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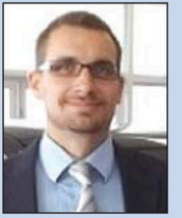
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FRIDAY, JUNE 30, 2017

ETSB says
have a very,
very, very
relaxing
summer

By Matthew McCully

The Eastern Townships School Board held its final council of commissioners meeting before breaking for the summer.

"Have a very, very, very relaxing summer," said Director general Christian Provencher, to the board as well as the rest of the ETSB community.

During the meeting, a number of administrative appointments were made.

James Lemaitre, currently Principal at Asbestos-Danville-Shipton Elementary School at 50 per cent will increase to a 70 per cent position.

North Hatley Elementary Principal Catherine Zahra will increase from a 30 to 40 per cent position. Waterloo Elementary Principal Catherine Canzani's position will increase from 50 to 60 per cent, and Martin Vigneux was appointed Centre Director at New Horizons Adult Education Centre for the coming year.

The budget for the upcoming school

CONT'D ON PAGE 7

Work underway to build an interactive
panel at Hyatt one-room schoolhouse



MATTHEW MCCULLY

By Matthew McCully

After decades of determination, Bev and Milt Loomis are excited to announce that work has begun on the crowning jewel of the Patrioine-Ascott-Heritage project.

An interactive panel with bilingual audio recordings about the history of the area is under construction, complimenting the visual panel currently on the grounds beside the Hyatt one-room

schoolhouse in Milby.

"We've been at it for 22 years; we're really stubborn," said Milt Loomis, determined to see the Milby Heritage site reach its full potential.

"I turn 90 on the 6th of July," Milt pointed out. "This is the last kick at the can."

Bev pointed out that a lot of work has gone into the schoolhouse project over the years, not just researching its history, but also getting the building

moved onto a secure foundation.

The new panel will have seats (built by Milt) in front of it, so visitors can relax and hear all about the founding of the township of Ascott, which dates back 225 years this summer, as well as a variety of other historical tidbits.

Bev said she plans to organize an event to unveil the new interactive panel when work is complete in the coming months.



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Weather



TODAY:
60% CHANCE
OF SHOWERS

HIGH 23
LOW 17



SATURDAY:
SHOWERS

HIGH 25
LOW 17



SUNDAY:
SHOWERS

HIGH 24
LOW 14



MONDAY:
60% CHANCE
OF SHOWERS

HIGH 22
LOW 11



TUESDAY:
60% CHANCE
OF SHOWERS

HIGH 23
LOW 11

Clubbin' on Brier Island... Dateline Westport!



GOOD READS

LENNOXVILLE LIBRARY

The Library's intrepid president has been known to stray occasionally from the confines of Lennoxville....

Going southwest from Digby, Nova Scotia, there is a peninsula that separates St Mary's Bay from the Bay of Fundy. Off that peninsula there is an island, and off that island there is another island, Brier Island, and on that Island is the Village of Westport and in that village is the Westport Public Library (part of the Western Counties Regional Library).

The island, the village, the library constitute a summer home away from home, and when visiting this selfsame Library last week I was delighted to discover that Westport Public is also home to a Book Club—The Novel Bunch. Lennoxville and environs boasts at least five assorted book clubs, many of its members known to your intrepid pres. So it seemed as if I had discovered a kindred species. Westport's the Novel Bunch thrives under the care and guidance of Jacqueline Journeay, Library Clerk III in charge of operations. It has been in exist-

tence since February 2016 (its origin coinciding with Freedom to Read Week), and it counts over 18 regular members, of which more than half typically show up every fourth Tuesday of the month to discuss an agreed-upon title. (In an interesting twist, every February is Banned Book Month, when members are invited to present a title which has been banned at some point in its history, and provide some background!)

This month's selection was the autobiographical *12 Years a Slave*, the original version published by the author, Solomon Northup, in New York in 1853, immediately after the events that it relates. With very little persuasion, I decided to sit in on the discussion on Tuesday evening.

Solomon Northup explicitly pays tribute to Harriet Beecher Stowe: "Whose name, throughout the World, is identified with the Great Reform: This narrative, affording another key to Uncle Tom's Cabin, is respectfully dedicated." So this work was from the beginning intended as an anti-slavery polemic. In fact, after his deliverance, Solomon Northup presented abolitionist lectures, driven by the memories of the indignity and injustice he had experienced in the South. After some initial popularity, the book languished in obscurity for more than a hundred years, but has seen its fortunes rise with the 2013 film version, directed by one of Northup's descendants.

In *12 Years a Slave* we are introduced to the free man Solomon Northup, born in 1808, whose father was a freed slave. In Solomon's early years he masters farming and music (the violin). He marries mixed-race bride Anne Hampton in 1829 and together they have three children. In his early years he is gainfully employed in a variety of occupations which see him explore a fair bit of northern United States and Canada. He tries his hand at farming, canal construction, wood milling and, always, playing music for entertainment in a variety of venues. Things go south when he does. Seduced by the promise of a lucrative job playing music in a circus, he is lured first to New York and then to Washington. There, the gentlemen who have been accompanying him show their true colours. He is drugged and imprisoned in a series of slave pens, then, all too efficiently, transported south. There he is passed from owner to owner, encountering all manner of oppression and persecution. He finally finds himself working on a

plantation on Bayou Boeuf in Louisiana, the property of the cruel and capricious Edwin Epps.

What really draws the reader into the story is the wealth of incidental detail and the vivid bringing-to-life of the characters. We see how cotton and sugar cane are grown, how plantations are cleared, how the slaves are subjected to routine brutality, and how their typical days unfold. More compellingly, we are introduced to a series of individuals, who, but for this chance encounter with Solomon Northup, would have been relegated to complete anonymity in history, their stories untold. We learn of the tragic figure of Eliza whose children are sold off to different owners. We learn of Patsey, who suffers at the hands of the sexually abusive Epps and then even more at the hands of his jealous and vindictive wife. We hear the abuse, we feel the lash, we smell the blood.

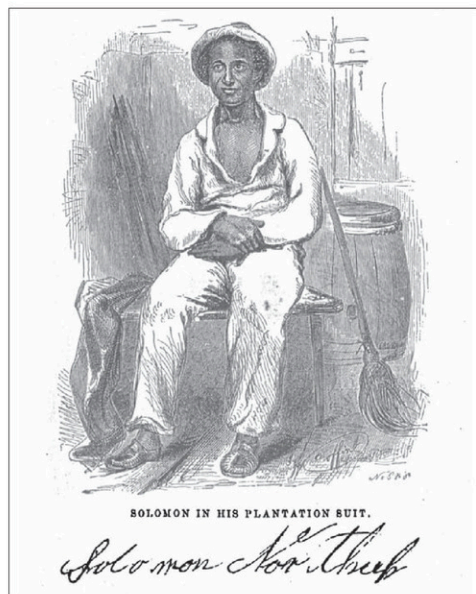
We also witness, through Northup's consciousness, constant debates and reflections about the institution of slavery. How, at this time in history (ca. 1850) in the capital of the United States, with its vaunted aim of liberty and justice for all, slave pens exist to facilitate the trafficking of slaves. He ponders the religious elements of slavery—how pious men can, by recourse to biblical texts, justify the existence of this inhuman institution. We see, first hand, how the mere systemic aspects of slavery corrupt all who are involved, breeding a disregard for basic humanity on the part of the owners and the complete abandonment of hope on the part of the slaves.

As one can surmise from the title, Northup's suffering does come to an end. But that is a somewhat ambivalent outcome in that he must bid farewell to the other slaves who have no hope of ever achieving freedom from their endless suffering.

On Tuesday evening, the conversation in the Westport library was friendly, spirited, stimulating, and illuminating. The members of the group are a real mix of individuals from various parts of Digby county and from abroad. And the insights, drawn from all types of real-life experience, revealed many surprising facets of the work. In short, a good time was had by all!

Both the original book and the video can be had via Lennoxville Library and/or the Interlibrary loan service through the réseau. Happy reading all!

—Stephen Sheeran



Ben by Daniel Shelton



LOCAL NEWS

"I'm absolutely excited. I'm tickled pink," laughed Seguin. "In all my years of performing in honkytonks and bars, it's been my dream to perform in an auditorium; to have people just sit and listen to my music."

Country Music Benefit Night at the Piggery

By Ocean Francoeur
Special to The Record

Last year the Memphremagog community learning center (CLC) held its very first fundraiser. Those who attended the dance at the Princess Elizabeth Elementary School will remember its resounding success. Christine Hodges, who volunteers at the CLC, said that once again, the center needs help from the community.

Hodges explained that after 10 years of function, the government is cutting the budget of the CLC. "The idea is that we become more self-sustaining. They expect us to partner up with other organizations and all fundraise together, but it's difficult when we all need the money."

The CLC provides useful, fun and intriguing courses, both for children and adults. According to Hodges, they register about 100 adult students every year.

"We're a bridge between the community and the actual schools," said Hodges. "We have a bookworm program for the children, to encourage them to read. We offer help in math, teach them to knit. There's also a community garden, where families who live in apart-

ments can come grow produce. At the end of the season we hold a big feast of soup made from all the vegetables grown."

She added that the evening courses for adults run throughout spring and fall. Volunteers offer to teach in whatever area they are knowledgeable in. Hodges' husband once took a class at the CLC, given by an actual archeologist who worked on excavation sites.

This year's fundraiser will be held at the Piggery Theater in North Hatley where Ray Seguin "The Country Stranger" will be back to sing country classics for attendees. Seguin had already gotten the 150 participants from last year's fundraiser to dance, and he is looking forward to doing so again at the benefit.

"I'm absolutely excited. I'm tickled pink," laughed Seguin. "In all my years of performing in honkytonks and bars, it's been my dream to perform in an auditorium; to have people just sit and listen to my music."

Seguin, who is hopeful of a full house, said that he is delighted to help the community:

"It's for a great event and a good cause," said the musician, who lives in



COURTESY

Ray Seguin "The Country Stranger" will be back to sing country classics for attendees.

Ontario. He added, "Some of the nicest people, in all sincerity, that I've ever met are from Magog and Hatley and those places. They are so warm and receptive. It's a joy to go back."

According to Hodges, at least \$23,000 needs to be raised to keep the CLC func-

tioning. The upcoming benefit concert will be a step towards that goal.

The concert will be held at the Piggery on July 14. Tickets can be purchased by calling 819-847-2769, 819-843-7687 or 819-238-1285.

Following attack by gunfire, Katevale residence destroyed by fire

Record Staff
SHERBROOKE

Just three weeks after being riddled with a hail of bullets, a Sainte-Catherine-de-Hatley home was the victim of

a fire Wednesday night.

The Sûreté du Québec has begun an investigation into the fire, which appears to be of criminal origin.

"The file has been transferred to us," says SQ Estrie spokesperson Aurélie

Guindon." It was the same house that was riddled with bullets at the beginning of June. However, we cannot link the two events for the moment,

No one was injured in the fire, although the Cerisaie St. residence is a

total loss.

On June 6, some 30 bullets were fired at the house. No suspects have been identified in this case. No one was injured in the fire.

