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MONDAY, JULY 17, 2023

# Sherbrooke and Memphremagog cannabis unit costs \$480,000 per year

By Jack Wilson

The Sherbrooke and Memphremagog joint police taskforce targeting illicit cannabis operations has an annual budget of \$480,000, according to a response to The Record's access to information request. The Sherbrooke police department contributes \$320,000 of that amount, while the Memphremagog department contributes \$160,000. According to the document, Sherbrooke police so far expect to be at least \$10,000 over budget for 2023.

The Accès Cannabis unit was launched in 2018, the same year recreational cannabis use became legal nationwide. The unit aims to target criminal organizations, reduce cannabis accessibility to youth and protect government revenue flowing from the legal cannabis market.

On May 18, The Record submitted an access to information request to the City of Sherbrooke after Sherbrooke police spokesperson Martin Carrier declined to divulge the cost of an operation that saw 12 cannabis plants

seized and resulted in the arrest of a 30-year-old man alleged to be growing the plants. The document listed the operation's cost at \$1,332.08, calculated based on the cost of 3 1/2 hours of seven officers' time.

Based on that breakdown, the calculation only includes the cost of the raid itself, listed as taking place between 8:00 and 11:30 a.m. on May 16. In May, Carrier said the officers took "a few weeks" to plan the operation.

The City of Sherbrooke's response came on July 7, three weeks after the June 16 deadline listed in the city's email acknowledging receipt of the request.

In addition to providing the cost of the raid and the overall budget, the document stated that two detective sergeants from the Sherbrooke police department and one from the Memphremagog police department comprise the Accès Cannabis unit.

Quebec has some of the toughest cannabis restrictions in Canada, setting 21 as the minimum age to consume cannabis and prohibiting residents from growing cannabis in their homes.

# Weather watcher catches rainbow-lightning combo on camera



ANDREW RETCHLESS

By Jack Wilson

While a tornado touched down near Montreal July 13, some

Townshippers were treated to the sight of a simultaneous rainbow and lightning storm. Amateur meteorologist Andrew Retchless caught the whole

thing on camera over Lake Lovering.

"It was pretty cool," Retchless said, "a really strong storm by

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## Weather



TODAY:  
CLOUDY

HIGH OF 28  
LOW OF 17



TUESDAY:  
RAIN

HIGH OF 24  
LOW OF 17



WEDNESDAY:  
A MIX OF SUN  
AND CLOUD

HIGH OF 25  
LOW OF 13



THURSDAY:  
SUNNY

HIGH OF 27  
LOW OF 15



FRIDAY:  
CLOUDY

HIGH OF 24  
LOW OF 15

# The joys of having a summer student



## THE SCOOP MABLE HASTINGS

The Missisquoi North Volunteer Centre (CABMN) in Potton has had the pleasure of employing a summer student for many summers thanks to the summer employment grant made possible through the Federal Government of Canada. These students have proven to be a huge asset not only with everyday tasks but also with those jobs that are put off and all too often remain neglected or incomplete. Another interesting plus is the fact that young people are extremely computer savvy and navigate with ease when doing social media posts or live action recording.

This year's summer student at our CABMN Volunteer Centre is Kate Eldridge. Kate is a dynamic and vivacious sixteen-year-old about to go into her final year at Massey Vanier High School. Kate has long been a volunteer with the CABMN youth programs and continues to give of her time for extra activities and events.

Summer accomplishments thus far have included visiting the five Municipalities in the CABMN service territory in the MRC Memphremagog west including: Potton, Bolton-Est, Sainte-Etienne-de-Bolton, Stukely-Sud and Eastman and creating a video to post on various sites. She has also hosted and is now writing a segment called, "What's the Buzz" which is done in a news broadcast style letting people know about upcoming local activities and giving a bit of news each week. What's the Buzz appears on the CABMN website (www.cabmn.org) and Facebook page weekly.

Kate will complete a long-awaited DVD lending library of movies made



COURTESY

over the 35 plus years of CABMN Youth programs. By early fall, people will be able to come to the CABMN main office and sign out DVD copies of

*This year's summer student at our CABMN Volunteer Centre is Kate Eldridge. Kate is a dynamic and vivacious sixteen-year-old about to go into her final year at Massey Vanier High School.*

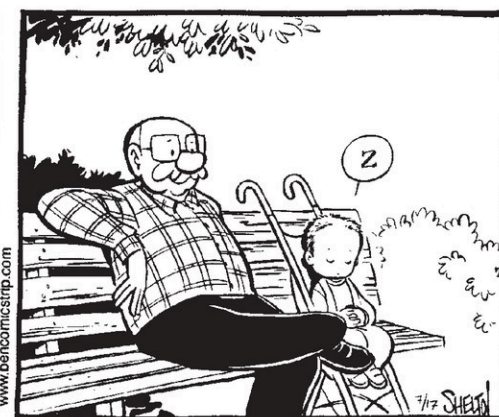
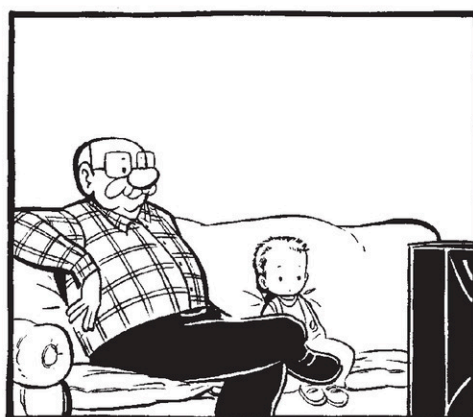
films made over the years including annual Christmas Talent Shows, Boys and Girls group coverage, Students Against Destructive Decisions (SADD) Mansonville Chapter clips starting back in 1987, Drop-in memories and much

more... The lending program will be much like signing out a library book with a return deadline. For families who are now in second and third generation participation, these DVD's are sure to be a wonderful source of entertainment perfect for family film night.

Daily tasks for the student include but are not limited to: reception duties, photocopying, mail runs, preparing correspondence, filing, preparing emergency food requests, helping at events and a variety of other office duties.

For the staff, having a new smiling face in the office and someone to help with the tasks at hand is appreciated. Kate, like the students in past years has proven to be a huge asset to the organization. Her keen and willing attitude coupled with a winning sense of humour has made Kate an office favorite.

## Ben by Daniel Shelton



# Local News

Meta's new social media platform Threads is gobbling up massive amounts of sensitive data on its 100 million users and counting.

## Threads collects so much sensitive information it's a 'hacker's dream,' experts say

By Tara Deschamps  
The Canadian Press

It knows when you've been online shopping, the last time you worked out and whether you've been lurking on your ex's profile.

Meta's new social media platform Threads is gobbling up massive amounts of sensitive data on its 100 million users and counting.

The specificity and quantity of information the text and multimedia platform can access poses a risk to most users, if it falls into the wrong hands or is used to target them, tech

experts agree.

"This is a hacker's dream," said Claudette McGowan, a longtime banking executive who founded Protexxa, a Toronto-based platform that uses artificial intelligence to rapidly identify and resolve cyber issues for employees.

"The more data you have sitting in a certain position (or) spot is going to get people really, really excited about getting access to it and being very creative about it."

Threads falls under Meta's wider privacy policy that covers its other social media platforms, Facebook and

Instagram. That policy details how Meta captures everything from the information you give it when you sign up for accounts, to what you click on or like, who you befriend online and what kind of phone, computer or tablet you use to access its products.

It also keeps tabs on what you're doing on your device, like whether the app is in the foreground or if your mouse is moving, messages you send and receive and details on purchases you make, including credit card information.

Threads also has its own supplemental privacy policy, which

says "we collect information about your activity on Threads, including the content you create, the types of content you view or interact with and how you interact with it, metadata about your content, the Threads features you use and how you use them, the hashtags you use, and the time, frequency, and duration of your activities on Threads."

The privacy policy Threads has embedded in Apple's app store shows it may collect, and link to your identity, data including your health and fitness, financial, browsing history,

CONT'D ON PAGE 4

## A reunion to remember in Richmond

By Matthew McCully

Tina Pelkey and Judy Frost are just two short weeks away from hosting around 270 graduates from Richmond Regional High School for a reunion weekend.

The event, inviting grads from when the school first opened in 1968 until 1980, took 14 months of planning, according to Pelkey.

And like most largescale events, this one started with a harmless email.

Pelkey said her intention when she first reached out to RRHS grads was just to compile an email list to help people connect.

After over 500 email addresses were registered, "Somebody found somebody somewhere, for sure," Pelkey joked in a phone interview.

And then when she toyed with the idea of organizing a reunion, she thought it would just be a one-day thing with a quick visit to the old stomping grounds, and then a celebration dinner.

But with interest from people as far away as Australia, and ranging in age from 60-72 years old, Pelkey

thought it would make more sense to organize a full weekend of activities, to make the trip worthwhile.

So, registration will take place at the Melbourne Golf Course Friday night Aug. 4, and don't worry, name tags will feature graduates' yearbook photos to avoid guesswork. "I went to a funeral recently, and I didn't recognize people," Pelkey explained.

On Saturday, RRHS will be open from 9 a.m. until 4 p.m. so guests can see how the school has changed.

On Saturday night, there will be a cocktail and bbq supper at Richmond fairgrounds, and a farewell brunch à la sugar shack will take place at Melbourne golf course on Sunday, Aug. 6.

Throughout the weekend, there will also be a bowling tournament and a golf tournament for those interested, and Pelkey has also kept participants in the loop about fun things to see and do in the area via a weekly newsletter.

"I thought we would get about 100 people, it really started slow," Pelkey said, "it's hard to get locals involved. They started to wake up when list was almost full."

After a few cancelations, Pelkey said the guestlist is at capacity and the waiting list is empty.

Quite a few of the attendees are from the '68-'74 graduating years, Pelkey said, with less from the '78-'80 cohorts. "I was surprised there were that many people from then. The school was only open half time, it was only half finished," Pelkey said, of the first year.

Pelkey said this would likely be the last opportunity for a reunion celebrating those years, as grads get older.

And for those who have passed away, over 200, Pelkey said, a special memorial will be set up to honour them. "Some passed not long after leaving high school," she said.

"It should be a blast," Pelkey said, excited for the upcoming reunion, "I'm anxious to see old friends."

"I'm Looking forward to seeing everybody, seeing how much joy it's going to bring to everybody," explained Judy Frost, who helped Pelkey organize the event.

"Now it's just the last-minute stuff," Frost said.

A group photo will be taken on

Saturday, Frost added. Back in the day, before the time of drones, there was a little overhang over the front door of the school, and students used to crawl out the window for the end-of-year photo. Frost doubts they will try that again, but assured the photographer tasked with the group picture will come up with something great.

Both Pelkey and Frost stressed that the goal is to not only reconnect grads with their former classmates and school, but also show off the town.

