta rival: Abbr.
- 49 Reporter's trustworthy contact
- 52 "What have I gotten myself __?"
- 53 Bring in from the fields
- 54 Cries from successful solvers
- 57 Flu symptom
- 59 Sounds of thunder
- 63 Coin-operated kiddie ride
- 66 Spin docs
- 67 "If all __ fails ..."
- 68 Out of the wind
- 69 Shabby
- 70 Puts into words
- 71 Where boats tie up

Down

- 1 Soda __: fountain worker
- 2 Tied, as a score
- 3 Out of danger
- 4 Hard to believe
- 5 Checkpoint requirements: Abbr.
- 6 Conduct, in report card comments
- 7 Curly-horned goat
- 8 Sprinkled widely
- 9 GI show gp.
- 10 Detachment of fighter jets
- 11 Subtle glow
- 12 Nasty cut
- 13 Fleecy farm females
- 18 "Don't Be Cruel" singer
- 19 Chin indentation
- 24 Simpson trial judge
- 26 Weather map "L"
- 27 Tens and twenties
- 28 "None of the above" choice

- 47 Pest control target
- 50 Unidentified flying radar blips
- 51 Transfer, as computer data
- 54 Bandstand boosters
- 55 "Present!"
- 56 Summit
- 58 Golden St. campus
- 60 Folksy Guthrie
- 61 Tiny time meas.
- 62 Search for
- 64 Vague quantity
- 65 "__ Misérables"

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

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17				18					19					
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54	55	56			57		58			59		60	61	62
63				64					65					
66						67					68			
69						70						71		

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.

"RLXI ZLN HCD SBEX GU XTTXDRBCA
 ABJXMRI RN NJRCBD C ABRRA
 RXWUNMCM ITCYXRI PXTXMEX
 DXBRLXM ABJXMRI DNM TCYXRI."
 — JXDKCWBD YMCDFABD

Previous Solution: "I've lived a life that's full, I traveled each and ev'ry highway, and more, much more than this, I did it my way." — Paul Anka
 TODAY'S CLUE: *M sianbæ Z*

REALITY CHECK

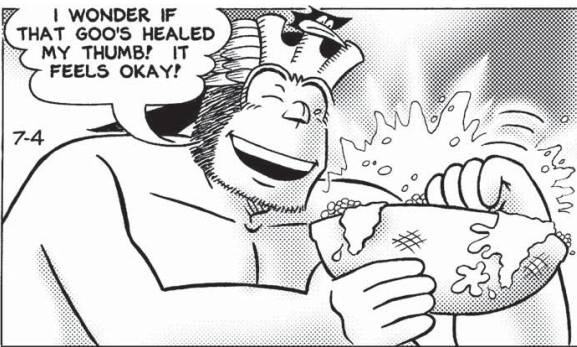


HERMAN



"He painted this one when he was three years old."

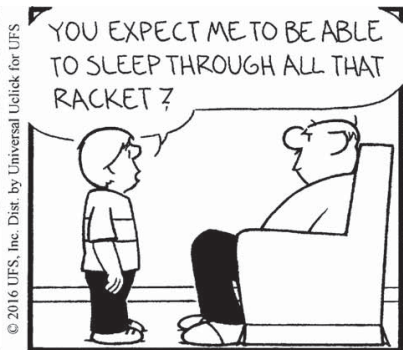
ALLEY OOP



ARLO & JANIS



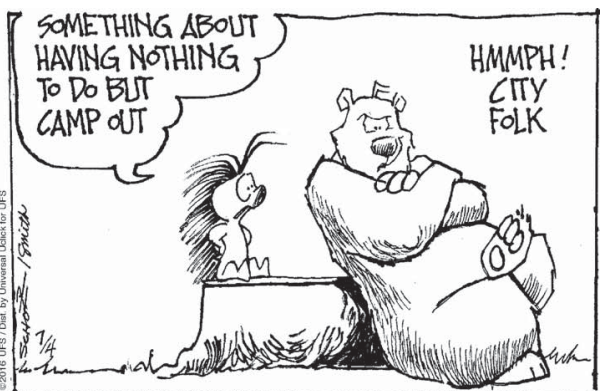
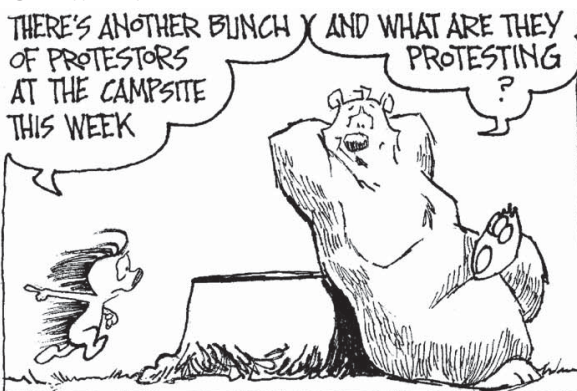
THE BORN LOSER