Townships vineyards eager for Open House

Record Staff
SHERBROOKE

Vineyards in of the Eastern Townships will be taking part in an Open House July 8 and 9 on the Brome-Missisquoi Wine Route in order to introduce tourists and residents to their wines and vineyards. Throughout the weekend, vintners will be available to meet people and tour their facilities. Visitors will be able to take advantage of this special event to ask questions and learn more about viticulture in Québec.

Free tastings

The vineyards participating in the event will offer free tastings of some of their products to provide an opportunity to discover the taste of the wines produced by local winegrowers and the weekend has been greatly anticipated by participating winegrowers. "It is one of the beautiful days of the year where we can exchange with people in a simple and informal way, as if our vineyards were being visited by family or friends," says Simon Naud, winemaker and owner of the La Bauge Vineyard in Brigham.

Lodging packages to extend the experience <http://www.laroutedesvins.ca/en/wineries/activities/portes-ouvertes/>


Visitors who wish to make the most of the Open House event by staying in the region all weekend will be able to take advantage of special packages at several

local accommodations. Details can be found in the "packages" section of the La Route des vins website. Visit the Brome-Missisquoi Wine Route website (<http://www.laroutedesvins.ca/en/wineries/activities/portes-ouvertes/>) for a list of participating vineyards.



(COURTESY) / JEAN-FRANÇOIS BERGERON

Enjoying a wine tasting at Brigham's La Bauge winery.




Mechoui Fundraiser
for the A.N.A.F. Unit #318
"The Hut"
Saturday, July 15 at 6 p.m.

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Sherbrooke (Lennoxville)

Another tech firm settles in Magog

Record Staff
SHERBROOKE

Digital consulting firm Kezber has announced plans to move its offices from Hertel St. in Sherbrooke, to the brand new Ilot Tourigny at the corners of Principale West and Saint Patrice West in Magog. Kezber, a leader in business IT solutions for companies, has been working for more than twenty years in the Estrie region and sees its impending move as an important shift to growth. The move is scheduled for mid-July. An official announcement and a press conference will take place in August.

Continually looking for network and systems programming and management professionals, the company now has 65 employees based in Magog, Sherbrooke, Brossard and more recently Drummondville. The migration from the Sherbrooke offices to Magog will make it possible to welcome new members to the team, but will above all be part of the Magog Technopole IT community, which is currently emerging.

"We are pleased and proud to welcome Kezber, a company that both enriches our IT community with its extensive expertise and highlights the dynamic business vision of its president,

Alan Kezber," says Magog Technopole Director General André Métras. "This announcement is another expression of our ability to attract mature companies looking for an exceptional work and living environment for their employees,"

Beyond IT

Kezber contributes to the growth of its customers by providing them with technical services and custom application development to make their business more prosperous. It is unique in the information technology sector with a corporate culture in which humanity is paramount. "Its success stems as much from the satisfaction of its customers as

from the contentment of its employees. It is this vision of the world that allows Kezber to grow and transform the good into the exceptional," a Magog Technopole press release says.

An involved corporate citizen

"It is with great pride that our Sherbrooke division settles at l'Ilot Tourigny, says company president Alan Kezber. "I strongly believe that Kezber will have a positive impact on Magog and the surrounding area, particularly by creating quality jobs with exceptional working conditions; but also by our economic and even social involvement,

Écosphère Fair presents 12th Townships Edition

Record Staff
SHERBROOKE

The Écosphère Fair is announcing its twelfth edition in the Eastern Townships and its second in Magog, September 30 and October 1, near Pointe Cabana at the parking lot on the corner of Cabana St. and Route 112. This year, Daniel Breton, automotive columnist and author of the book, "L'auto électrique, hybride ou écoénergétique" and former Quebec environment minister, and Jacques Duval, journalist, author and leading automotive specialist in Quebec, will be the spokespersons for the Écosphère Fairs.

Active for more than five years in Montreal and more than 11 in the Townships, these events bring together more than 30,000 people, more than 400 exhibitors, and almost 100 conferences in two days, in addition to numerous on site activities: electric and hybrid vehicle test drives, organic food tasting, a photo exhibition, a show, animation, and sev-

eral other activities for the entire family.

In short

The previous edition in Magog attracted more than 4,000 visitors, more than a hundred and twenty exhibitors. This year, the Toyota Prius Prime will be presented exclusively for Quebec and the Magog fair will also host the Tiny Houses Festival, with at least five energy-efficient tiny homes to allow visitors to understand this trend of environment friendly housing;

On Saturday, September 30 at 7 p.m. the 'Soirée des Sages' where stakeholders and scientists discuss environmental issues. This year, the panel will be completely feminine and will feature Magog mayor Vicki May Hamm, Louise Gratton, Ecology and Conservation Consultant, Founding Member (2002) and Secretary of the Appalachian Corridor, and a member of the Board of Directors of "Two Countries, a Forest" since its origin (2007), and a recipient of several awards recognizing her contribution to the pro-

Super C to expand Belvédère St. store

Record Staff
SHERBROOKE

The Super C grocery store on Belvédère St. in Sherbrooke is about to undergo a rejuvenation program in the coming months, requiring an investment of \$2 million for an expansion project that will add approximately ten new jobs to the

current 50.

The store will remain open during the work, which is expected to be completed this fall.

The expansion should provide an additional 3,000 sq. ft of floor space.

Meanwhile, the chain is reporting a significant increase in clientele since it moved its Carrefour de l'Estrie to the mall's former Target location.

tection of natural environments, Jacinthe Caron, Executive Director of the Estrie Regional Environmental Council. Isabelle Grégoire, environment education specialist; and France Levert, Chair of the Board of Directors of the Quebec Women in Environment Network and Chair of the Board of Directors of Ecosphère Fair.

Finally, the event takes place under the marquees at Pointe Cabana so that visitors can enjoy activities even in the event of rain. Free for the general public,

this is an opportunity for families and those wishing to learn about ecological initiatives in energy efficiency in building construction, green transport, organic food, health products, and conservation organizations.

The event is made possible thanks to the financial contributions of presenter Recyc-Québec, the City of Magog, the Ministry of Economy, Science and Innovation, Toyota architect-designer Maryse Leduc, and personal care specialist Druide.

Sherbrooke announces new 'Land Bank' service

Record Staff
SHERBROOKE

The City of Sherbrooke is has announced the beginning of the Banque de terres/L'ARTERRE service on its territory.

Banque de terres/L'ARTERRE is an accompanying service for matching aspiring farmers with owners of agricultural land in order to contribute to the vitality of communities through agricultural dynamism. The accompaniment offered allows for the conclusion of agreements adapted to the reality of each by favoring the rental, leasing with option to buy, partnership with business, property sales, or the transfer of a company.

Banque de terres/L'ARTERRE has existed since 2012 in Quebec and the City of Sherbrooke has recently mandated Pro-Gestion Estrie to offer the service to owners of green zoned lands located on its territory. Three other MRCs in the Eastern Townships are participating in the project and are working together to support local development while encouraging young farmers.

"Currently, half of the aspiring farmers enrolled in the Banque de terres / L'ARTERRE project across Quebec are looking to establish themselves in the Eastern Townships, says Marie-France Audet, a networking officer in charge of the Sherbrooke project "The Sherbrooke territory is therefore favored and con-

ducive to starting, diversifying, and consolidating various agricultural projects."

This year, L'ARTERRE Sherbrooke has the objectives of Recruiting 15 landowners or farmers who are willing to share a parcel of land, an agricultural building or shares in their business, attracting 10 aspiring farmers to Sherbrooke; Initiating twinning visits.

"By registering Sherbrooke farm properties with the service, we want to support Sherbrooke farmers and also highlight the Sherbrooke green zone, which represents 37 per cent of the territory," Audet says

Owners of agricultural land in Sherbrooke and aspiring farmers interested in learning more about this project are

invited to contact Audet by phone at 819-822-6163 ext. 110, or by email at mfaudet@progestion.qc.ca.

Fact sheets on registered land and aspiring farmers throughout Quebec can also be found on the Web at banque-terres.ca.

It should be noted that the name of the project, Banque de terres/L'ARTERRE, is explained by the fact that L'ARTERRE has replaced the Banque de terres and the Banque de fermes projects. The integration of these initiatives into one will be completed by the end of 2018. For more information, visit craaq.qc.ca/actualite_arterre.



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Francis Pierce Buck (1844-1911): An eminent businessman from Farnham to Lennoxville and to Sherbrooke

By Gérard Côté (LAHMS) and Jean-Marie Dubois (Université de Sherbrooke)

In 1955, the City of Sherbrooke opened Buck Street, north of Prospect Street, to remember a businessman who stood out among his fellow citizens in Lennoxville and Sherbrooke.

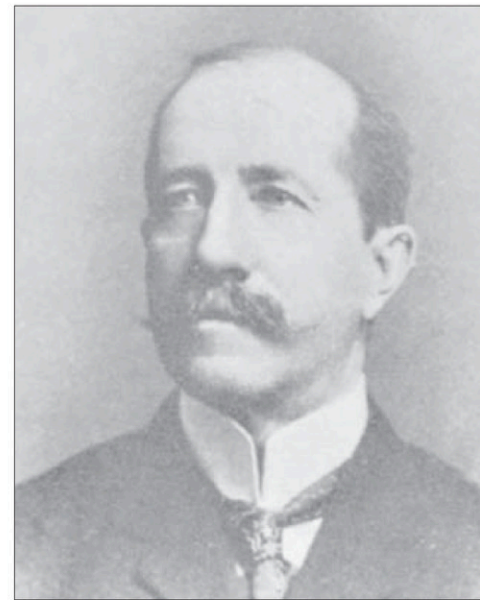
Francis Pierce Buck was born in Farnham in 1844. He was the son of Lucy Smith and of Joseph Buck, a farmer and pioneer of Farnham settled between 1825 and 1831. Francis began working in his eldest brother Lyman's general store in East Farnham. In 1867, he came to settle in Ascot Township. In the center of Lennoxville, he ran a general store, The People's Store, also known as F. P. Buck and Co. In 1868, in the Compton Anglican Church, he married Alice Lucy (Lora) Blossom. They had at least three children: Daisy Maud (died in infancy), Howard and Clifford. In 1874, his general store burnt along with all of downtown

Lennoxville. Buck then sold his business to other local merchants, the Brooks brothers. In 1874, he had bought Clarke's Hotel which was also swept away in the fire later the same year. For several years, Buck then owned the Magog House in Sherbrooke. From 1882 to 1897, he lived in a home still standing today at 268 Court Street.

From 1886 to 1889, Francis Buck was a Sherbrooke City councillor. He also belonged to the Sherbrooke Protestant School Board. In 1882, he became a partner with William Angus in the William Angus & Co. sawmill and pulp and paper plant in East Angus. In 1891, the company was restructured to become the Royal Pulp and Paper, the partners then being Frank Pierce Buck, William Angus, William Bullock Ives, George Van Dyke and Rufus Henry Pope. In 1895, the company was named the Royal Paper Mills Company. In 1899, Buck becomes chairman and general manager. In 1898, the company had bought the Brompton Falls

St. Francis Lumber Co., thus taking over a forest area of over 100 000 hectares in the upper St. Francis river basin. The company was bought in 1907 by the Brompton Pulp and Paper.