"We really wanted to give back to the municipality as much as we could," Pelkey said, "We're really grateful for the door prizes and donations, we couldn't have pulled this off without the donations we got."

"We want them [local businesses] to profit from influx of people in town," Frost commented.

There have been other RRHS reunions, Frost said, but none of this magnitude, spanning 12 years. "I'm just looking forward to seeing it all coming together," she said.

## Rainbow-lightning

CONT'D FROM PAGE 1

summer standards." While heavy rains struck elsewhere, the lake was spared the brunt of the storm, allowing a clear view of the rainbow and lightning. "The sun shone under the storm, so that's why we got the rainbows looking east," he explained. "We got the show and a little bit of

rain. When you get that, you get to see the lightning but it's not blocked by the rain."

Retchless posted the images to his Facebook page, Retchless Weather Services, where he offers regular weather updates for the Townships to his 2,600 followers. "I assemble all

the facts from the scientists and try to put it together in a way that makes sense for the Townships." He said he grew up fascinated by weather and learned a bit about it when studying geography at Bishop's. He "self-taught myself a lot of the stuff and made friends with some meteorologists,"

he said.

The weather enthusiast said he enjoys following local weather for its varied landscapes. "We have a very interesting series of microclimates," he said. "You drive 50 km and you can have a totally different reality."

# A hacker's dream

CONT'D FROM PAGE 3

the broad category of "sensitive information."

"It looks to me like it is a grab bag or a drift-net approach," said Brett Caraway, a professor of media economics at the University of Toronto.

That approach is not unusual for social media services or other apps. It's become "standard repertoire" for such companies to broker access to as much data as possible, he said.

Music-centric social media app TikTok, for example, collects usernames, passwords, dates of birth, email addresses, telephone number, information disclosed in user profiles, photographs and videos. It also grabs preferences you set, content you upload, comments you make, websites you've visited, apps you've downloaded and purchases you have made.

Screen resolution, keystroke patterns, battery levels, audio settings and "your approximate location, including location information based on your SIM card and/or IP address" are also scooped up by TikTok.

Caraway often hears from students who wonder why they should care if social media companies access their data because they're not high-

profile and don't use such apps for controversial activities.

"Just because you're safe today doesn't mean you're safe tomorrow," Caraway argues.

"We're certainly seeing a situation in the U.S. where certain marginalized populations are under attack, at least rhetorically and sometimes legally, and you might find yourself as part of one of those marginalized populations."

Regardless of what you do on social media, Caraway said these companies leave users "not in the position to bargain."

"You just have to take what the platform gives you."

Asked about the app's privacy concerns, Meta referred The Canadian Press to Threads posts from its chief privacy officer Rob Sherman, where he argued its privacy measures "are similar to the rest of our social apps, including Instagram, in that our apps receive whatever information you share in the app - including the categories of data listed in the App Store."

"People can choose to share different kinds of data," he wrote.

Before signing up for Threads or any

other service, McGowan recommends people go beyond a cursory glance at the privacy policy they are agreeing to and read it more thoroughly with how the data could be used in mind.

"People just don't understand the value of the data," said McGowan.

"They become the product. Things are being monetized that they don't even envision and they're thinking they're making decisions and formulating opinions that really are being formed and decided for them."

She also advises people to consider a company's history.

"Do they have a track record of handling sensitive information with care?" she questioned.

"Do they have a track record of being transparent and open and honest with their user community?"

In the case of Threads, its parent company Meta was infamously ensnared in privacy concerns in 2018, when it was revealed that consulting firm Cambridge Analytica paid a Facebook app developer for access to the personal information of about 87 million users.

The personal info was used to target U.S. voters during the country's

presidential election that ended with Donald Trump in power.

Threads has yet to launch in European Union, which has strict data privacy rules.

"We would have liked to offer Threads in the EU at the same time as other markets, and the app does meet General Data Protection Regulation requirements today," Sherman has said on Threads.

"But building this offering against the backdrop of other regulatory requirements that have not yet been clarified would potentially take a lot longer, and in the face of this uncertainty, we prioritized offering this new product to as many people as possible."

If you're having second thoughts about an account you've signed up for in light of such developments, most services offer tools that help you adjust settings, limiting access to some of your personal information.

"And you always have the option to disconnect," McGowan added.

However, to dump your Threads profile, which is embedded in Instagram, you must also delete your Instagram account.

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# 'Catastrophe:' Strong opposition to Lac Megantic rail bypass 10 years after tragedy

By Morgan Lowrie  
The Canadian Press

Raymond Savoie has lived all his 71 years in a small stone house, surrounded by farmland, that was originally built by his great-grandfather nearly 100 years ago in Lac-Megantic, Que.

But last month, he and his partner, Rita Boulanger, learned that their home and part of their land will be expropriated by the federal government on Aug. 1 for a project to divert trains from the community's downtown, parts of which were destroyed in 2013 when an oil-laden train derailed and killed 47 people.

At first he was told the house would be moved, or dismantled stone by stone and rebuilt, but he doesn't believe them. "They want to put a bulldozer in it," he said.

The 12.5-kilometre rail bypass was supposed to help the town heal from the collective trauma of the disaster. But 10 years after the tragedy, work has yet to begin, and the bypass has become a source of division and anger rather than unity.

Ottawa confirmed in mid-June that it would expropriate land from 43 residents, including Savoie, and said construction should begin in the fall. In response, lawyers representing some of the expropriated residents filed an injunction request in federal court last week, seeking to suspend the process until the case can be heard on its merits.

One of their lawyers, Frederic Pare, says the federal government did not follow proper procedure and that seizing properties is premature because the Canadian Transportation Agency has yet to approve the construction of the bypass.

But the concerns of residents go beyond expropriations. At public consultations in May, some 63 parties and their lawyers raised objections to the bypass, according to the hearing officer's report.

They lamented how the proposed bypass has more curves — which could trigger derailments — than does the current track. They also said surveys show the majority of residents in all

three communities along the bypass route, including in Lac-Megantic, oppose it. As well, they say alternate routes have not been properly studied and the rising price for the project has exploded.

But the most common concern was over the potential environmental impacts: loss wetlands, lowering of the water table, and spoiling of private wells.

*Ottawa confirmed in mid-June that it would expropriate land from 43 residents, including Savoie, and said construction should begin in the fall. In response, lawyers representing some of the expropriated residents filed an injunction request in federal court last week, seeking to suspend the process until the case can be heard on its merits.*

A hydrogeology report published in May 2022 by the firm Englobe noted that several wetlands would likely be affected, either directly by construction or by lowering the water table. Wells, as well as surface bodies of water, such as rivers, could be impacted, it found.

Yolande Boulanger, 85, is supposed to lose nearly 36 acres of the farm where she's lived since 1964.

Boulanger, who lost her 19-year-old grandson in the Megantic rail tragedy, says her opposition to the bypass isn't just about losing part of the cattle farm that has been owned by her late husband's family since 1933, or feeling the vibration from the trains that will pass in front of her barn. Instead, she

said she's fighting for the town's water, which she's convinced will become contaminated by the blasting and digging to come.

"If this (bypass) happens, it's another catastrophe in the making," she said.

Pare, meanwhile, said the route was chosen "based on the costs of 2017 and especially the expertise we had in 2017."

"At that time, there was no question of wetlands, there was no question of a bridge, there was no question of digging a canyon," Pare said. "The project has changed a great deal." He said most of the environmental assessments were carried out before construction details were known and that the amount of land being expropriated has also risen significantly.

Pare said the proposed route was chosen partly because it was cheaper — an estimated \$133 million when Prime Minister Justin Trudeau and then-Quebec premier Philippe Couillard announced joint funding in 2018. Transport Canada won't confirm, but Pare said opponents believe it will now cost close to a billion dollars for what amounts to a "gift" to a private rail company.

Transport Canada says it remains fully committed to the bypass, which will reduce the number of residences located close to the track from 265 to eight, and reduce level crossings from 16 to four.

However, despite the commitments, the final project still hasn't been approved.

On Wednesday, a spokesperson for the Canadian Transportation Agency suggested the application from Central Maine and Quebec Railway Canada is incomplete. The agency issued a letter in February to the company requesting more information, including on how the findings of a recent hydrogeology study were incorporated into an evaluation of the project's environmental impact.

Canadian Pacific Kansas City, which owns the railway in Lac-Megantic, said in an email that the transportation agency's request required "significant additional work" from both the company and Transport Canada, and

that it was working "diligently" to complete its portion.

Lac-Megantic Mayor Julie Morin has said the bypass is needed due to the sloping topography of Lac-Megantic, the "collective trauma" of the derailment, and the increasing number of railcars carrying hazardous materials through the heart of downtown.

Transport Canada did not confirm the price of the bypass, but said the federal and provincial governments had agreed to increase funding to cover the rising costs.

For now, Savoie and Boulanger say they have no intention of packing their bags. They'll stay in the little stone house, where Boulanger grows vegetables in raised beds made from antique farm machinery, and where Savoie harvests the hay to feed their

*Transport Canada says it remains fully committed to the bypass, which will reduce the number of residences located close to the track from 265 to eight, and reduce level crossings from 16 to four. However, despite the commitments, the final project still hasn't been approved.*

three cows.

They say they still don't know how much compensation they'll receive, and that the stress and uncertainty has meant they both now need to take medication to sleep. But they say they'll fight on until the end, hoping Savoie can finish his days in the home where he was born.

## Canada sees 100,000 square kilometres burned this record-breaking wildfire season

The Canadian Press

Canada's record-breaking wildfire season has now seen 100,000 square kilometres of land scorched as blazes continue to burn out of control across the entire country.

The total area burned is

roughly the size of Lake Ontario, Lake Erie and Lake Michigan combined.

Canada surpassed the record set in 1989 for total area burned in one season on June 27 when the figure totalled 76,000 square kilometres, and communities have faced evacuation orders, heat

warnings and poor air quality for months.

The Canadian Interagency Forest Fire Centre says the majority of blazes are now in Western Canada, and British Columbia has the greatest number with 373 active fires.

Based on forecasted conditions,

Natural Resources Canada expects the wildfire season will continue to be unusually intense throughout July and into August.

Emergency Preparedness Minister Bill Blair says the good news is that conditions are expected to improve significantly in Eastern Canada.

# EDITORIAL

In all, 516 Canadians died in battle or of other causes in the three-year conflict and 1,200 were wounded, from a Canadian contingent that totalled 26,700.

## Korean War armistice 70 years ago offers model to end Ukraine conflict



PETER BLACK

We don't know exactly what motivated Paul-Émile Tremblay to enlist in the Canadian army about a month after his older brother Marcel, a father of four, died in combat in the Korean War in October, 1951. The younger brother would also die, of wounds from a bombardment, in September, 1952.

As far as we have been able to determine, the Tremblays, from Quebec City, were the only Canadian brothers to die in the Korean War. They are both buried, although not side-by-side, in the United Nations Cemetery near Busan, South Korea, where 376 Canadians are among the 2,267 war dead interred there.