FRANK AND ERNEST



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294 Events

2016 NORTH HATLEY ANTIQUE and Folk Art Show at the North Hatley Curling Club, 3245 Capelton. Opening Night Fundraiser, Friday, July 8, 6:30 p.m. to 9 p.m., \$30. Saturday, July 9 and Sunday, July 10, 10 a.m. to 5 p.m., \$5. Presented by the North Hatley Recreation Society. Info: www.northhatleyantiques.com

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You're not invited

MONDAY, JULY 4, 2016

Annie's Mailbox

upon your big day — do whatever it takes to make it work and invite her. Just ask a friend

Dear Annie: My college sweetheart, Ryan, and I are now engaged. We met at a bar because of a mutual friend, "Nancy." Ryan and I are both shy people, and we were even shyer back then. Nancy actually grabbed my arm and dragged me over to meet Ryan that night because she had a feeling we'd like each other.

I lived with Nancy for two years during college, in a big house with lots of roommates, and although we were never best friends, we were still in the same friend group. When Ryan and I got engaged, Nancy contacted me saying how happy she was and how excited she was to be a bridesmaid because she was, in fact, the "reason" we met. That was an awkward moment!

We are paying for the wedding on our own, and it will be a very small one, meaning we have to be selective about whom we invite. We can't even afford to invite all the people we would truly love to have there.

Nancy wasn't originally on the list, and now I don't know how to tell her she's not a bridesmaid or even invited to the wedding. A limited budget can only go so far as an excuse, but it truly is the only reason. We are looking at a little over \$100 a head. — Budgeting Bride

Dear Budgeting: This pushy matchmaker may be on your last nerve, but she (SET ITAL) is (END ITAL) the reason you two met. Yes, it would be an additional person to feed at the reception. I feel your pain there. Weddings have gotten ridiculously expensive, and it's hard for average folks to keep up.

But out of respect for her role as the catalyst for your marriage — and to avoid bringing bad juju

to keep an eye on her and head off any impromptu self-congratulatory toasts.

Dear Annie: I'm retired. My wife died five years ago. My house is paid in full. It is my pride and joy. I spend most of my day doing various chores around the house. I am pretty handy and don't mind tacking on projects.

If I had to pick one part of the house that I am most proud of, I'd say it is my yard. I have a green thumb. I love gardening. I am out there every day planting, trimming or weeding. But my lawn, my grass — that's my crowning achievement (and I have three kids).

The reason I am contacting you is that some jerk lets his dog poop on my lawn. I confronted him about it once before, and he apologized in the moment. Then I saw him letting his dog do his business on my lawn again that same week.

My house and my yard are all I have. I want to have a good relationship with my neighbors, but this guy is pushing me. If he picked it up, it would be one thing, but the guy just leaves it there. I bet he's the type of guy who spits his gum out on the sidewalk. How should I handle this stinker? — Get Off My Lawn

Dear Get Off My Lawn: I doubt Robert Frost had this sort of thing in mind when he wrote about good fences making good neighbors; nevertheless, the line applies here. Try putting up a small, attractive fence that won't detract from your lawn's supposed glory. Then that lazy stinker will have to find a new neighbor to rattle.

By the way, I hope you're joking about being prouder of your yard than you are of your children.

Send your questions for Annie Lane to dearannie@creators.com. To find out more about Annie Lane and read features by other Creators Syndicate columnists and cartoonists, visit the Creators Syndicate website at www.creators.com.

SUDOKU

Difficulty: 2 (of 5)

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

7-4-16

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PREVIOUS SOLUTION

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

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

URGENT

THE RECORD

is **urgently** searching for carriers in and around **Sawyerville**

(Routes can be divided)

Motorized carrier(s) for Ch Sawyerille, Dawson, High Forest, Johnson, Jordan Hill, Laberee, Lachance, Lapointe, Lowry, Luce, Route 210 (26 customers)

Walking carrier(s) for: Bedard, Church, Clifton, Cookshire, de la Station, High Forest, Hurd Hund, J.A. Lowry, Lisée, Principale North & South, Saint-Germain, Randboro (35 customers)

If interested in any of these routes, please contact our offices at **819-569-9528** between 9 and 4:30 or by email at billing@sherbrookerecord.com

Do you have **CASH** in your attic?

Turn those unwanted items into cash. Sell them in the Classifieds! They may be just the thing someone else is looking for.

THE RECORD 819-569-9525
 THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897 450-242-1188