Francis Buck was among the promoters of the Eastern Townships Agricultural Association launched in 1885 and to hold fairs on the exhibition grounds. Since 1994 this site was named Sylvie-Daigle Park. From about 1889 until 1905, Buck was general manager and treasurer of the Dominion Lime Company. From 1905 until his death in 1911, he was president and general manager of the company. From 1906 to 1911, he was president of the first insurance company in the Townships, The Stanstead & Sherbrooke Mutual Fire Insurance Company. In 1911, he was also vice-president of the Sherbrooke Power, Light and Heat Company, director of the Consolidated Mining and Smelting Company, president of the St. George's Club and governor of the Sherbrooke Protestant Hospital.



The Stanstead & Sherbrooke Mutual Fire Insurance Company (1910) 1835-1910 Seventy-fifth Anniversary The Stanstead & Sherbrooke Mutual Fire Insurance Company. Sherbrooke, p. 46

Mining Innovation Center of the MRC des Sources gets gov't kick-off

Record Staff
SHERBROOKE

The Government of Canada announced on Tuesday that it has awarded a \$2.5 million grant to kick off the activities of the Mining Innovation Center of the MRC des Sources (CIMMS). This grant from Canada Economic Development is in addition to funds from the Government of Quebec, which invested \$87,000 to carry out the feasibility studies, the business plan and the project, and directly supported the company MagOne in the realization of its activities in Asbestos. In fact, MagOne supported the establishment of the CIMMS with the award of \$540,000 and the City of Asbestos also contributed financially by dedicating \$390,000, notably for the upgrading and expansion of the building housing the CIMMS. The total investment in this project is in the order of more than \$4 million.

The announcement was made in Asbestos in the presence of Compton-Stanstead Marie-Claude Bibeau, Minister of International Development and the Francophonie and, and Richmond MNA. Karine Vallières.

Initiated by the Cégep de Sherbrooke in collaboration with the Commission scolaire des Sommets, the City of Asbestos and its Socio-economic Development Corporation, the MRC des Sources, the Des Sources and Community Development Corporation, and the Université de Sherbrooke, the CIMMS was legally constituted in November 2016.

At a press conference, Asbestos Mayor and Prefect of the MRC des Sources, Hugues Grimard said that the project

represents an undeniable advantage: "CIMMS is a real lever for socio-economic development for the region. It is part of all the initiatives put in place to promote the economic diversification of the MRC," he said.

François Gouin, Chairman of the Board of Directors of the Mining Innovation Center, insisted on the innovative aspect of the CIMMS: "The Center is a unique initiative in Quebec. Its innovative character lies in the fact that it allows, through hydrometallurgy, the scaling up of chemical processes designed in the laboratory, an originality that is both technological and environmental." At the press conference, Gouin also highlighted the contribution of the company MagOne, which was the first customer to invest in the project to allow the first mini-piloting experiments for the processing of tailings.

For more than three years, the Cégep de Sherbrooke has been involved in the deployment of the CIMMS. Committed to supporting the diversification process taken by the MRC des Sources, the college is fulfilling one of the objectives of its mission: to promote the social and economic development of its region. The Cégep de Sherbrooke is already involved in Asbestos thanks to the general training it offers with the support of the Commission scolaire des Sommets, which provides, services and facilities.

The CIMMS represents a formidable platform of experimentation and possibilities for the CEGEP. Among other things, it will enable the training of a specialized labor force in the field of hydrometallurgy and chemical processes. For students, it will be leading-edge

training and research laboratory, particularly for those enrolled in regular and physical science and continuing education programs and with credited the program in Operations and Control of chemical processes. The Center will also offer a development platform for teaching staff and its activities may be associated with collaborative research, notably with the Université de Sherbrooke, a leading CIMMS partner.

Marie-France Bélanger, CEO of the Cégep de Sherbrooke, thanked the partners who believed in the project: "This

project is totally original and daring, to the point that it meets the criteria of existing government organization programs. The partners have therefore had to show a lot of creativity, determination and patience to be able to pull it off. The federal and provincial governments, as well as the Municipality of Asbestos, the MRC des Sources and the Des Sources Community Development Corporation have agreed to follow us off the beaten path in this adventure with their financial support."



(COURTESY CÉGEP DE SHERBROOKE)

From left to right, Hugues Grimard, Mayor of Asbestos and Prefect of the MRC des Sources, Marie-France Bélanger, Director General of the Cégep de Sherbrooke, Richmond MNA Karine Vallières, Marie-Claude Bibeau, MagOne president Gillian Holcroft, Éric Fernet, Manager of the Business Liaison Service at the Cégep de Sherbrooke and CIMMS Acting Director, and Chairman François Gouin celebrate the go-ahead for the Des Sources Mining Innovation

EDITORIAL

President Donald Trump and a number of multi-millionaire and billionaire oligarchs, spearheaded, in part, by Citizens United, are now firmly in charge of the White House.

Commentary

Fascism gains a foothold in the White House

Poll: Canadians no longer regard U.S. as a force for good in the world

By Frank Nixon

The American Heritage Dictionary defines fascism as “a system of government that exercises a dictatorship of the extreme right, typically through the merging of state and business leadership, together with belligerent nationalism.”

If you concur with this definition then make no mistake about it, fascism is on the rise in America. In fact, it can be argued that the merging of state and business leadership under the Trump administration is one and the same.

President Donald Trump and a number of multi-millionaire and billionaire oligarchs, spearheaded, in part, by Citizens United, are now firmly in charge of the White House.

Trump’s cabinet is by far the richest in U.S. history. The amount of wealth possessed by the 17 cabinet members is at least \$9.5 billion, greater than the 43 million least wealthy households in America.

Citizens United, a “super political action committee” bankrolled by the billionaire Koch Brothers, spent close to \$1 billion on the 2016 election to elect Trump and his friends.

David Bossie, president of Citizens United, became Trump’s deputy cam-

paign manager during the presidential campaign and was an integral part of Trump’s presidential transition team. Bossie is also a close friend and long-time acquaintance of Steven Bannon, chief political strategist to the president.

Bannon’s widely reported neo-fascist ideology includes, among other things, the promotion of extreme ethno-nationalism by targeting non-white immigrants and his assertion that the U.S. is in a global war against “an expansionist Islam” and “an expansionist China” in what he calls a “global existential war”.

Bannon also believes in the wacky notion that the “alt-right” represents a quasi-mystical “great Fourth Turning” in U.S. history—after the American Revolution, the Civil War, and the Great Depression and Second World War.”

The Los Angeles Times defines the “alt right” as “a far-right ideology that promotes what many consider to be white nationalism, racism, anti-Semitism, homophobia, transphobia and misogyny.”

And let’s not forget Trump’s shady and opaque financial ties to “white” Russian oligarchs and Kremlin officials that are currently under criminal investigation by federal authorities.

Once upon a time in America, it would have been illegal or politically untenable



for a president to openly and flagrantly enrich himself at the expense of the American public.

Once upon a time in America, if a president openly maligned and enacted punitive measures against immigrants, religious minorities and refugees, he would be considered a racist.

Once upon a time in America, if a president viciously and systematically attacked the free press by calling it the “enemy of the people,” he would be considered a demagogue.

Regrettably, the demagoguery under the “celebrity fascist” is confirmed on a

daily basis, by his incendiary tweets and by his destructive policies, much to the dismay of the majority of Canadians.

For the first time, in a recent poll conducted by the Pew Research Center, most Canadians no longer regard America as a force for good in the world. Just 43 per cent of Canadians have a positive view of their neighbour.

The majority of nations polled worldwide think Trump is “arrogant, intolerant and even dangerous.” There are only two major countries expressing faith in Trump’s ability to be a force for good – Russia and Israel.

Letters

DEAR EDITOR,

People assume that school board politics is above municipal, provincial and federal politics. That is not so.

Actually, the world of politics in education works at a lower level than any other organization in our society.

Why is that?

The answer is school boards are masters of propaganda, and can easily create a picture that everything is done in the best interest of the children. It is this image that makes school boards accountable to no one.

Democracy and an Education Tax

Consider what happened at the web-cast Pearson Council meeting on June 27, when the Board adopted its "Budget 2017-2018."

Even before I could ask any of the written questions, which I had submitted earlier in the day, out of the blue, Acting Chair Noel Burke, threatened to "ban" me from Public Question Period time. This is totally undemocratic ; it is against Article 168 of the Education Act.

Imagine a prime minister, premier or a mayor, even thinking of banning the opposition, or anyone, to ask questions on the finances of the public institution.

Now think about these facts: the Board's budget is about \$300 million, soon homeowners will receive their ever-increasing school tax bill, - and I was the only 'public.' Part of these taxes go toward administrative expenses.

My questions were about the expenses of the Quebec English School Boards Association (QESBA), which refuses to divulge its budget of about \$1 million.

Next week, ten commissioners are off to Whistler, B.C. to attend a "Congress," where they will pretend to be important, and come back with nothing for our English schools. Recall, last year, in Winnipeg, led by businessman, Marcus Tabachnick, the Association bashed defunct Bill 86 - a most progressive school board reform bill.

My other questions dealt with QESBA's vice-president Suanne Stein Day, who is chairperson of the scandal-plagued Pearson board. Following last year's ethics violations, she is on leave for an unknown period of time and still receiving a salary, in which, the secret amount was set at a closed door meeting led by strong supporter - the Acting Chair.

This secrecy reinforces the idea that school boards ought to get out of the school-tax collection business.

That said, everyone agrees that a well-funded public education system is cen-

tral to the well-being of society, but , in Quebec, most everyone seems to also agree the way school taxes are levied and collected is unfair.

Two key factors are whether one is a property owner registered in either the French or English school board , in the same area, and whether one lives on or off Montreal Island.

Let's also take into account the recent victory by parents who launched a class-action lawsuit against the province's school boards because of annual school fees they have to pay for educational tools.

No child should be deprived of anything educational because of socio-economic factors. While academic success is important in a well-rounded education, so is the participation in extracurricular activities.

It's time to modernize the way we fund our public school system. The burden of school funding should fall on the state. Here is an idea.

The Liberal government should consider raising the province's sales tax by about one per cent and dividing the funds equitably.

For the common good , and given the social and economic benefits of education, let's call it an 'Education Tax.'

CHRIS EUSTACE
MONTREAL, QC

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3 MONTHS	36.16	1.81	3.60	\$41.57

ON-LINE SUBSCRIPTIONS				
QUEBEC:		GST	PST	TOTAL
1 YEAR	71.50	3.58	7.13	\$82.21
1 MONTH	6.49	0.32	0.65	\$7.46

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Member
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Magog's Pie-X school to get new gym

Record Staff
SHERBROOKE

Magog's Saint-Pie X Primary School will be getting a new gymnasium and additional premises will be built on the school grounds, which have seen its numbers increase rapidly in recent years.

The official announcement of a \$4.5 million government investment was made by Orford MNA Pierre Reid on behalf of Education Minister Sébastien Proulx Wednesday at a press conference at the school.

"This expansion at St-Pie-X primary school responds to a need that has

grown over the years - a need that has been well expressed by parents and well understood by the Commission scolaire des Sommets," Reid said. "The Governing Board and the school team have done a great deal of work in order to provide children with the necessary pedagogical environment in a very small space. This expansion will standardize this environment by providing adequate space for a gymnasium, library, childcare, and a new classroom. This investment also meets a priority of the City of Magog in terms of residential development for young families who want to settle in Magog."