In all, 516 Canadians died in battle or of other causes in the three-year conflict and 1,200 were wounded, from a Canadian contingent that totalled 26,700. By contrast, of the 40,000 Canadian troops serving in Afghanistan over 13 years, 158 died in combat or related causes.

Historians will note the 1950-53 conflict in the Korean Peninsula was not actually a war but a United Nations mission to protect South Korea from attack by North Korean and Chinese troops supported by the Soviet Union.

In all, at least three million people, soldiers and civilians, died in the

struggle over control of the peninsula, liberated from the Japanese during the Second World War by the Soviets in the north and the United States and allies in the south.

Peace has more or less reigned since the armistice was signed 70 years ago, on July 27, 1953, creating a demilitarized zone along the 38th parallel. South Korea became a stable liberal democracy and economic and cultural powerhouse. The North became an impoverished, brain-washed, militaristic family-cult dictatorship.

Korean War veterans and their survivors can take some satisfaction in the long-term outcome of the conflict, and Koreans in the free South never miss a chance to express their gratitude, for what has become a vibrant beacon for democracy in Asia, giving the world cars, computer chips and K-Pop.

There is a particular aspect to the Korean War that is getting some special attention these days, with the armistice being viewed in some quarters as the prototype for the ultimate resolution of Russia's hopelessly botched and monstrously cruel invasion of Ukraine.

The most recent edition of Foreign Policy magazine contains several thoughtful articles on the current situation in Ukraine including a piece, "The Korea Model," by Carter Malkasian, a Korea expert and advisor to the U.S. Joint Chiefs of Staff.

Malkasian writes: "The war ravaging Ukraine bears more than a passing similarity to the Korean War. And for anyone wondering how it might end, the durability of the Korean armistice - and the high human cost in the delay in reaching it - deserve close study."

The war lasted three years, during the last two of which parties were trying to negotiate a peace. While officials met 158 times in that period, thousands upon thousands of combatants were



being killed or wounded. Malkasian says it was the likelihood the slaughter would continue indefinitely that eventually convinced Stalin, who, bristling with post-war power, called the shots, to allow China and North Korea to engage in peace talks.

Malkasian says if the United States, NATO and other supporters of Ukraine decide the time is right to push for negotiations, there are three lessons to be drawn from the end of the Korean War. "First, they need to be willing to fight and talk simultaneously, using battlefield pressure to force demands at the negotiating table. Second, they should include the United Nations in any negotiation, since neutral arbiters are an asset. Finally, they should condition future security assistance and post-conflict support for

Ukraine on Kyiv's willingness to make concessions."

A key point in the eventual success of the Korea negotiations, was the death of Stalin in March, 1953, allowing Soviet and Chinese leaders to adopt "a softer line on the talks."

Alas, in the Ukraine situation, the political or physical demise of Putin, though hoped for by many, can't be counted on. Indeed, should Putin disappear, one senses the war would be over in a Moscow minute.

In any event, should diplomats and military commanders use the Korea model to resolve the agonizing and bloody war in Ukraine, that would add value to the sacrifice made by those who gave their lives and their service in the Korean cause. Like the frères Tremblay.

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E-MAIL: [newsroom@sherbrookerecord.com](mailto:newsroom@sherbrookerecord.com)  
WEBSITE: [www.sherbrookerecord.com](http://www.sherbrookerecord.com)

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

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

KNOWLTON OFFICE  
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## Local Sports

*"It's really hurtful over time and I think it does take a toll on you," Quinn told The Canadian Press at the time.*

# Quinn earns respect as leader on and off the field for Canada and a role model

By Neil Davidson  
The Canadian Press

The Canadian women's soccer team is unanimous when it comes to its view of Quinn.

"We joke that we don't deserve Quinn," captain Christine Sinclair said of the veteran midfielder. "They're that good of a person."

Quinn, who goes by one name, has won 89 caps for Canada (including 54 starts) with five goals and four assists.

But the 27-year-old from Toronto is much more than a smooth midfielder who brings a sense of calm on the field and can spray the ball around to find teammates. In winning gold with Canada at the Tokyo Olympics, Quinn became the first openly transgender and nonbinary athlete to earn a medal at the games.

"I'm really proud of what Quinn's doing to raise awareness and make, I guess, this world a more inclusive place," said Canada coach Bev Priestman. "When you talk about why these players do things, it's a bigger purpose. I think that's really really important."

Quinn took to social media in September 2020 to share their truth, explaining at the time the decision came partially out of frustration at being portrayed "in society and social media and news ? without my true identity."

"It's really hurtful over time and I think it does take a toll on you," Quinn told The Canadian Press at the time.

"I wanted to be my authentic self in all spheres of my life. And one of those is being in a public space. So that was one of the reasons behind it. Because I was tired of being misgendered and everything like that."

Quinn wanted to be "a visible figure for young trans folks or people questioning their gender, people exploring their gender."

"Because unfortunately when I was growing up, and even going through that process of figuring out myself in college, I didn't have those people in the public sphere to look up to really," they said back in 2020. "There are several trans athletes and there are amazing trans people in media and in politics but I just think those faces are not common enough. I want to be a visible trans person succeeding in my job so that younger trans folks could see that they did have an avenue to go and that they would have a future and career ahead of them."

The announcement made headlines around the world and prompted a statement from FIFA, the sport's world governing body.

"FIFA congratulates Rebecca Quinn for being out and proud, and we wish them continued success in their career and for the future," said the statement.

Quinn has gone on to become a role

model as well as an important voice on the team, serving as one of its player representatives.

"It's been incredible to see," said Sinclair.

There is much more work to do, given the legislation targeting transgender people that has been seen recently in the U.S.

Quinn calls it "a really difficult time for trans participation in sports." But they approach the matter "with a lot of optimism."

"I think that's unfortunately one of the only ways that you can approach it right now. With a lot of optimism. And the fact that although there's a lot of pushback right now, I do believe the trans community is going to push back and find their place in society," they said. "And in the years to come, these laws are not going to be in place and there's going to be more accessibility for young athletes to play the sports that they love."

"Because that's the most important thing. It's my belief that it's a basic human right to be able to play the sports that you love. And be who you want to be, for sure."

Since sharing their truth, Quinn says day-to-day life has been a lot easier overall.

"Being able to live authentically and be out is a relief every single day," they said. "There are definitely still hard days. I definitely still receive some really hurtful messages and comments on social media. I think that's just the reality of where we're at in society right now."

A "huge support network" on both club and national teams helps.

"I'm just being myself and living my life, which is a huge relief and a huge weight off my shoulders," they said.

A role model, Quinn recently partnered with GE Appliances Canada, a Canada Soccer sponsor, on a program called "See Them, Be Them," which allows young girl soccer players to apply for a "once-in-a-lifetime mentorship opportunity" with Quinn in the fall.

The goal is to inspire young players to stay in the game. Eight young players will be part of the mentorship program.

"I'm hoping that through this experience it'll just encourage some young players we have to continue on in soccer," Quinn said. "We've seen young players come up through the national team and make such a huge impact. We're now seeing pathways for younger players to go professional at an earlier age. So I think it's a really exciting time for women's sports and hopefully this opportunity is just another chance for younger players to see themselves and see the pathway they have, in order to encourage them to keep playing the sport they love."

Quinn was 14 when they made their debut in the Canadian youth program

in 2010, graduating to the senior side four years later. Their soccer resume includes the 2012 FIFA U-17 Women's World Cup in Azerbaijan, 2014 FIFA U-20 Women's World Cup and the 2015 Pan American Games in Toronto.

Quinn was also a member of the Canadian team that won bronze at the 2016 Olympics in Rio de Janeiro and played in all six games at the Tokyo Olympics, starting five of them.

Quinn has overcome injury obstacles to get to Australia.

"It was definitely a difficult to start to the season," they said. "I felt like I couldn't catch a break really. I was going from injury to injury for the first, I guess, three months of the season so that was a tough one to swallow."

Quinn was drafted third overall out of Duke University by the Washington Spirit in 2018, becoming the highest Canadian ever taken in the NWSL draft.

At Duke, Quinn helped organize the Blue Devil team's first Pride Game and served on the executive board of the school's Athlete Ally chapter. According to its mission statement, the organization "believes that everyone

should have equal access, opportunity, and experience in sports — regardless of your sexual orientation, gender identity or gender expression."

As a senior in 2017, Quinn was named ACC Midfielder of the Year, was a semifinalist for the MAC Hermann Trophy (which goes to the top collegiate soccer player) and made the All-ACC First Team and the United Soccer Coaches First Team All-America.

After a stint with the Spirit, Quinn moved to France with Paris FC prior to the 2019 NWSL season before returning to North America with Seattle's OL Reign in July 2019.

Quinn comes from a supportive, sporting family.

Their father played rugby at Western and mother basketball at Waterloo while sisters Lauren (swimming, Western) and Jillian (a fraternal twin, soccer, Northeastern) also competed.

A veteran of long soccer trips, Quinn travels with a stuffed animal moose.

"It sounds kind of silly but I think keeping a couple of things that are comforting really help along the way," they explained.

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# Do just one thing

# Date Book

MONDAY, JULY 17, 2023

Today is the 198th day of 2023 and the 27th day of summer.

**TODAY'S HISTORY:** In 1918, abdicated Czar Nicholas II and his family were executed by Bolsheviks at Yekaterinburg, Russia.

In 1945, President Harry S. Truman, Soviet Premier Josef Stalin and British Prime Minister Winston Churchill met at the Potsdam Conference in Germany.

In 1955, Disneyland opened in Anaheim, California.

In 1975, a U.S. Apollo spacecraft docked with a Soviet Soyuz spacecraft, and astronauts from the two countries held the first international meeting in space.

**TODAY'S BIRTHDAYS:** Erle Stanley Gardner (1889-1970), author/lawyer; James Cagney (1899-1986), actor; Art Linkletter (1912-2010), TV personality; Phyllis Diller (1917-2012), comedian/actress; John Cooper (1923-2000), automobile designer; Vince Guaraldi (1928-1976), composer; Diahann Carroll (1935-2019), actress; Donald Sutherland (1935- ), actor; David Hasselhoff (1952- ), actor; Dawn Upshaw (1960- ), opera singer; Luke Bryan (1976- ), singer-songwriter; Brett Goldstein (1980- ), actor/writer.

**TODAY'S FACT:** Disneyland's opening day, intended as an exclusive event with limited invitations, was a disaster. Counterfeit passes and thousands of uninvited guests led to backed-up traffic, overcrowding, malfunctioning rides and depleted concessions.

**TODAY'S SPORTS:** In 2005, Tiger Woods won the British Open, becoming only the second golfer (after Jack Nicklaus) to win each major championship more than once.