Currently, the gym is a large multi-

functional room with a relatively low ceiling. Since there was not enough space for pupils' lockers elsewhere in the school, several dozen were moved to this room, which also serves as a corridor to the washroom and the schoolyard.

A library, a "specialized classroom," as well as a daycare will also be set up inside the school. An additional \$500,000 is earmarked for modernizing on-site infrastructure and to add elements to promote academic success.

In recent years, parents of the school had expressed their dissatisfaction after realizing that pupils were increasingly cramped on campus, where an increase in the student population of about 30

per cent has been observed. As a result an expansion project, including a new gymnasium, was then proposed. School management, a group of parents, and the Des Sommets School Board all worked together to achieve the objective.

Magog Mayor Vicki-May Hamm addressed the overcrowding last year, as had Reid, and both had indicated that they felt it was important that the eastern quarter of the city be equipped with a sufficiently large school. A number of houses have been added in this sector in recent years, and there is no indication that construction will be reduced in this part of the city any time soon.

Another company chooses Haut-Saint-François

Record Staff
SHERBROOKE

The Haut-Saint-François local development center (CLD) is announcing the arrival of a new on its territory. Oil distributor Pierre Chouinard et fils will set up shop on 184,000 sq ft. lot after a total investment of close to \$2.3 million.

Daniel Bérubé, business advisor at the CLD, supported the company in its

search for financing, in particular with Investissement Québec. This contact was established during the "Haut-Saint-François en affaires" event last fall.

The search for available land suitable for the company's operations was a complex task and company spokesperson Louise Chouinard underlined the collaboration obtained from the municipality of Ascot Corner and the truck dealership Tardif Diezel.

The new facilities will include eight double-walled, above-ground tanks and a drainage system with a retention tank, safety measures, and environmental protection and prevention. The filling station can accommodate tankers on two sides. The building will include, in addition to offices, a mechanical workshop where the fleet will be serviced and repaired. Part of the building will be leased to a supplier.

The company, which has been in business for almost 40 years, operates in the resale and distribution of fuel to commercial, agricultural and residential customers and brings 18 jobs to the region. The children of the founder are also owners and have been involved in the company for a decade. Construction is proceeding apace and the official opening is planned for the end of July or the beginning of August.

Hit-and run accused opts for Judicial Facilitation

Record Staff
SHERBROOKE

A 39-year old Dixville woman involved in a hit-and-run-causing injury case while driving while impaired will turn to the judicial facilitation process to change her record. The process is designed to help resolve the case quickly.

Lawyer Michel Dussault chose this option on Tuesday at the Sherbrooke Cour-

thouse before fixing the trial date in the case.

Annie Lavoie is accused of illegal flight causing injuries, driving with impaired abilities causing injuries and impaired driving on November 18, 2016. She is accused of having struck a 15-year-old boy while driving on Highway 143 in Dixville.

The teenager was on the road because he was trying to get pigs across. Lavoie

hit the teenage and fled the scene of the accident. She was arrested a few minutes later by Sûreté du Québec officers who managed to track down after a short investigation. She was emitted a strong smell of alcohol and registered at a level above the limit allowed by law.

The accident occurred at about 7 p.m. on Route 143 near Falconer Rd. The victim sustained serious injuries. He was found inanimate near the safety railing

on Route 143 in Dixville by police.

The case returns to court on July 6.

ETSB

CONT'D FROM PAGE 1

year was adopted. Chairman Mike Murray pointed out it may be worthwhile to publish a summary of the budget on the ETSB website.

"It could answer a lot of questions," Murray said.

Other annual housekeeping matters were addressed during the meeting, including the confirmation of the head of office and schools and centres administrative structures, and signing officer changes were made where needed.

A long list of building renovation projects were approved, capitalizing on the absence of the students from schools and centres.

On the list of upcoming plans are schoolyard improvement projects at Galt, Lennoxville Elementary and Farnham Elementary schools.

Richmond Regional and Galt are slated for gym rejuvenations. A new roof was approved for Butler Elementary, and the boiler will be replaced at Sutton Elementary. Installation of a ventilation system was approved for Massey-Vanier, as well as basement floor repairs for Knowlton Academy, parking lot work at Princess Elizabeth, exterior wall repairs at ADS, and surface water drainage at Richmond Regional.

The board had a discussion about the class action suit involving 68 Quebec school boards regarding school fees.

One commissioner pointed out that an email sent out to all parents was unclear and some dismissed it as spam.

Secretary General Éric Campbell explained that the ETSB was not responsible for the content of the email; it was prepared by the plaintiff and the ETSB was ordered by the court to forward it to all parents because the board had the

email list available.

The email explains the nature of the class action, and explains how parents not wanting to participate can opt out.

During the meeting, Murray said that for the first time in 48 years, the ETSB and Val-des-Cerfs governing boards at Massey-Vanier had a meeting together.

Among the things discussed was including ETSB students in the passion program, which offers a number of specialized programs taught by professionals instead of teachers.

Murray said that the likely first step will be to blend intramural sports, and then potentially combined school sports teams.

"It's been offered since 2005," one commissioner pointed out, adding that the board should support and encourage partnerships of that type.

God Bless Canada

O God, who fashioned Canada
To stretch from sea to sea,
With mountain, river, prairie, lake,
With wilderness and tree;

God bless our land, our golden land.
God guide our destiny;
With all your great and wondrous works
Set us in harmony!

O God, who crowns the mountain peak
With purest, whitest snow;
Who sets the prairie wheat aflame
In sunset's crimson glow:

Who takes a thousand years to form
The grandeur of a tree;
With all your great and wondrous works
Set us in harmony!

Beneath our scarlet maple leaf
God, grant that discord cease;
That those of every race shall live
In love and joy and peace.

Around the conference table shed
Your light to make us see;
With all your great and wondrous works
Set us in harmony!

BY GLENNA JOHNSON MAYNES
SUBMITTED BY HER DAUGHTER -
SHIRLEY MAYNES BEAKES

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COLUMNIST

If our children desire to paint, to travel the world, to go to theatre camp, even to climb Mount Everest, let them go.

ONE COLUMN, FOUR VOICES

Opening to the Spirit

Today's word: Desire

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

1) The word desire is rather alluring. What is your heart's deepest desire? What girl in college would you more desire? What vacation resort would fulfil your longings and desires? The word has an erotic quality to it. There are puritans among us who might condemn the word and the idea. They might tell us that we should always be dutiful, unselfish and smother our ambitions for the greater good. Desire is sinful. I disagree, completely.

When we truly long for something perhaps we should follow our instincts and pursue the object of our desire. I have been in ministry for many years and I have been blessed with a career that I truly love. My greatest joys have been a result of my vocation.

I know others for whom this is not the case. They experience drudgery, go to work only to collect a pay cheque, complain about the boss, their co-workers, and their life in general. Life can be miserable, and that's the way it was meant to be, they think. Perhaps is they had chosen to follow their dreams and make their passion their career, life would be different.

If our children desire to paint, to travel the world, to go to theatre camp, even to climb Mount Everest, let them go. Don't condemn those who chase

their passion. The desires of our heart are a gift from the Creator; let's celebrate them.

2) Desire is one of those words that can take me in several very different directions at once. Which way to turn?

Our desires call us forward, unfolding and clarifying as we grow and change. How we go about fulfilling them - or whether we are prevented from even acknowledging them - has a lot to do with shaping who we become. Desire is a powerful force, awakening us to a world of possibilities. Our earliest desires are like clues to who we wish to be. What turns your head will point you in a direction that could lead you further along the same path. Desire distorted becomes an addiction that can destroy. On the other hand, if what we desire feeds our growth and informs our actions, it can make us whole.

Buddhism gives us a totally different take on desire. According to the Buddha, desire is the cause of all suffering. His message was that our longing for what we do not have feeds our discontent. His formula for happiness taught detachment. Let go and let be. In some mysterious sense, awakening is knowing we are, whoever we are and whatever our life condition, already whole. Lacking nothing, we can give up wanting more. Thus content, we rest in peace, free of desire. Which leads to a magnanimous gratitude for all that is.

What's the truth about desire? Its power in our lives depends upon whether we learn to listen to the desires of our hearts, and avoid being derailed by false desires. So much clamors for our attention - the world is full of manufactured desire. What do you long for, truly, at the center of it all?

3) Do your desires always line up with healthy choices? I know mine don't. Late night cravings for mint smoothies or one more purchase of a really interesting book that will sit unread for months do not make a lot of sense.

These are surface hunger. Often they appear to be frivolous or needless. However, in this age of persuasive advertising, we have become accustomed to responding to all our desires by releasing our inner consumer. It seems to me that many of these desires point to some deeper hunger - the need to be loved, to find meaning in life, to find peace and feel satisfied. The trouble with most things we buy, eat or otherwise consume is that material objects can never really satisfy these deeper stirrings of the heart.

Ultimately nothing can substitute for the inner journey of self-discovery, spending time contemplating life, time for prayer and meditation and time to cultivate gratitude for the life we have. I know I haven't reserved enough time for these things when a frenzy seems to overtake my eager consumer self and I find that I absolutely need one thing or another. Not only do need it, but need it now! That's when I know I need a break.

4) A Hindu creation story tells how when the gods were finishing up the task of creating the world, an argument ensued among them about where to plant the seed of infinite goodness. The very top of the highest mountain, says one. No, offers another, let's sink it to the bottom of the fathomless ocean. Let's plant it far out in space, hang it from a distant star. One says: no wait. We have made the people to be intelligent and curious. Surely someday

they'll climb the mountain or explore the sea and the skies. Finally, they agree to hide it in the depths of the human heart. They know it will be the last place the people will look.

As a religious educator I had in my library a video used to recruit volunteers and encourage colleagues in our work. The film simply repeated the same lyrics over and over to a stream of many different faces from all over the world representing the human family. Face after face would dominate the screen while the lyrics played: "It's in every one of us to be wise. Find your heart. Open up both your eyes. We can all love everything without every knowing why. It's in every one of us to be wise." Beautiful smiling faces of many colours and cultures - elders, infants, women, children, men - all had one thing in common: their eyes were alive and shining with love.

What if our longing for infinite goodness is the basic desire that defines us as human. Called by some God, Allah, Yahweh, Ahura Mazda, Spirit of Life, the Great Mystery, it doesn't matter if you believe there is one Holy One or many, or if you leave it nameless. I don't believe the gods in the ancient story intended us not to find the seed. Instead, I believe the very desire for it, the lifelong search, is what shapes us.

What if seeking that seed, cultivating it once we find it, is what makes our own infinite goodness come alive?

One word, four voices - now it's your turn to ponder: What are your heart's desires, and how do you find fulfillment?

Rev. Mead Baldwin pastors the Hatley, Waterville & North Hatley United Churches; Rev. Lynn Dillabough is now Rector of St. Paul's in Brockville ON. She continues to write for this column as a dedicated colleague with the Eastern Townships clergy writing team; Rev. Lee Ann Hogle ministers to the Ayer's Cliff, Magog & Georgeville United Churches; Rev. Carole Martignacco pastors UUEstrie - the Unitarian Universalists in North Hatley.

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Local Sports

We often workout early mornings when the kids are still sleeping, or late at night.

TV hosts and Mompreneurs Vanessa and Melissa share their parenthood and lifestyle tips



A RUNNER'S MIND

CHRISTINE BLANCHETTE

Meet Vanessa Rempel and Melissa Shadd. They are TV hosts and mompreneurs. Both ladies believe health and fitness are a very important aspect in any woman's life, especially moms. In our Q&A interview, they share their parenthood and lifestyle tips:

Q: As busy TV hosts, mompreneurs and social media influencers how do you maintain a healthy lifestyle?

A: Maintaining a healthy lifestyle is a big priority for both of us, but with 6 kids and a business it can be challenging. We often workout early mornings when the kids are still sleeping, or late at night. We both actually prefer clean eating, so when it comes to food choices we are always on the same page. That doesn't mean we don't enjoy some wine and treats here and there, as well, but all in moderation. But let's be honest, some weeks we kill it and some weeks we totally fail, but we're always trying to make

good choices when we can.

Q: Tell us how you began working together as a duo and your new Vanessa + Melissa new venture?

A: We both previously moonlighted as correspondents for an entertainment show on Rogers TV, and simultaneously we were both pitching the idea of a parenting show. A producer, set us up on a blind date, and we've literally been working together ever since.

Our show was originally called Diapers & Lipgloss, which is our business name, but we've evolved into solely Vanessa+Melissa on all our platforms, because we also cover lifestyle topics beyond motherhood.

Q: How are you making a difference doing what you do in addressing parenthood to women's lifestyle?

A: We're talking about subjects that people are often too scared, or embarrassed to talk about. Topics that have previously been deemed taboo, or were just swept under the rug. We want Moms, and women to feel safe, comfortable and accepted no matter what is going on in their lives. To know that they're not alone and we're all in this together.

Q: You both lead active lifestyles and practice "what you preach" how does it make you both feel you are inspiring others or making a difference?

A: To be honest, it's everything to us. It's actually the best part of what we do. We get so many messages from women



COURTESY

around the world asking us for advice, and thanking us for covering a certain topic and almost every message we receive ends with 'please keep doing what we're doing'.

Q: What are some tips to work out safely during pregnancy and after post-baby?

A: Don't stop working out! It is so beneficial to you and babe.

If you are new to working out though, work with a personal trainer to make sure you are using proper and safe form.

Make sure that you do not raise your heart rate over 140.

Stay away from heavy squats and stop running if you experience round liga-

ment pain.

Make sure to have fun, and enjoy your workouts. Never feel pressure to workout, or workout if your body is telling you to relax!

Q: What is next for you?

A: We plan to continue to grow our parenting/ lifestyle brand, Vanessa+Melissa globally, in many new ways, through all our social channels. We also have lots of projects & ideas in the works, so stay tuned!!

www.runwithit.ca

Twitter: @christineruns

Run With It on YouTube Channel

Canadian Olympian Andre De Grasse runs 10.17 in 100m at Harry Jerome Track Classic

By Monte Stewart
THE CANADIAN PRESS

Andre De Grasse contended more with fans than competitors _ or the clock _ on Wednesday night.

De Grasse was mobbed by youngsters after he posted a time of 10.17 seconds to win the 100-metre race at the Harry Jerome Track Classic. Running at dusk on a sunny evening under a mostly clear sky, De Grasse was engulfed by the throng moments after he spread his arms in triumph while crossing the finish line.

With security lacking, it looked at times like things might get out of hand as the departing sellout crowd migrated towards the track with De Grasse in the centre. But De Grasse calmly, and literally, took the pushing and shoving in stride.

"Last year, I was a bit overwhelmed," he said of his popularity. "But this year, it's just amazing, incredible. I'm a bit speechless about how (the mob scene) happened. I admire these kids. They're working hard, trying to get a spot right now, trying to get a sport. So it's just an

incredible feeling."

The 22-year-old Markham, Ont., native, who won three medals at last summer's Olympics in Rio de Janeiro, prevailed in a field of seven Canadians and one American.

The winning time did not come close to challenging the Canadian record of 9.84 seconds shared by Donovan Bailey and Bruny Surin. But De Grasse was still smiling afterwards while the race's other participants, virtually ignored, grinned as they watched the scene.

"I'm happy with it," said De Grasse of his performance. "The main point about coming out here was just to meet my fans, (take) pictures, (sign) autographs, just getting a chance for the fans to see me in Canada. So I'm not worried about the time. It was more about the experience of coming here."

James Linde of Coquitlam, B.C., who does not compete internationally, finished second in 10.42 seconds while Calgary sprinter Akeem Haynes _ a 2016 Olympic bronze medallist in the 4x100 _ placed third in 10.47.

De Grasse used the race as preparation for the Canadian track and field

championships, starting July 3, in Ottawa and the world championships in London in early August.

His time was slower than defending Olympic and world champion Usain Bolt's 10.06-second clocking at the Golden Spike meet in the Czech Republic earlier Wednesday. Bolt, who won his race, cited back pain for the unusually slow time and planned to get checked by his doctor in Germany.

De Grasse finished second behind Bolt in the 200 metres in Rio and also earned bronze medals in the 100 and 4x100 as Bolt brought Jamaica gold in both races. The Canadian is trying to bring himself up to speed with Bolt this season before the 30-year-old retires at the end of the campaign.

But with the world championship 100-metre event on the distant horizon, De Grasse refused to put much stock in his friendly rival's poor showing.

"It's six weeks away," said De Grasse. "I'm sure he's going to be ready. So I'm not worried about what he's running right now."

De Grasse ran a wind-aided 9.69 seconds to capture the 100 at an event in

Stockholm on June 18, three days after winning at the same distance in Oslo. The 9.69 would have smashed the Canadian record, but the wind reading was an illegal 4.8 metres per second _ above the two-metre threshold.

Although the Canadian remains elusive, De Grasse indicated that he is content with preparations for the nationals and worlds.

"I'm just enjoying the moment every single time," said De Grasse.

Meanwhile, Melissa Bishop of Eganville, Ont., a two-time Olympian and 2015 world championship silver medallist, easily placed first in her 800-metre specialty with a time of 2:00.11. And, two-time Olympian Damian Warner of London, Ont., won the men's long jump with a 7.48-metre leap. It was well off his personal best of 8.04 metres.

Warner, who won a decathlon Olympic bronze medal, also took first in the 110-metre hurdles despite hitting a couple of the barriers.

"All in all, today was an OK day, but certainly (there's) lots of room to improve," said Warner.

Church Services

Anglican

LENNOXVILLE

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

SHERBROOKE

Sunday, July 2, at 11:00 a.m., the Church of the Advent, 473 Bowen St. S., Sherbrooke welcomes you to a service of Morning Prayer.

Presbyterian

LENNOXVILLE

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

SCOTSTOWN

St. Paul's Presbyterian Church in Scotstown welcomes you to a Sunday afternoon worship service on July 2 at 2:30 p.m. Minister: Rev. Susan Smith.

United

AYER'S CLIFF - MAGOG

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

HATLEY/WATERVILLE

There will be no services in July at Hatley United and Waterville/North Hatley. Rev. Mead Baldwin 819-837-1112.

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, welcomes you to worship with Rev. Linda Buchanan on Sunday, July 2 at 10:00. Children are always welcome. 819-565-8449; website - lennoxvilleunitedchurch.com

RICHMOND

Richmond-Melbourne Pastoral Charge invites you to join us for worship on Sunday, July 2 at 10:30 a.m. at Richmond-Melbourne United, 247 Principale Sud, Richmond. Shirley Knutson will be leading this worship service. All are welcome!

SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373, the Rev. Samuel V. Dansokho, minister. During the month of July, we are going to Lennoxville United for the service in English at 10 a.m. Our service in French will continue at 9 a.m. as usual. Welcome to all! Bienvenue à notre culte en français à 9 h dans la chapelle (entrez par la porte donnant sur l'aire de stationnement, rue Terrill). Pendant tout le mois de juillet, notre communauté de foi s'unira à nos frères et sœurs de l'église unie de Lennoxville (à l'angle des rues Queen et Church) pour le culte en anglais à 10 h.

On this date:

In 1859, French acrobat Blondin crossed the Niagara gorge on a tightrope. Before reaching the Canadian side, he stopped to drink champagne and perform other feats. A crowd of 25,000 watched.

In 1908, a meteorite or small comet landed in the Tunguska basin near Vanovara, Siberia, devastating more than 7,800 square kilometres. Residents described it as a fiery ball and some suspected it was a UFO. Due to the rotation of the Earth, if the collision had occurred 4 hours and 47 minutes later, it would have destroyed St. Petersburg. Scientists have advanced over 80 theories explaining the event but none was ever conclusive.

In 1930, the Allies completed their evacuation of the Rhineland, which they had occupied since the end of the First World War.

In 1936, "Gone With the Wind" by Margaret Mitchell was first published.

In 1948, Prime Minister William Lyon Mackenzie King made his last speech in the House of Commons before retiring later in the year as Canada's longest-serving leader.

In 1948, three scientists from Bell Telephone Laboratories demonstrated their new invention to replace the vacuum tube - the transistor. John Bardeen, Walter H. Brattain and William Shockley were awarded a Nobel Prize for their work.

In 1952, "The Guiding Light," a popu-

Today in history

lar NBC radio program since 1937, made its debut as a TV soap opera on CBS. The final episode aired Sept. 18, 2009. The Guinness Book of World Records cited it as the longest-running television drama.

In 1958, Alaska became the 49th American state.

In 1971, three Soviet cosmonauts, returning from a 24-day mission in the orbiting space station "Salyut," were killed by a sudden loss of cabin pressure.

In 1973, Conservative MP - and future prime minister - Joe Clark married PC Party researcher Maureen McTeer in Ottawa.

In 1977, Czechoslovakia announced a blanket amnesty for more than 75,000 people who fled the country after Soviet-led forces put down a revolt in 1968.

In 1981, Canadian postal workers began a 42-day strike.

In 1987, the Bank of Canada stopped issuing \$1 bills. They were replaced with \$1 coins that came to be known as loonies. The \$2 coin, the toonie, was introduced a few years later.

In 1992, planes loaded with food and medicine arrived at the airport in Sarajevo as part of an international relief effort to aid Bosnia.

In 1998, Nova Scotia prosecutors withdrew criminal charges against two Westray mine managers stemming from the fatal 1992 explosion at the mine.

In 2000, Canada launched a DNA data bank to help police solve crimes.

In 2002, Brazil defeated Germany to win soccer's World Cup.

In 2004, after nearly seven years of

travel, the international "Cassini" spacecraft entered Saturn's orbit.

In 2007, BCE Inc., Canada's largest telecom company, was sold to an investment group led by the Ontario Teachers Pension Plan Board in the biggest corporate takeover in Canadian history, a cash and debt deal worth nearly \$52 billion. The deal was challenged by bondholders, who fought it all the way to the Supreme Court of Canada. The top court approved it on June 20, 2008.

In 2009, U.S. combat forces formally pulled back from Iraqi cities.

In 2009, a Yemeni airliner with 153 people on board, including one Canadian, crashed into the Ocean en route to Comoros. A 14-year-old girl was the sole survivor.

In 2010, Quebec Cardinal Marc Ouellet, Canada's highest-ranking Catholic priest, was promoted to chief of the Vatican's powerful Congregations for Bishops, which vets bishop appointments around the world. He succeeded 76-year-old Cardinal Giovanni Battista Re, who retired after nearly a decade in the post.