**TODAY'S QUOTE:** "If you don't have wrinkles, you haven't laughed enough."  
- Phyllis Diller

**TODAY'S NUMBER:** 20 - U.S. Air Force B-2 Spirit stealth bombers in service. The first flight of the aircraft was completed at Edwards Air Force Base in California on this day in 1989.

**TODAY'S MOON:** New moon (July 17).

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by Danny Seo

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# Lifestyle changes can help arm numbness at night



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

Dear Doctors: My arms and hands have begun to go numb when I'm in lying down in bed at night. It wakes me up, so I'm not sleeping well. What causes this? I'm healthy, eat a pescatarian diet and exercise regularly. I don't have diabetes, but I may have high blood sugar. Should I see a doctor?

Dear Reader: When our ancient ancestors began to walk upright, they earned us some important evolutionary advantages. These include increased agility, improved endurance and freeing up our arms and hands to carry loads and manage tasks. The vertical stance led to increased flexibility of our spines and a remarkable range of motion in our joints. It increased our odds of survival, but it also came at a price.

Becoming bipeds left us more vulnerable to the effects of gravity and, thus, to a host of back and other skeletal problems. It's a risk that persists even in sleep. When the skeletal muscles relax, the pull of gravity takes over. This results in sustained, and often uneven, pressure on the joints and connective tissue of the shoulders, legs and hips. Depending on variables such as someone's age, weight, skeletal structure, general health and fitness and existing injuries, this can have an adverse effect on the nerves involved in motion and sensation.

One area that turns out to be particularly susceptible is the cervical spine. This is the series of seven vertebrae that support the head and neck. They also play host to a bundle of interconnected nerves known as the brachial plexus. These

nerves branch into the upper torso and control motion and provide sensation to the arms, wrists, hands and fingers. If any of these nerves get compressed, damaged or lack for oxygen and nutrients, it can cause tingling, a pins-and-needles feeling or numbness. It can also result in muscle weakness.

Compression can arise from something as simple and reversible as poor physical positioning. A number of conditions can play a role, as well. This includes stenosis, which is a narrowing of the spinal column; arthritis; carpal tunnel syndrome; repetitive stress; degenerative diseases; infection; and physical injuries. Tingling and numbness can also arise due to damage to the nerves themselves, whether from illness or injury. This is known as neuropathy. Your mention of possibly having high blood sugar is also very important, as it is a risk factor for neuropathy.

Lifestyle changes can be effective. Begin by assessing your sleep habits and environment. Proper support from a mattress and pillow will ease potential pressure points in the head, neck and upper torso. Avoid lying with your arm under the pillow or stretched overhead, as this can compress nerves. A wrist brace can add stability during sleep.

With your combination of high blood sugar and persistent numbness, it's wise to discuss these symptoms with your doctor. Blood sugar management is crucial to good health, and your doctor can help you get yours under control. Your doctor may also suggest certain blood tests or scans that can help pinpoint the potential sources of this nighttime numbness.

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

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

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# Too many pets in the bed

Dear Annie

MONDAY, JULY 17, 2023

Dear Annie: I used to be in a battle with my husband because he insisted on sleeping with our dog and cat. We had a Jack Russell terrier that used to sleep in bed with us, plus the cat.

While that was fine before we had our oldest daughter, afterward it was not OK. I allowed the dog and cat in our bed for a month after moving our daughter to her crib in her room right next to ours. What would happen, though, is that any time the dog would lick her paws or shake, I'd jump awake thinking the baby woke up. Same thing with the cat; as she'd jump on or off the bed, it would scare me awake. I couldn't get any sleep!

I asked my husband to keep the animals out of our bed at night. Even though he wasn't happy about kicking the dog out of the room, he still did it.

As far as baths go, I give her baths at least once every month or every other month, and I wash her bedding a day or two after her bath.

This situation doesn't need to be permanent. I am thinking about proposing that we work out a schedule on Mondays, Wednesdays, Fridays and Sundays for the dog and cat to sleep in their own beds. Along with asking my husband to give the dogs baths more often, I also think he should be washing the bedding more, since he has more free time than I do. - Not Dog Tired Anymore

Dear Not Dog Tired Anymore: The idea of a schedule and asking him to wash the dog more often is a good one.

Compromise and finding the middle road usually work out for the best when there is disagreement over an issue. They say that whenever there is a conflict about something - and an agreement is reached - if each party is a little bit disappointed with the outcome and a little bit happy, then it was the right compromise.

Dear Annie: After my father's suicide, I learned about grief from the inside out and quickly discovered that I had known nothing at all when viewing it only from the outside as an observer.

The most helpful resource I found was the book "Understanding Mourning" by Glen Davidson. He shows how grief is typically a two-year process, not a two-week one. Yes, that is highly inconvenient for most people, especially in our fast-paced "give it to me now" culture, but it is what it is.

You cannot hurry it any more than you can hurry a sunrise. - Knows Grief Well

Dear Knows Grief: I am so very sorry for your loss and want to thank you for the book recommendation. I hope it helps others heal their grief, and, for those who want to comfort the grieving, I hope it helps with patience and perspective.

Dear Annie: I'm a 35-year-old woman with no children who has been happily single for over two years, keeping to myself and not dating on purpose. Recently, I had to attend an event, and I was approached by a very pleasant man who is about four years younger than

me. He seems very intelligent, well-spoken and is fairly attractive. He asked me out on a date, and we had a nice time together, talking well into the evening.

After getting to know him a little better, he told me that he identifies as nonbinary and is pansexual. I consider myself an open-minded person, and I don't judge anyone for who they are. However, I have only ever been attracted to and dated cisgender, straight men. His announcement was a bombshell to me, just because he acted so into me and uses he/him pronouns. I guess after two years of not dating at all, I have lost the ability to pick up on things like this. I still like him and wouldn't mind being his friend, but I don't know if I'm the right person for him to date, and I don't want to hurt his feelings.

Does it make me a bad person that this was a turn-off to me? I can't help who I'm attracted to, but I do not want to be a bigot. Should I let things play out a little more, or should I just end them now? He could tell that I was taken aback, and he did his best to reassure me that he was still a good match for me. He seems absolutely convinced, but I am not at all. Part of me wonders if I am simply looking for an "out," too, because I had reached a point in my life where I was very content being single. Any advice you could give me would be greatly appreciated. - Confused and Uncertain

Dear Confused: From what you know so far, it sounds like this person has several qualities that would make him either a good friend or good part-

ner. What he shared with you was, as you said, not what you were expecting to hear, but that shouldn't necessarily rule him out as a potential love interest.

Be honest and inquisitive. Let him know this is the first time you've dated someone who identifies as nonbinary and pansexual before and that you might have some questions. If you're comfortable doing so, spend more time together on dates or in casual settings. He, ultimately, may not be your love match, and that's just an inevitable reality of dating. But you might be surprised where the relationship could go or how you could feel about him if you write him off too early.

Beyond this particular relationship, you should also give some thought to how committed you are to dating right now in general. Your letter mentions a few times that you're satisfied as a single woman. Before you continue seeing this man or any others, I'd think long and hard about whether or not you genuinely want to be in a serious relationship at this point in time in your life.

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

Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).



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### CELEBRITY CIPHER

by Luis Campos

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

"LPX'N APWZUN NRON AWUULPD ET XUBUW TPDUNREXZ NRON VOX FU NOGUX APW ZWOXNUL." — OXZUIO DUWGUI

Previous Solution: "We need to accept that we won't always make the right decisions, that we'll screw up royally sometimes." — Arianna Huffington

TODAY'S CLUE: O sjenbe A

### REALITY CHECK



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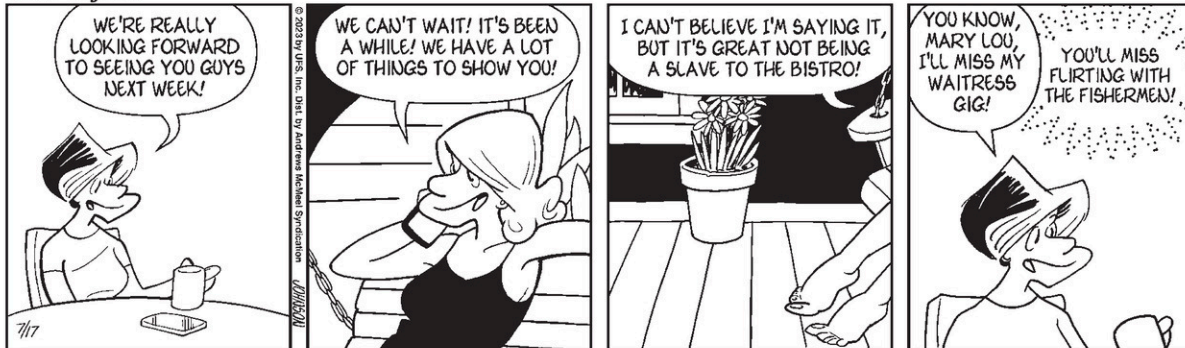


"It's for my mother-in-law. Got anything rabid?"