In 2011, Prince William and his wife Kate arrived in Ottawa as the newlyweds began their first official overseas tour since marrying in April. Their nine-day Canadian tour also saw them stop in the Quebec, P.E.I., the Northwest Territories and Alberta. Nearly 1,400 journalists were accredited to cover the visit.

In 2011, Labrador's Innu Nation voted in favour of a land and hydro deal crucial to a multi-billion-dollar Lower Churchill hydroelectric project.

SUDOKU

DIFFICULTY RATING: ★★★★★

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

6/30

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PREVIOUS SOLUTION

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

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

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

PREVIOUS SOLUTION

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

DIFFICULTY RATING: ★★★★★

SUDOKU

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

Death



Mr. Lionel GAYLOR

(1931-2017)

At his residence, June 28, 2017, at the age of 86 years, passed away Mr. Lionel Gaylor, husband of the late Phyllis Legge, residing in Waterloo.

He leaves to mourn his children: Christina of Beamsville, Ontario, Lawrence of Fulford, Quebec, his grandchildren: Lee J. Dubois (Janice), Mary Gaylor; his great-grandchild Nolan Dubois, his brother Gerry Boucher (Carole) of Alfred, Maine, his sister-in-law Joan Gaylor of Belleville, Ontario and many relatives and friends.

The family will receive condolences at Les Résidences Funéraires Bessette in Waterloo, Friday, June 30, 2017 from 2:00 p.m. to 4:00 p.m. and from 7:00 p.m. to 9:00 p.m. and also Saturday July 1 2017 from 9:00 a.m., followed by the funeral at 11:00 a.m. in the chapel. Internment will be held at the Fulford cemetery.

Les Résidences Funéraires Bessette
 5034 Foster St., Waterloo QC
 PHONE: 450-539-1606
 FAX: 450-539-3035
 www.famillebessette.com
 Member of the C.T.Q.

Graveside Service

O'CONNELL, Mary Hart - A graveside service will take place for Mary Hart O'Connell on July 1 at 10:30 a.m. at St. Anne's Cemetery in Richmond.



In Memoriam



BRYANT, Clifford: In memory of a dear brother and uncle who passed away 15 years ago July 3, 2002.

*Never more than a thought away,
 Quietly remembered in a special way.*

NANCY
 ALLAN and CHARLES

In Memoriam

BRYANT, Clifford - In loving memory of a dear brother, brother-in-law and uncle who passed away 15 years ago on July 3, 2002.

*But O, for the touch of a vanished hand
 And the sound of a laugh that is still.*

Lovingly remembered by
 LEE, GEORGE
 AND FAMILY

Card of Thanks

GILLAM - We would like to express our sincere thanks to relatives, friends and neighbours for the kindness shown us at the time of Russell's passing. Special thanks to Rev. Linda Buchanan, the staff of Cass Funeral Home, and all who sent messages of sympathy, flowers, and food. Your kindness will always be remembered.

RUTH AND FAMILY

Do just one thing

By Danny Seo

It's happened to even the best home cooks: Things burn. Pots spill over and casseroles bubble, causing messes and odors inside the oven and on stovetop burners. One natural and easy way to clean up and neutralize the spill is to reach for two pantry staples: table salt and cinnamon. When the spills are still hot, sprinkle a generous amount of both spices and wait until everything cools. Rub it away using a brush or scouring sponge, and it should be clean and odorless.

In Memoriam



MURRAY, Margaret: March 26, 1985 - June 30, 2008.

Lovingly remembered and dearly missed.

MOM (Joyce Murray)

DIONNE (sister)

RUSSELL & MICHELLE (brother)

JOHNATHAN, RYLEE,

KOLBY & HALEY

(nephews and niece)

Memorial Service

DREW, Bernard - A memorial service for Bernard Drew, of Georgeville, will be held on Sunday, July 2, 2017, 2 p.m., Georgeville United Church, 3 p.m. at Murray Memorial Hall.



In Memoriam

McBURNEY, Carlyle - Fond memories of a dear husband, father, grandfather and great-grandfather who left us July 1, 2013.

*Deep in our hearts
 Your memory is kept,
 To have and to cherish
 And never forget.*

CORINNE
 CAROLYN & JEFF
 JAMES, PASCALE & EVAN
 TIMOTHY, JOSHUA
 KATHRYN & TROY
 BETHANY & ANTHONY
 THOMAS, JACOB

In Memoriam

MILLER - In loving memory of R. Dale Miller, dear husband, father, grandfather and great-grandfather who left us July 2, 2012.

*You are always in our hearts.
 God's garden must be beautiful,
 He takes only the best.*

MILDRED
 ELIZABETH
 EVELYN
 MITCHELL
 LOIS
 AND FAMILIES

In Memoriam

TEOLIS, Stephen.
*A year ago, July 1, our lives changed.
 It's a day we will never forget,
 The day you left us.
 The day our hearts became heavy
 and broken,
 The day we looked to God for answers.
 This day will always be with us,
 It will only become lighter knowing
 Heaven welcomed you with open arms.
 We are thankful to feel you through the sun,
 Your bright smile, as you
 surround us with warmth,
 As you give us shining light
 And comfort through our memories.
 Forever in our hearts,
 CAROL, CECILIA, TODD,
 DARREN, LAURA, SCOTT
 AND FAMILIES*

"Watch me, Grandma!"



Macular degeneration is the leading cause of blindness in Canada. It can destroy your central vision in a few short months and the ability to see the faces of those you love. If you experience any change in vision, consult your eye-care professional.



1 800 563-2642
 www.cnib.ca

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RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$16.00 (includes taxes)

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

WEDDING WRITE-UPS:

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

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

DEADLINES FOR DEATH NOTICES:

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

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

Control over death

FRIDAY, JUNE 30, 2017

Dear Annie

when my mother said, "See a counselor." She actually found a great counselor and set me up with an appointment. With the help of this therapist, I discovered that with all the men I was dating, I was repeating the pattern I'd seen at home. My father's comforts always seemed to be of foremost importance, so my mother catered to him. I was doing this with the men I dated, too, never standing up for what I wanted. I learned that men don't really like a person they can walk all over. With the next man I dated, I stood up to him — and that was the man I married and have been ecstatically happy with for 44 years. — Happily Ever After

Dear Happily Ever After: Therapy can be such a valuable tool for understanding yourself, yet people still resist it, so thank you for sharing your success story. Congratulations to you and your husband on 44 happy years.

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

Dear Annie: My question has to do with end-of-life care. I have been beside my father, my mother and my husband as they died. Hospice was used in all three cases. I have never had a good experience with hospice, but that is actually beside the point. My question is this: Does anybody still get to go and die at the hospital anymore, or is that a thing of the past? When the obituaries say the person died surrounded by family, did that person have a choice?

I totally adore my family, but I do not want them taking care of me when I am dying. I would much rather have a stranger do it. I do not want to die in my own house, and I certainly don't want anyone around me. Has insurance made it so that nobody can do this anymore? I want to die with dignity. This means that I do not want my family anywhere near me in my last weeks. Can this still happen? — Death With Dignity My

Way

Dear Death With Dignity: This is a complex, sensitive issue, and I want to be sure you're given all the information you need. I would recommend calling the National Institute on Aging at 800-222-2225. The NIA can mail you a copy of its guide titled "End of Life: Helping with Comfort and Care," which outlines options for end-of-life care and lists dozens of additional resources. Be sure to communicate your decision to your family members ahead of time so they have time to process, accept and respect your wishes.

Dear Annie: Your response to "Frustrated Mom," who expressed her concern that her 35-year-old daughter is still unmarried, was fine as far as it went, but I have some more thoughts to add.

I was 28 and going through the same unattached phase, going from one bad relationship to the next,

Birthdays celebrated for June at Fidelity., # 33 Rebekahs.

At our regular meeting in June our Warden Lloyd Smith had the pleasure of presenting two ladies with their birthday cake made up by Evelyn and enjoyed by all.



Left to right June Bolton of Ayer's Cliff; Lloyd Smith, presenting cake, of Massawippi; and Fern Lapointe of Lennoxville. This is done for all monthly birthdays during their birthday month at our meetings.

Submitted by Ernestine Whipple

The Economy: A vicious cycle

There was a time when
Every individual worked hard
For his boss and small pay...
But tired and dirty were those men
Somewhere along they did discard
The bosses' power in a collective way.

In union, they made demands
And more dollars they did earn
As consumers saw prices rise...
So many products came from foreign lands
Where people worked to satisfy their yearn -
They cherished life and being alive;

Bosses in these foreign hands get rich
And they came to our land and bought
Real estate at any price to their taste...
And this is where there is a hitch -
For money, these bosses had a lot,
Our real estate prices rose in haste;

Maybe we would have a better life
By building all our needs in our land -
By putting up with colonial strife
And, in union, work hard, hand in hand.

G.L. Brown

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

7/3

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PREVIOUS SOLUTION

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

HOW TO PLAY:

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



CANADIAN
RED CROSS
QUÉBEC

Make a **donation**
or become a **volunteer**

WWW.REDCROSS.CA

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.

"R'E IAECAGC OVA IZJFSCI ET OWT
ZVLAJMV, SCWXI ORZV ET BVRG RG
IAEC BWICI, SCWXI ORZV ET VCWLZ
RG WSS BWICI." — UJIZRG ZLJXCWJ

Previous Solution: "I'm now ferociously healthy in body and mind. You couldn't pay me to go near a psychiatrist again." — Margot Kidder

TODAY'S CLUE: C equals B

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.

"OVKVG V GVI OMHNU VKG SMNU
HMGNUWRI NJNYI INVY... OVKGV
BUK'W ABS MK ... HVOXBKS AVKGU
MY HBRBWVYI EMHE." — YBOZ
HMYVKBU

J equals V

Previous Solution: "I'm someone who stumbles my way through, leads with my heart in all cases." — Justin Trudeau