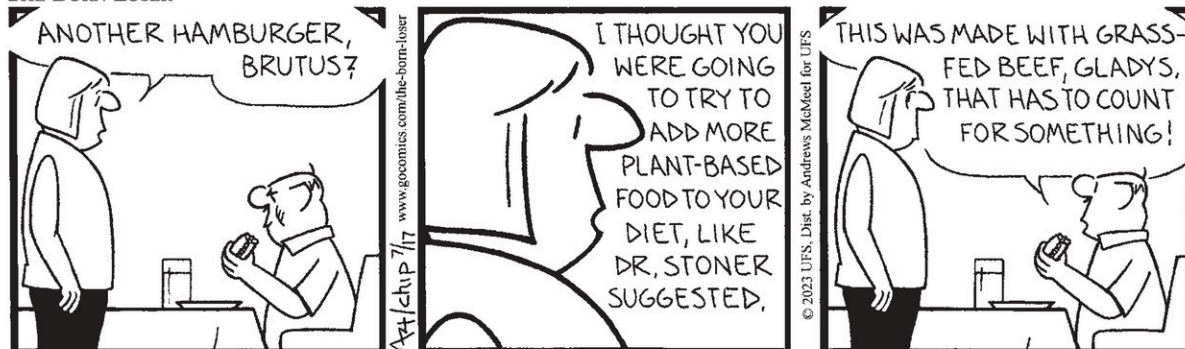
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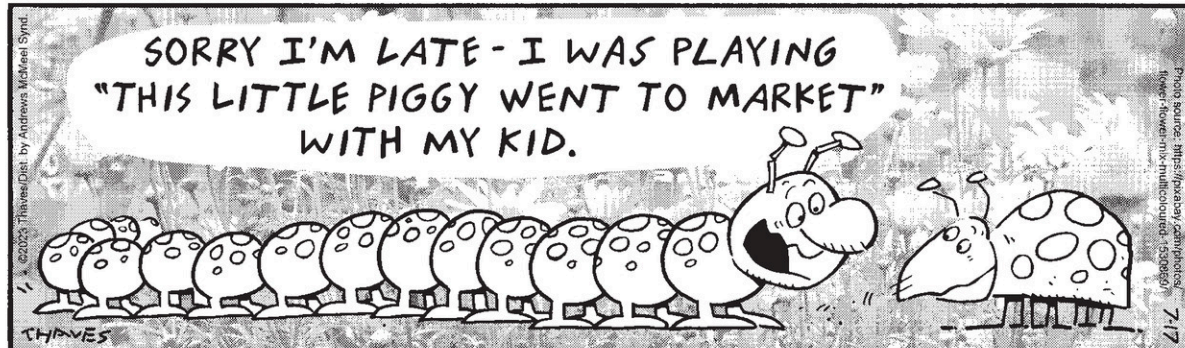
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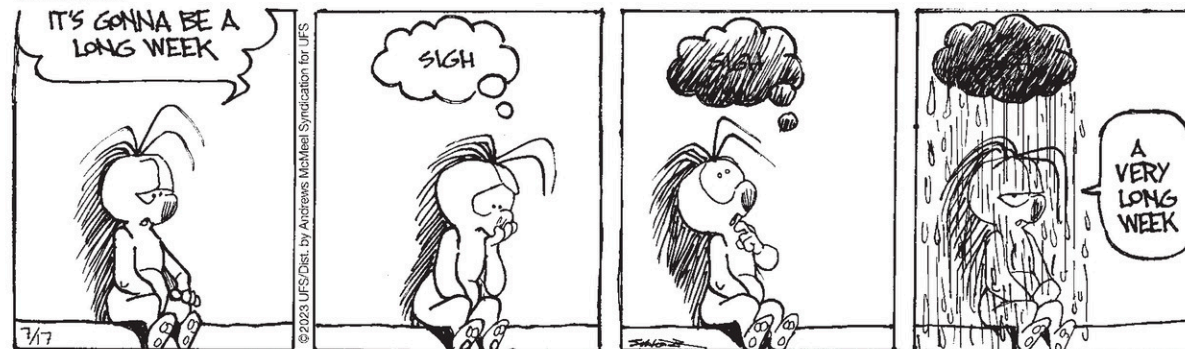
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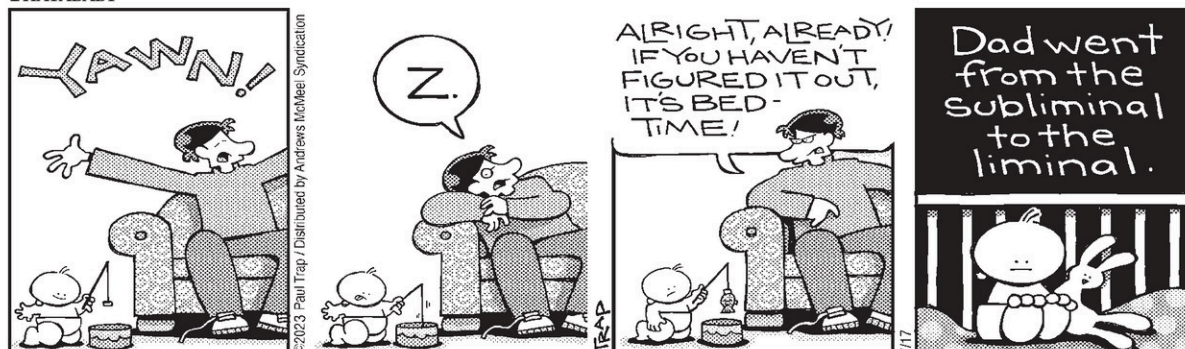
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7/17

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

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

THE RECORD

Brome County NEWS 

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Interested applicants should send a cover letter and resume as soon as possible to Sharon McCully, Publisher, The Record, [outletjournal@sympatico.ca](mailto:outletjournal@sympatico.ca)

# NEA Crossword Puzzle

# Your Birthday

MONDAY, JULY 17, 2023

**SAGITTARIUS** (Nov. 23-Dec. 21) – Listen to your heart and express your feelings. Be cautious of people pushing false information. Do your research. Don't let others make decisions for you.

**CAPRICORN** (Dec. 22-Jan. 19) – Take pride in what you do, and don't fear being different. Make every penny, decision and move count. Share your feelings and intentions with a loved one.

**AQUARIUS** (Jan. 20-Feb. 19) – Speak concisely and give others the same freedom you expect in return. Agree to do only what's reasonable, and refuse to let temptation result in overindulgence. Peace of mind requires honesty and empathy.

**PISCES** (Feb. 20-March 20) – Choose to be original. Let your creative imagination lead the way, and embrace what brings you joy. Spend time with individuals who can offer different perspectives on life.

**ARIES** (March 21-April 19) – Don't let outside influences cause distress. Use your intelligence and knowledge to outmaneuver anyone in your way. Let your actions speak for you. Mix business with pleasure.

**TAURUS** (April 20-May 20) – Move forward, but don't make unnecessary changes. Focus on what makes you feel good about yourself and improves your health and appeal. Don't exaggerate or believe everything you hear.

**GEMINI** (May 21-June 20) – Don't limit yourself. Reach out to experts and pick their brains. Make changes at home that complement your lifestyle. An unusual situation will turn into a worthwhile lesson. Protect your health.

Your open mind will absorb information that will help you excel this year. Use your imagination to explore the possibilities and enrich your life. A passionate approach to life, love and happiness will prompt you to dream big. Change may not be your thing, but it will help you achieve your long-term goals. Step up and be the one to make a difference.

**CANCER** (June 21-July 22) – Take nothing for granted and think outside the box. Keep things simple and use what's necessary to reach your goal. Don't exaggerate or renege on promises. Be willing to work hard.

**LEO** (July 23-Aug. 22) – Do not sign up for more than you can handle. Refuse to let anyone pressure you or talk you into something that makes you uncomfortable. Put your energy, experience and knowledge into something promising.

**VIRGO** (Aug. 23-Sept. 22) – Focus on opportunities, learn as you go and change what's necessary. Put faith in yourself and those who share your work ethic, and you'll find a way to improve your life and finances.

**LIBRA** (Sept. 23-Oct. 23) – Pay attention, don't lose sight of your goal and be mindful of what everyone says. Emotions will heat up if pressure is applied. Choose your words wisely and be precise in your actions.

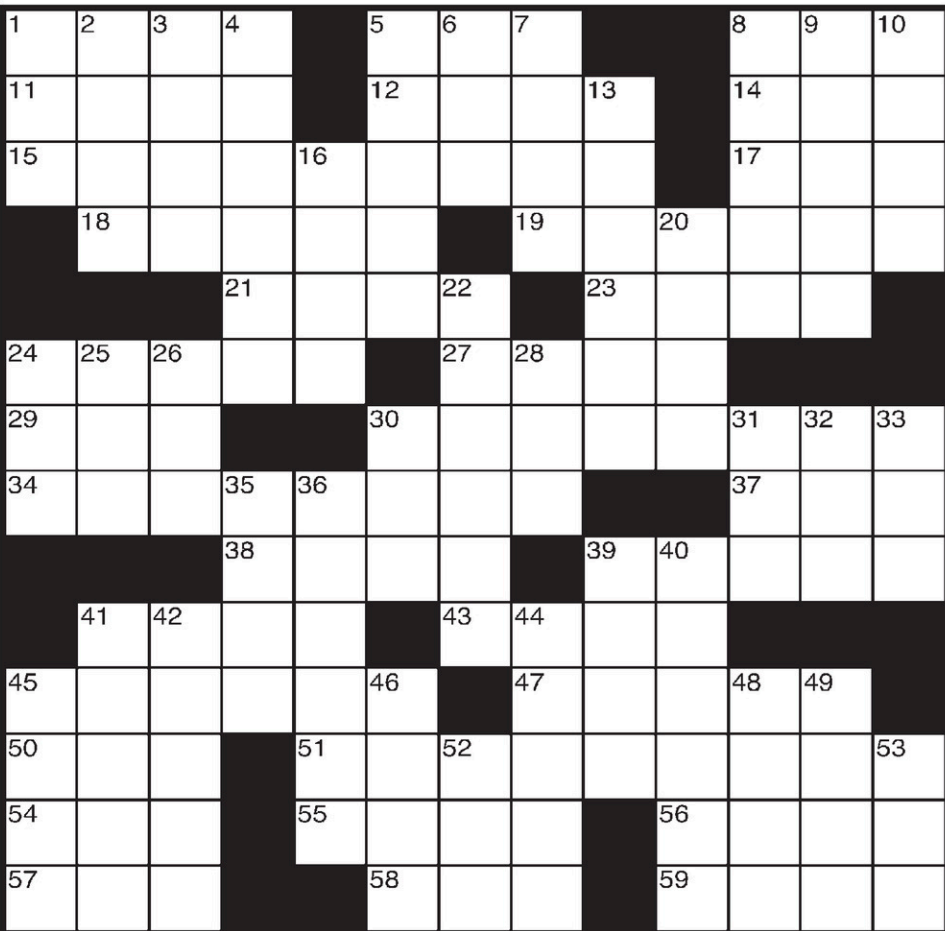
**SCORPIO** (Oct. 24-Nov. 22) – Embrace life and learning. Take care of your responsibilities. Travel, communication and education are favored. Don't make impulsive decisions.

### Answer to Previous Puzzle



- ACROSS**
- 1 Na+ and Cl-
  - 5 Me, in Paris
  - 8 Nine-digit ID
  - 11 Actress Dunaway
  - 12 Coffee brewers
  - 14 Amigo of Fidel
  - 15 Undaunted
  - 17 Nest-egg letters
  - 18 Swagger
  - 19 Little Miss Muffet's seat
  - 21 Ad award
  - 23 Forked over
  - 24 Sentimental
  - 27 Ship bow
  - 29 Self-image
  - 30 Students
  - 34 Book-dropping sound
  - 37 Flair for music
  - 38 Soft mud
  - 39 Meadow rodents
  - 41 Scribbles (down)
- 43 Lagoon protector**
- 45 Mine disaster (2 wds.)**
- 47 Southpaw**
- 50 Lyric poem**
- 51 Thrilled beyond words**
- 54 Koan discipline**
- 55 Had debts**
- 56 Pepsi rival**
- 57 Fabric meas.**
- 58 Compass pt.**
- 59 Threat ender**
- DOWN**
- 1 Hypotheticals
  - 2 Feedback filler
  - 3 "Da" opposite
  - 4 Rummage
  - 5 Civilian dress
  - 6 Mouths
  - 7 Technical sch.
  - 8 Jules Verne forte (hyph.)
  - 9 Use a grater

- 10 Without ice
- 13 Lethargy
- 16 As is fitting
- 20 Spotted animal
- 22 Kitchen gadget
- 24 Ran into
- 25 "Gross!"
- 26 Worthless coin
- 28 Joplin's genre
- 30 Designer — Claiborne
- 31 Sushi fish
- 32 — Dawn Chong
- 33 Near-grads
- 35 Be too fond
- 36 Square dance call (hyph.)
- 39 Go off course
- 40 Place of business
- 41 Wearied
- 42 Pizzeria musts
- 44 Slur together
- 45 Snugly warm
- 46 Brokaw's business
- 48 Wrench or saw
- 49 Raucous laughs
- 52 "— Miserables"
- 53 Perceive



MONDAY, JULY 17, 2023

## How many colours are there in bridge?

By Phillip Alder

The dogmatic believe everything can be seen as black or white – there is no gray. It's the same in bridge deals. Usually there's a right line of declarer play or defense, but occasionally it isn't so straightforward. The mathematicians get out their calculators and estimate that one line, let's call it Line A, is, say, 72.4% and the alternative, the imaginatively named Line B, is 75.3%. They pour scorn on the poor player who adopts Line A – unless Line A works when Line B would not. Then they grumble about anomalies.

In today's deal, against four hearts, West leads the spade three, low from three in an unsupported suit even without an honor in that suit. It is clearly white or black for South to win the first trick with the spade ace, cash the spade king, ruff the spade four on the board and play a club to his king.

Now things get grayer. It's tempting for South to lead a low club, hoping to bring down the ace. However, here that costs the contract. West wins with the jack and switches to the diamond jack. South ruffs the second

North		07-17-23	
♠ 8 7			
♥ 10 8			
♦ K 6 5 3 2			
♣ 8 6 4 3			
West		East	
♠ 9 6 3		♠ Q J 10 5 2	
♥ 6 5 3 2		♥ 7 4	
♦ J 10 9 7		♦ A Q 8	
♣ J 5		♣ A 10 9	
South			
♠ A K 4			
♥ A K Q J 9			
♦ 4			
♣ K Q 7 2			
Dealer: East			
Vulnerable: Both			
South	West	North	East
			1♠
Dbl.	Pass	2♦	Pass
2♠	Pass	3♣	Pass
3♥	Pass	4♥	All Pass
Opening lead: ♠ 3			

diamond, but when the hearts break 4-2, he has lost trump control.

Knowing East must have the diamond ace for his opening bid, the right play at trick five is the club queen. This forces East to win the trick. He cannot do better than switch to a trump. South draws all of the hearts and concedes another club trick. Declarer collects these 10 tricks: two spades, five hearts, two clubs and one spade ruff in the dummy.



# The Sunnyside Garden gets a greenhouse upgrade that is able to feed the whole school

By Miley Roy & Lily Roy  
Grade 6, Sunnyside Elementary School, Stanstead

When Sunnyside Elementary School started to build their garden, our Stanstead community came together to help make our beautiful garden what it is today. All the classes loved to help, and every class contributed in some way.

This year Greg, our garden coordinator, is helping us in the garden with growing the plants and teaching us about the plant's life cycle. Last year there was a woman named Melanie who helped with the garden, and she got everything started for us.

It was really fun to have the experience growing vegetables for the Sunnyside Garden. Our class this year is growing tomatoes and peppers. All of the classes grew something different, which we find so cool. We started by planting the seeds in the classrooms. The new seeds were put under lights to help them grow, and then we added a fan to help the vegetables harden and get ready to go outside.

Our Sunnyside garden offers our students fresh fruit and vegetables, and it helps us learn new things. Whether it's how to plant and grow vegetables, or about pollination and bees, there is always something new to see, do and learn.

Coming back from summer vacation is always exciting because the garden is bursting with vegetables! Last September, we ate fresh bruschetta many times that fed the whole school. Also, we harvested apples, peppers, carrots, kohlrabi, cherry tomatoes, spinach, beets, basil, and roasted potatoes. It all tasted so fresh and good!

We are looking forward to our garden expansion and being able to plant vegetables in the colder seasons thanks to our new greenhouse! Garden goodness all year round! Woo hoo!



PHOTO COURTESY OF TANIA PORTELLI

Miley Roy - grade 6 (left) and Lily Roy - grade 6 (right) planting raspberry shrubs in the Sunnyside Garden located at Sunnyside Elementary School in Stanstead.



## EDITORIALS

## Science &amp; Nature



# Zebra Mussels in the Eastern Townships

By Emry-Waven Côté  
Age 11, Magog Montessori School



Zebra mussels are a very invasive mollusk that is native to the fresh waters of Eurasia. They are named after the black stripes that line every shell.

Zebra mussels are causing problems in the Massawippi Lake and Lake Memphremagog. The zebra mussels were first seen in 2018 in the Memphremagog. Bleu Massawippi (an organization for the protection of the Massawippi Lake) hired some scientists to research on the problem since the Memphremagog is actually pretty close to the Massawippi, the zebra mussels could start invading the Massawippi.

Three years later, some zebra mussels were detected in Lake Massawippi, but since they were found early, it was possible to manage the situation. Trying to prevent an invasive species to not invade is extremely hard because they usually have a fast rate of reproduction. Also, it depends on which animal invades but there are sometimes fewer predators

in the new ecosystem they are invading, as with zebra mussels. They do not have natural predators in our lakes.

Zebra mussels affect fish spawning areas and create clearer water because zebra mussels are filter feeders meaning that they feed by clearing nutrients from the water, making the water more clear. Since the water is clearer the sunlight gets to a deeper part of the lake. Because that happens, some areas of the lake can have undesirable vegetation.

There is only really one way to remove the mussels, and that is by hand. So far what Blue Massawippi has been doing is sending divers down to collect the mussels. If it was done another way it could damage the ecosystem. Since the problem is pretty high, the access to the lake might go down to one entry point

and there will be washing stations for boats to ensure that the zebra mussels don't spread. All this is expected for this year.

Keeping our lakes healthy is very important because lakes can ease the impact of droughts by storing large amounts of water in one place. Lakes can also positively influence the water quality of downstream watercourses.

### Fun facts

- Female zebra mussels can lay up to 1 million babies
- Baby zebra mussels are tiny transparent larvae
- Natural populations can easily reach 5,000 to 30,000 individual mussels per square meter, which is not uncommon.

# Wildfires in Canada

By Payton Bryant  
Age 14, Secondary 2,  
Massey Vanier High School

Recently wildfires have been spreading all across Canada. In my opinion, the wildfires have made a huge impact on everyone's lives. I am extremely worried for people's health. Due to how much smoke there is, it will be harder on everyone's health. For example, people with asthma would need to have more of their medication. Or it starts hurting people's throats. According to CTV News, the wildfires have started because of dryness, heat, and lightning.

I think it is very important to take these measures seriously such as not

leaving campfires left unattended and following the fire restrictions. In my opinion, I think everyone should come and support the people that have been affected by the fires and act now before things get worse.

The fires have caused an insane amount of damage to our environment. Such as wildlife, homes and communities. There also is a very large increase in homelessness. Some people don't have a lot of money or insurance, so it's harder for them to just move provinces or territories. They may also have a family they don't want to leave. I know for me it would be so hard to leave my family.

So, I'll say it once and say it again, we must do something now before it gets worse.

*This picture was taken by Ruohan Wallis, our Spring Photo Contest winner, of the smog over Lake Brompton caused by the wildfires.*



PHOTO COURTESY OF RUOHAN WALLIS



The Point  
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Inclusive



# ARTS & CULTURE

## BEN IN FOCUS

### Special: Photos from my drone

**By Benjamin McAuley**  
**First-year Dawson Cégep Student,**  
**Townships-based**

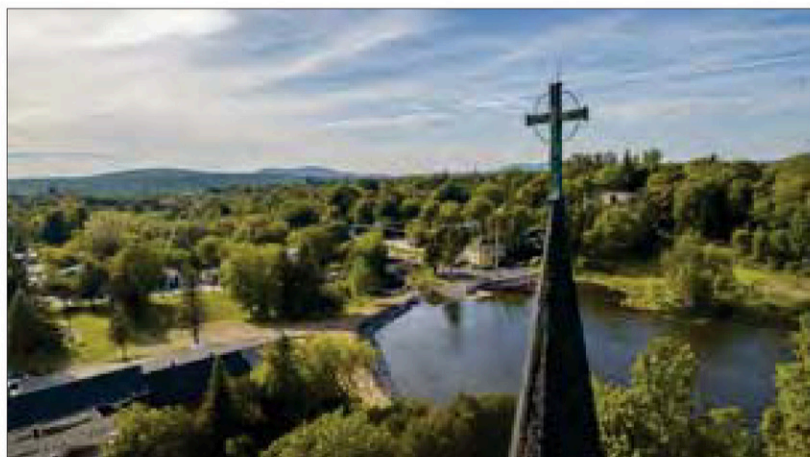
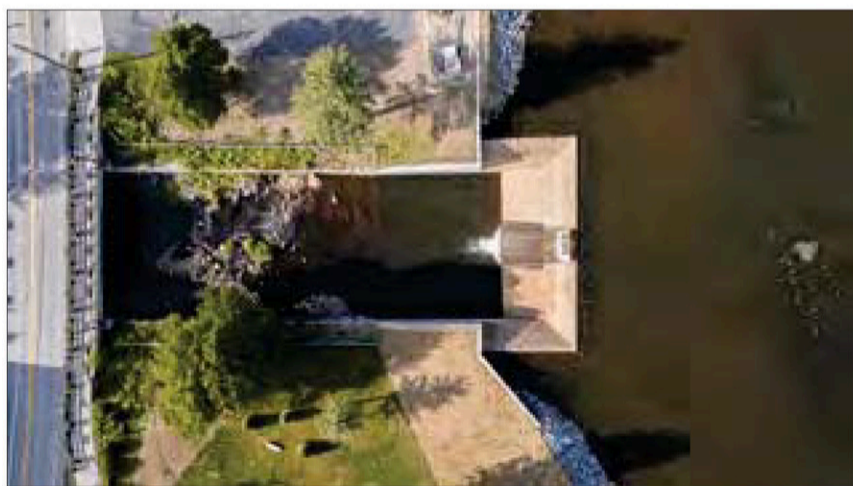
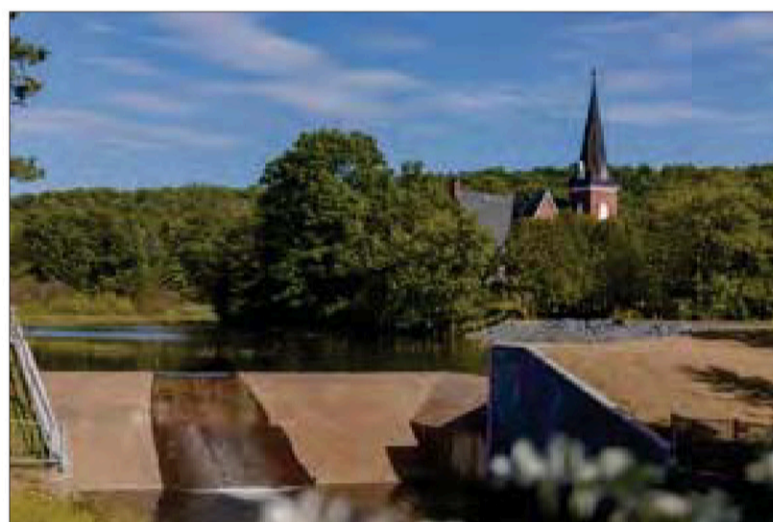
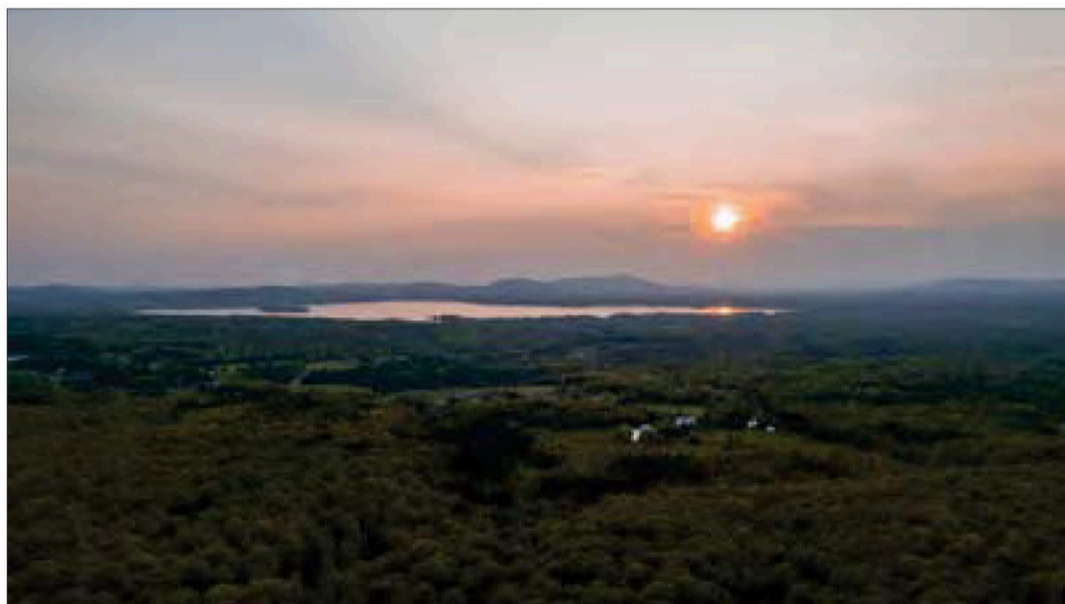
Sure, I can take pictures of the lake with my camera but why don't I try getting a picture no one else can get? From the air. I decided to buy a drone two years ago after seeing a few fun photos from above. By spending my well-earned summer money, I bought a drone.