ALLEY OOP



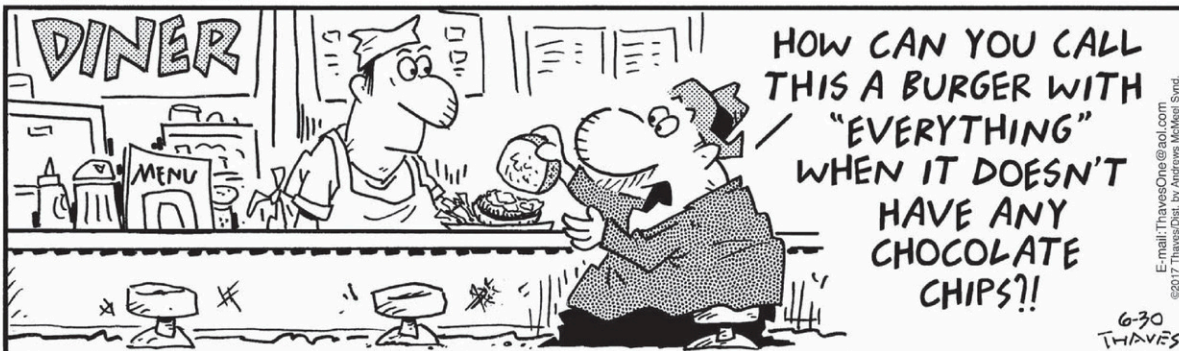
ARLO & JANIS



THE BORN LOSER



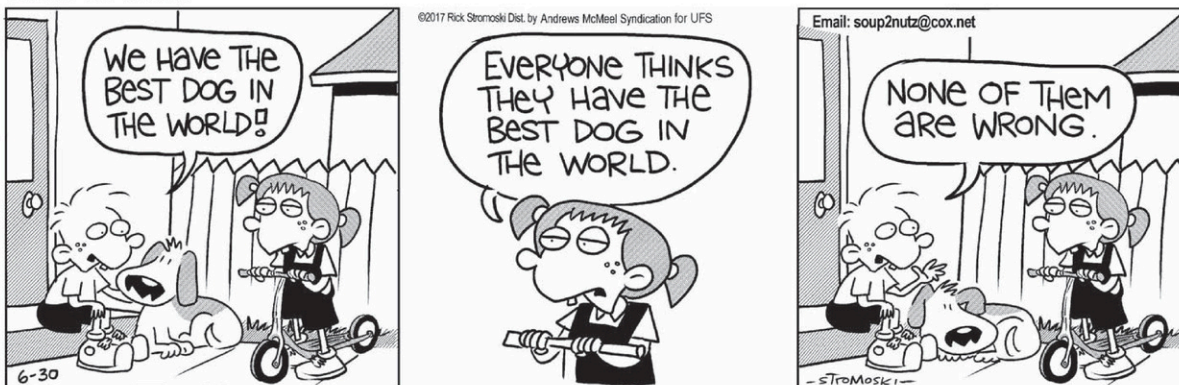
FRANK AND ERNEST



GRIZWELLS



SOUP TO NUTS



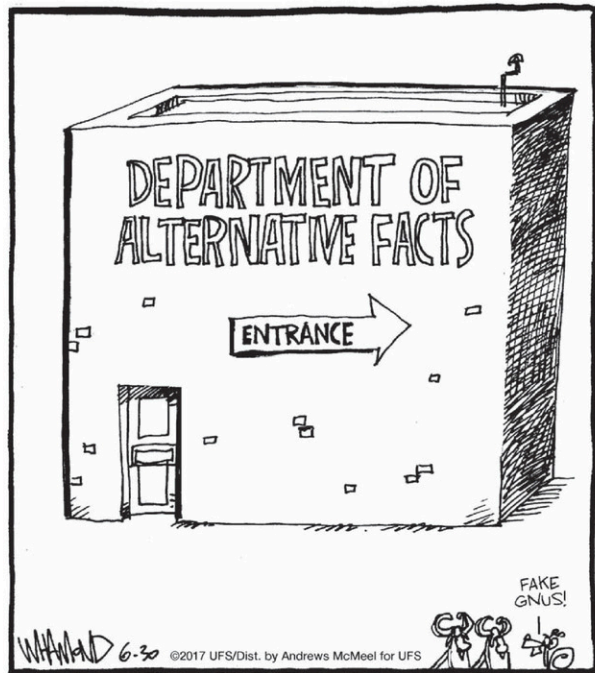
Diabetes The New EPIDEMIC

Diabetes Québec

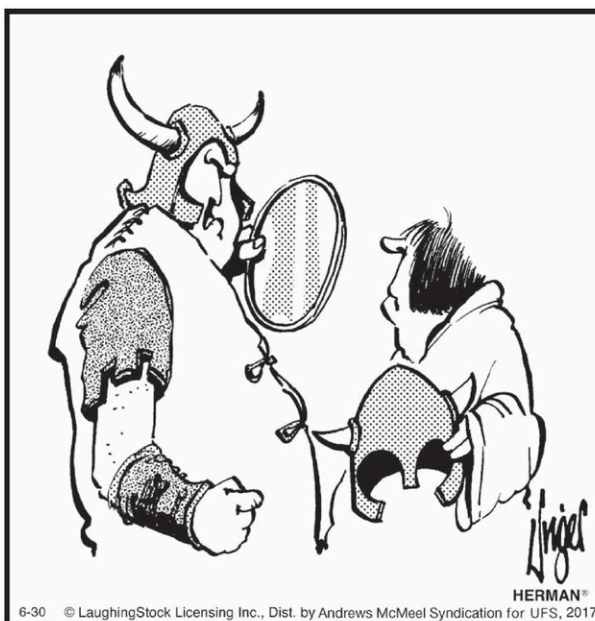
Information and donations: (514) 259.3422 or 1.800.361.3504 www.diabete.qc.ca

REACT NOW!

REALITY CHECK



HERMAN



"What do you think? Do I look better in the wider horns?"

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

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

CLASSIFIED

001 Property for Sale



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

150 Computers



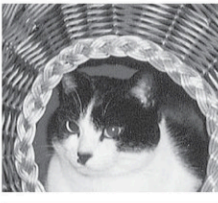
Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

290 Articles For Sale



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

330 Pets



340 Garage Sales

STANSTEAD Moving Sale, 31 Pierce St., Stanstead on Saturday, **July 8** from 8 a.m. to 4 p.m. Furniture, tools, kitchen items, antiques. Everything must go!

405 Found

CELLULAR PHONE FOUND in the Lennoxville Area. Info: 819-822-9504. Description needed.

035 For Rent

CLASSIFIEDS ONLINE!
www.sherbrookerecord.com

190 Cars For Sale

CLASSIFIEDS ONLINE!
www.sherbrookerecord.com



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

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.

275 Antiques

MOBILITY SCOOTER, 4 wheels, A-1 condition, \$495. Call 819-769-1654.

294 Events

CLASSIFIEDS ONLINE!
www.sherbrookerecord.com

330 Pets

Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

Classifieds
(819) 569-9525
(450) 242-1188

275 Antiques

100 Job Opportunities

CIDI FM 99.1 seeks bilingual experienced sales representative with own transportation. Commission based. Full/part time. Send resume to info@cidifm99.1.com Tel: 450-305-1195

THE RIPPLECOVE LAKEFRONT Hotel is looking to fill the following positions: Dining room **waiter**, **Massage therapist**, **Housekeeping** maids and general **maintenance**. Please forward your resume to directeur@ripplecove.com or call us at 819-838-4296.

145 Miscellaneous Services

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

Looking for a companion?
Place an ad in the classifieds.
(819) 569-9525
(450) 242-1188

It pays to advertise in the classifieds

Want your ad to stand out?
For **.50** a word - **bold** it.

RATES
25¢ per word
Minimum charge \$7.00 per day Mon. to Thurs., \$8.00 on Fridays, for 20 words or less.
Discounts for prepaid consecutive insertions without copy change
3 to 20 insertions - less 10%
21 insertions - less 20%
#84 Found - 3 consecutive days - no charge
We accept Visa & MasterCard
DEADLINE: 12:30 p.m. working day previous to publication.
Classified ads must be prepaid.

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

Having a garage sale, flea market or a farmers' market this week?
Advertise in The Record classified section

(819) 569-9525
(450) 242-1188


AUCTION SALE FOR THE ESTATE OF BARBARA DREXEL WARK
557 Bowen St., Sherbrooke
Saturday, July 8, 2017 at 9:30 a.m.
Viewing: 8:30 a.m. to 9:30 a.m.

ANTIQUES: Grandfather clock (James Dow), hall tree, secretary desks, oak roll top desk, Boston Rocker, carved rocker, 2 tea wagons, parlor tables, Moffat cook stove, dining room set (table & chairs, buffet, china cabinet), sewing table, 4 section oak book case with glass doors, Victrola, writing desk, plant stands, short wave radio (North Electric), old radios, handmade wicker doll furniture, sleigh bed, gentlemen's dresser, numerous trunks, crocks, German 22 rifle, Mickey Mouse projector, Waltham pocket watch, pocket watches, RCA dog, Bartlett prints, walking sticks, Moorcroft vase, 78 records, cutting board 1770, cups & saucers, crystal, toaster, globe, mantle clock, stereo, light fixtures, desk lamp, brass lamp, stuffed animals, toys, dolls, pestle & mortar, magic lantern, projector, towel racks, sock stretchers, wash boards, jars, Pyrex, irons, rolling pin, wash stand, bedroom set, Zenith T.V, match safe, large buck saw, telescope, hats, Egyptian wall hangings, silver, Bishop's University Sweater (49-50), numerous collectible dishes, calendars (1946, 1952, 1953, 1969), Cornish kitchenware, tins, suitcases, butter box, wooden shoes, mowers, watering can, kitchen table, stool, chairs, & more! **HOUSEHOLD:** Dishes, pots & pans, Pyrex, bakeware, electrical appliances, prints, electric lamps, Vilas trunk, stereo, Royal Albert, rugs, mason jars, couch, chair, coffee table, lift chair & more! **SHED STOCK:** Saws, gardening tools, snow shoes, plane, plant pots, & more!
CONDITIONS: Auctioneer not responsible for injuries, accidents or property damages. Tent, & canteen on premises
TERMS: Cash or cheque from known buyers with I.D.

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Show you've really got heart.
Give us a hand by becoming a volunteer for the Heart and Stroke Foundation and help fight the #1 cause of death in Québec.

1 888 473-4636



HEART AND STROKE FOUNDATION OF QUÉBEC

Debating the benefits of eating six small meals a day

Ask the doctors
By Eve Glazier, M.D., and Elizabeth Ko, M.D.

Dear Doctor: I've been hearing that eating six small meals per day instead of three large ones is better for your health and even helps with weight loss. When I try it, though, I wind up feeling hungry all day. Are six meals really better than three?

Dear Reader: Your question arises from recent news reports, but it has been debated for centuries in one form or another. From the ancient Romans, who believed that a single meal per day was the path to good health, to a Canadian study in the 1980s that touted the benefits of a "nibbling diet" of 17 snacks per day, the question of meal frequency has long been a topic of great fascination.

The premise behind eating smaller and more frequent meals is the control of blood sugar, also called blood glucose. This refers to the glucose, a type of sugar that is extracted from the food we eat. When digestion is complete, glucose is carried by the bloodstream and throughout the body to supply our cells and organs with energy.

When blood glucose levels drop, hunger and cravings spike. By eating six small meals per day, the thinking goes, you're ensuring that blood glucose is available at all times. By controlling the trigger for cravings, you'll eat less and won't be as likely to give in to the siren song of that bag of chips or chocolate bar.

But does it work? While the logic is solid, results have been mixed. Participants in a study who ate six small meals showed no metabolic advantage over those who ate three large meals. What did separate them from the three-meal group was that they reported higher levels of hunger and an increased desire to eat.

Another study found that eating smaller meals more frequently throughout the day had little effect on fasting glucose levels. However, it did conclude that waiting until the end of the day to eat the majority of calories had a detrimental effect on blood glucose control.

In fact, intriguing data from recent studies supports the idea that intermittent fasting is beneficial. The shift in the way the body metabolizes food after a weekly fast as brief as 16 hours was found to have measurable health benefits.

As research continues and we add to the body of knowledge regarding meal frequency, we can fall back on what we know for sure — that what you eat can play a significant role in maintaining good health. It's the total calories consumed and the nutritional quality of those calories that matter.

However many meals per day you decide to eat, be sure to limit your calories to a healthy level. Processed foods, refined sugars and sugary soft drinks are empty and even dangerous calories, so steer clear. Lean proteins, vegetables (specifically, leafy greens) and fresh fruit are the building blocks of a healthful diet. And we know you've heard it before, but we'll say it again: For the best chance at ongoing good health, remember to exercise.