I could fly it all over the place although it was small and light, making it really hard to fight against wind, which actually made my drone end up in Brome Lake... so I bought a new one! A bigger, stronger drone with way more features and better quality. But what I didn't know, and not many people do know, is that I needed a license to fly it due to its size.

So, I spent my days doing research and having a private class learning pretty much how to fly a plane. I learnt about all of the flying laws and emergency

procedures and then did the test and secured a Canadian government-issued license! I now use my drone to take pictures and films, but also for fun.

Drones are always nice to get a new perspective of the world. The picture I have taken here is of the recently built dam in Knowlton showing different angles of it.




**PHONE:** 819-569-6345  
**FAX:** 819-821-3179  
**EMAIL:**  
 alannacatrinarevisions@gmail.com  
 mmccully@sherbrookerecord.com  
**ADDRESS:**  
 6 Mallory, Sherbrooke, QC J1M2E2

**PUBLISHER - THE RECORD:**  
 Sharon McCully  
**MANAGING EDITOR - THE RECORD:**  
 Matthew McCully  
**EDITOR - THE POINT:**  
 Alanna Fernandes

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# OPINION

What matters to you



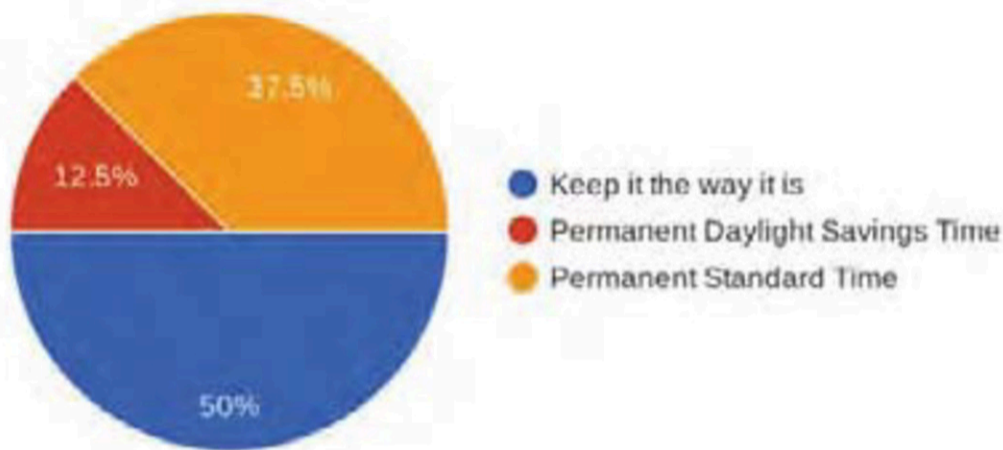
## What do Townshippers think of altering time changes?

By Bryan Laprise  
Secondary 4, Alexander Galt

In the June edition of *The Point*, I wrote an article concerning the possibility of altering how we do time changes. Specifically, the question of if we should even be doing them at all. I created a poll to see what Townshippers think we should do.

Here are the results:

Miss the original article and are interested in finding out more? Catch it in the [June edition](#) of *The Point*.



### SPOTLIGHT ON: ST. FRANCIS ELEMENTARY SCHOOL

## Ms. Val's Graduation

By Harmonie Maheux  
Grade 5, St. Francis Elementary School, Richmond

On Friday, June 9th, 2023, the class of 5J from St. Francis Elementary School held a graduation for our French teacher, Ms. Val. We did that graduation because she was supposed to spend the day in Abitibi to celebrate her university graduation. Due to the forest fires, it was cancelled because of the risk of getting stuck there for a few weeks. That is why we did a mini-graduation with what we had.

Some students were in charge of a big sign that said, "Congrats" with some fake flowers and some coloured hearts. Others were in charge of making a graduation hat. They used

cardboard for the outside. They also used some metallic paint over hot glue for the writing. They used string for the little rope to flip the hat. I was in charge of making a card. Everyone signed it and wrote a very nice word for Ms. Val.

Our teacher wrote a speech that made emotions come up, and we made a red carpet out of pool noodles. We made sure to put on her favourite song and made sure that we all welcomed her. Ms. Val was very pleased, and she was very thankful for everything. She thought we did an amazing job. Some of the students were so touched by the celebration that some almost teared up and I was one of them.

I want to thank my teacher Ms. Stephanie for giving us this great idea and Ms. Bianca who took the video and pictures. I also want to thank the whole 5J class.



PHOTO COURTESY OF STEPHANIE JONKERS

The 5J class poses with Ms. Val to celebrate her graduation.

## St. Francis Elementary School

By Stella Dubois  
Grade 5, St. Francis Elementary School, Richmond

Have you ever heard about St. Francis Elementary School? If you haven't, I will tell you all about it. This place is awesome. It has all sorts of things you can do.

First of all, if you don't have time to enjoy a long, nice breakfast at home then you can enjoy it here. Every morning you can always expect something good in the morning. Every day it is something different. If you also don't want to eat down in the cafeteria you can always bring your food up to the classroom. Every day you will also get the chance to have a nice, healthy snack if you don't

have some in your lunch. If you don't like the snack they give you, you can also buy one for one dollar, and you will have a variety of choices given to you.

If you want a nice and safe place for your kiddos, we are going to be building a brand-new play structure for them. If you are always scared of your kids not getting a good teacher, you do not

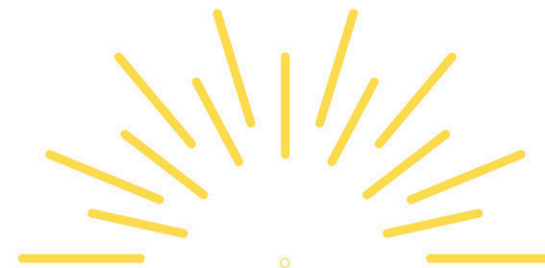
have to worry about that at our school. Our school provides fun and colourful classrooms, and you will always get a sweet teacher.

Every year there is also a Christmas Market. If you love homemade goodies and fun crafts that kids make, then feel free to come and support the PPO that organizes it.



## ARTS &amp; CULTURE

## SPECIAL FEATURE



## BROME BRIGHT LIGHTS 2023 SHORT STORY CONTEST WINNERS

*Brome Bright Lights Short Story Contest is open to English-speaking elementary level children (grades 1–6) in the Brome Missisquoi area. The goal of the 2023 sponsor, Brome Lake Books, is to foster a love of stories, writing and creativity.*

*We are lucky to have the grand prize and first place winning stories - ENJOY!*

### Time at the Lake

**By Edward Grand**  
Grade 5, Waterloo Elementary  
School, Grand Prize Winner



PHOTO COURTESY OF BROME LAKE BOOKS

*Edward Grand taking home the grand prize for his story.*

I got home from school and I was frustrated. I took my bike from the garage and headed to the frozen lake with my two dogs, Ti-fish and Gros-fish, running behind me. Ti-fish was running like the wind and Gros-fish was running with his big tongue hanging out.

I got off my bike wearing yellow fishing overalls, a white sweatshirt, my red Vans shoes, and a beanie, forgetting about my school clothing underneath. I made a huge hole and sat on my milk carton while getting my fishing rod ready. I stood up to cast my fishing rod and then closed my eyes and I felt the wind, but then the feeling changed and it felt like water all around me. I opened my eyes and I was at the bottom of the lake.

I saw a fishing cabin from last year. It was turquoise with seaweed all over it. I headed towards the red door and I opened it and saw an old fisherman sitting at a table. Over his head were hundreds of fish. I looked at him and he raised his China teacup and said,

“Care for a spot of tea mate?” I sat with him and had my tea and then out the back door I went. I stood there behind the fishing cabin for a few seconds feeling very calm.

Then out of nowhere, a narwhal scooped me up and off we went through the tall seaweed, around huge rocks and then we stopped. Right in front of us was a cave with seaweed on it and some sort of green moss all over it. I was right in front of the cave entrance and I saw what seemed to be a pirate skeleton with a sword right through its chest, and a gold coin in his right hand. I snatched for the coin but then a boulder fell and the cave got barricaded, and just in time the narwhal sped off. I felt my heart beating at 3000 km an hour.