Your Birthday

FRIDAY, JUNE 30, 2017

Don't labor over the things you cannot change. Concentrate on your relationships with loved ones, the subjects you want to pursue and the knowledge and experience you wish to gain. Keep your life simple by avoiding conflict and complexity.

CANCER (June 21-July 22) — Problems at home or work will escalate if you overreact or must deal with someone who is acting irrationally. Look inward and rely on the people you deem honest and responsible.

LEO (July 23-Aug. 22) — Stay on top of what's going on around you. Avoid getting involved in other people's affairs. Stick to what you know, and take care of your responsibilities first and foremost.

VIRGO (Aug. 23-Sept. 22) — Concentrate on how you can make positive changes that will help you get ahead. Don't worry about the actions of others if they don't affect you.

LIBRA (Sept. 23-Oct. 23) — Keep a steady pace and a poker face as you deal with others. Too much of anything will cost you one way or another. Keep the peace and maintain equilibrium.

SCORPIO (Oct. 24-Nov. 22) — You'll be tempted by outside influences. Refuse to get involved in something that you don't like just to fit in. An honest approach to life will bring the best results.

SAGITTARIUS (Nov. 23-Dec. 21) — If you want change, be the one to make it happen. Being an instigator instead of a com-

plainer will result in greater satisfaction and a higher profile.

CAPRICORN (Dec. 22-Jan. 19) — Look at something objectively before signing up. You are best off taking baby steps if you want to avoid getting into something too deep too soon. Time is on your side.

AQUARIUS (Jan. 20-Feb. 19) — Look for alternative options if you face a roadblock. Relying on experience and calling in favors will help you bypass someone or something that has the potential to ruin your plans.

PISCES (Feb. 20-March 20) — Don't hold back when dealing with demanding people or someone trying to dump responsibilities in your lap. Speak up and offer alternative solutions if you want to avoid being taken for granted.

ARIES (March 21-April 19) — Too much of anything will lead to trouble, loss and arguments. Consider the consequences before you engage in a conversation with someone you know you aren't going to agree with.

TAURUS (April 20-May 20) — Express your feelings and explore your relationship options. Whether someone is a business or personal connection, taking the time to get to know him or her better will pay off.

GEMINI (May 21-June 20) — Fixing up your space to better suit your needs will make you feel better about moving forward at your own speed. Adjust to what you can afford and lower your overhead.

FRIDAY, JUNE 30, 2017

With two suits, be more optimistic

By Phillip Alder

Don Marquis, a dramatist, humorist, journalist and poet who died in 1937, said, "I never think at all when I write. Nobody can do two things at the same time and do them both well."

That is interesting — but how did he decide what words to put onto the paper?

At the bridge table, having two long suits is usually better than one. If you hit a fit with partner, you will win more tricks than the combined point-count would normally suggest — and doubly so if you have a double fit.

In this deal, do you agree with South's one-diamond opening? What should East do over North's two-heart cue-bid showing diamond support and at least game-invitational strength?

Since I held the South hand, I agree with one diamond! Even though the hand had only 12 high-card points, it had a lot of winners, and I was happy to bid up to four spades next in the hope that partner would have some fit. Here, I immediately found out that partner had diamonds.

Over North's two hearts, East jumped to four hearts. I prefer four clubs, a fit-showing jump in competition in principle announcing game values in hearts with at least 4=5 in those two suits.

				North	06-30-17
				♠ 8 7	
				♥ 10 8	
				♦ A K 9 4	
				♣ Q J 6 5 3	
West			East		
♠ J 10 9 4			♠ 3 2		
♥ A K J 9 6			♥ Q 7 5 3		
♦ 8 3			♦ 10		
♣ 9 2			♣ A K 10 8 7 4		
				South	
				♠ A K Q 6 5	
				♥ 4 2	
				♦ Q J 7 6 5 2	
				♣ —	
				Dealer: South	
				Vulnerable: East-West	
South	West	North	East		
1♦	1♥	2♥	??		
				Opening lead: ♥ A	

Over four hearts, I rebid four spades, and partner corrected back to five diamonds.

West took two heart tricks, then shifted to a club, but I ruffed, drew trumps and claimed.

Interestingly, I said that East could have made a fit-jump in clubs; so could North! Over one heart, North might have bid three clubs, showing game-invitational values with at least 4=5 in the minors. Describing both suits helps partner to assess the fit.

CROSSWORD

Across

- 1 Actress Kaczmarek or Krakowski
- 5 Friends abroad
- 9 Resigned words
- 13 Chihuahua cheers
- 14 Point of view
- 15 Creep
- 16 Woodshop tools
- 17 Know-nothing swine?
- 19 "Conan" channel
- 20 Baja vacation spot
- 21 Co-owner of the Pequod
- 22 Puppet's desire to manipulate Shari Lewis for a change?
- 25 Yale founder Yale
- 27 Come to light
- 28 Cry of fright
- 30 GoPro product, briefly
- 31 Before thou know'st

- 32 The teensiest bit
- 34 One filling in
- 35 Sass from a young lion?
- 38 Conceal
- 41 Piano recital piece, e.g.
- 42 Marine predator
- 45 Lead-in to roll or spree
- 46 Moll's leg
- 47 Fast entry
- 49 Mink relative
- 51 Lazy lady's man?
- 54 Long Island airport town
- 56 __ Domani: Italian wine brand
- 57 Issuer of nine-digit ID nos.
- 58 Cephalopod wizard's game?
- 60 Tale spinner
- 61 Sport whose champions are called "yokozuna"
- 62 CoverGirl competitor
- 63 Car rental giant

- 20 Aetna rival
- 23 Lou who stole 938 bases
- 24 "Sweet!"
- 26 One working at a base
- 29 Kin of gov
- 32 Molecular particles
- 33 Up to, briefly
- 34 __ firma
- 36 Org. with body scanners
- 37 "Tiny Bubbles" singer
- 38 Farm sound
- 39 It's not new
- 40 Asian citrus fruit
- 43 Gettysburg Address feature

- 44 "Let me repeat myself ..."
- 46 Graph paper design
- 47 Like a mosquito bite
- 48 Raspy
- 50 "Adam Bede" novelist
- 52 "Here, I'll do that"
- 53 Non-shaving razor name?
- 55 BlackBerries, e.g.
- 58 Former JFK lander
- 59 French landmass
- 60 Fond du __, Wisconsin

- 64 Suckling spot
- 65 Come off as
- 66 Formally relinquish

Down

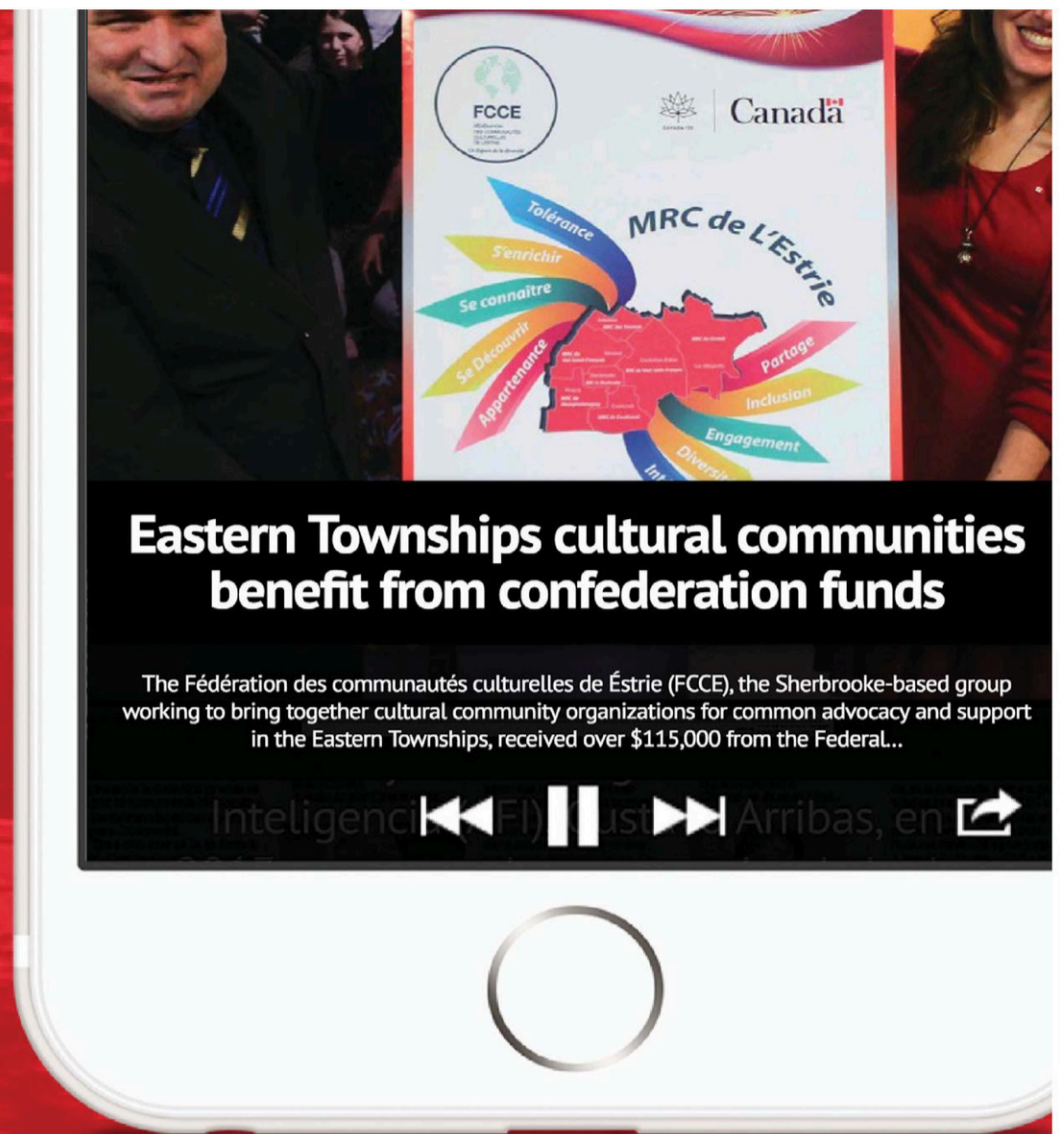
- 1 Elbow one's way
- 2 "To Kill A Mockingbird" setting
- 3 Ones turning in stories
- 4 Small opening?
- 5 "I was home alone," perhaps
- 6 Myopic Mr.
- 7 Roadside retreat
- 8 "Knock it off!"
- 9 One bit
- 10 Hockey advantage
- 11 "The Razor's Edge" novelist
- 12 Mad men?
- 14 Flood
- 18 Raise a stink?

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

1	2	3	4		5	6	7	8		9	10	11	12
13					14					15			
16					17					18			
19				20					21				
22			23				24		25				26
27							28	29			30		
	31					32	33			34			
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	54					55		56				57	
58						59					60		
61						62					63		
64						65					66		

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Eastern Townships cultural communities benefit from confederation funds

The Fédération des communautés culturelles de l'Estrie (FCCE), the Sherbrooke-based group working to bring together cultural community organizations for common advocacy and support in the Eastern Townships, received over \$115,000 from the Federal...

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