After staring at the cave for a little bit, the water cleared and I caught my breath. Then I looked at the landscape and noticed a shiny object not too far from where I was standing. I took a few steps and right beside my feet there was a navy-blue telescope. I picked it

up, wiped it off and looked through it and there was a crab inside. I shook it out and looked inside again. I could see things that were very far away. I could see an octopus, a clownfish and a pirate ship. I looked for more creatures. I felt curious.

Across the lake floor, I saw a piano. It was black and big and had a wooden stool. Now I was really excited and I was running towards the piano with determination. Then I was running my fingers through the white keys of the piano. When I started playing, I saw a couple of fish gathering. I kept playing. But then schools and schools and schools of fish started coming and dancing around me. I thought that all the fish in the lake were maybe there with me, and that made me feel great, even special.

I felt the wind again so I opened my eyes. By then it was almost supper time, so I took a bow and off I went back home on my bike after a couple of hours of daydreaming. I was smiling.

### The Adventure

**By Brody Jette**  
Grade 4, Knowlton Academy,  
First Prize Winner

One beautiful fall morning, 10-year-old Felix decided to go on a hike. He packed snacks, water, and a lunch. Felix's favourite lunch is honey sandwiches, so that's what he packed along with an apple and some cheese.

After a while of hiking, Felix got hungry, so he found a log to sit on and have a bite to eat. Just as he sat down, he saw a rabbit hopping close by, so he got up to see it, but the rabbit hopped into the woods quickly! When Felix turned back around, he saw a badger running away with his lunch! He figured the honey sandwich must have attracted the badger; it sure is hard to resist honey!

Then Felix heard a small, soft voice say, “Sorry about Badger, he can be pretty rude sometimes.”

“Who said that?” asked Felix and then he saw it was a squirrel in a tree that was speaking.

The squirrel asked, “What’s your name?” Felix was in shock and quickly interrupted the squirrel and said, “How can you talk? You’re a squirrel!!”

“All animals can talk,” said the squirrel “but not everyone can hear them.” Then the squirrel asked, “Will you hurt me?”

“I won’t hurt you. I love animals,” said Felix in a shocked voice.



PHOTO COURTESY OF BROME LAKE BOOKS

*Brome Bright Lights Short Story Contest winners.*

CONTINUED ON PAGE 6

## ARTS &amp; CULTURE

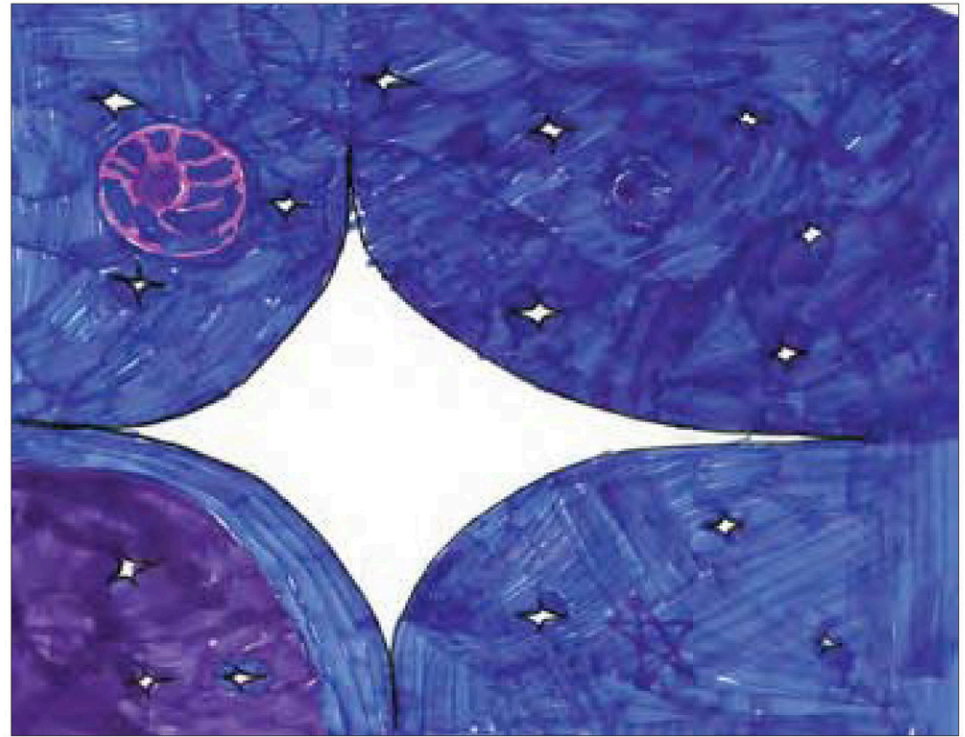
## Robin

By Aidan Leif MacNeil  
Age 7, Homeschooled, Sherbrooke



## Space

By James Lochlan MacNeil  
Age 9, Homeschooled, Sherbrooke



## The Adventure cont'd

CONTINUED FROM PAGE 5

The squirrel said in a louder voice, "Ok, you can come out guys," and then out of the woods emerged Badger, embarrassingly holding up Felix's mostly eaten lunch with honey stuck all around his mouth. Then Badger reached out his paw to Felix and said, "Here, there is a little bit of apple left."

"Nah," said Felix, "what's left of that apple looks a little questionable for me to eat but thanks anyway."

Then out came the rabbit followed by a deer, a moose, a bear, a porcupine, and even a few ducks.

At first, Felix was very scared, but after spending some time with them and seeing that they all seemed nice, he began to warm up to them. Then he glanced at his watch and screamed "Oh no, I have to get home! It will be dark soon!"

Felix lives in a small, quiet town but he was far from home where he was on the mountain. He asked the ducks to fly up and try to see how far the town was from where they were. The ducks said it looked pretty far and they didn't think Felix would have time to get there before dark. It seemed like Felix would be spending the night in the woods. He was scared, hungry and starting to get cold; he didn't bring a jacket or even a sweater with him. He also knew that his parents would be worried sick by now but he had no way to get in touch with them.

Felix decided that he should try to get some sleep because he had a long day ahead of him. He curled up in a pile of pine needles and the animals all fell fast asleep around him.

Then, Bear started talking in his sleep. It seemed that he was having a bad dream. He was mumbling, "No, don't go, don't take him, no!!!" Felix thought it was best to wake up Bear.

"Are you ok?" Felix asked Bear.

Bear replied, "I'm fine. It was just a dream. Get some sleep, little buddy." And so, Felix curled back up and went to sleep.

The next morning when Felix woke up, all of his new animal friends were waking up too – except Bear. Bear was nowhere to be seen. Felix was sad to think that he wouldn't see Bear again, but he knew he better start heading back home.

Just as they all started walking together, Bear showed up with some delicious honeycomb for Felix. Felix was very happy because he was very hungry, didn't have much energy and of course because he loves honey!

"Thanks, Bear!" said Felix. "This will make the journey home a little easier."

Felix's new animal friends all walked with him as close to the bottom of the mountain as they could without getting too close to other humans but at last, it was time for them to say goodbye.

Squirrel sobbed, "I'm not good with goodbyes."

Felix hugged Squirrel and all of his new friends. He was sad to leave them but was happy to be going home.

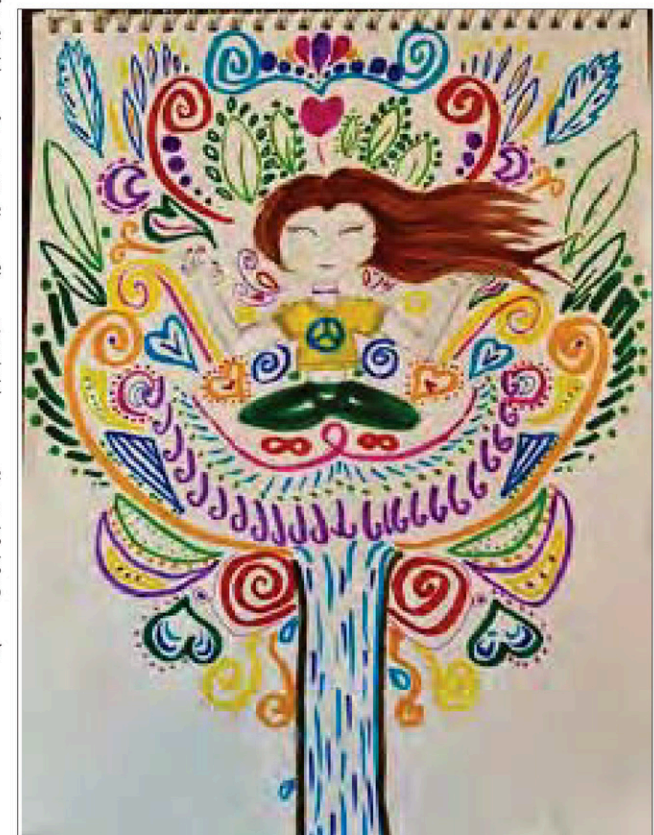
When he got home, Felix's Mother saw him walking up the driveway. She came running out screaming "Felix! Felix! Where were you? We have been so worried!"

Felix said, "I'm so sorry to have made you worry Mom! But wait until you hear about my adventure!"

THE END

## A Tree of Dreams

By Cecilia Neville  
Age 13, Homeschooled, Lennoxville



## ARTS &amp; CULTURE

## POEMS BY JUNIPER

By Juniper-Kwé Fernandes  
Age 10, Homeschooled, Magog

## Lake

I jumped into a freezing lake,  
The water was so refreshing,  
I floated on my back while I watched  
the blue sky,  
It felt like I was flying.

## Peaceful Play

The cute little kids are playing so  
sweetly  
In their backyard.  
The afternoon is soothing.  
The children walk on the path  
calmly to the forest.  
The trees are hugely wild.  
The kids have a picnic under the  
leaves of the trees.  
After all their eating  
They go for a little swim in their  
lake.  
The lake sparkles in the twilight.  
The sun is setting after a beautiful  
day.

## The Ember

Hold my Ember  
without a doubt,  
whisper in it a lovely word  
think about it and do not hesitate,  
  
Think think and think again,  
it will hold your secret for as long as  
you live  
I love this Ember for a very special  
reason...  
  
because it is magical!!!  
and my very special Grandmom  
gave it to me  
for my fourth Birthday just for me.

## SHORT STORY

## What happened to Mary Celeste...

By Juliet Macaulay-Fishman  
Age 11, Grade 6  
North Hatley Elementary School

## Prologue

Storm clouds swarmed around the ocean threatening to rain at any time. The wind blew so hard it sounded like screams. It was as if it knew what was going to happen to the poor crew of the Mary Celeste.

## Chapter 1

After setting sail, Sara, who was the captain's wife, was worried because she had seen some storm clouds approaching and the wind was now picking up. One of the reasons she was so worried was because it was 1872 and they were in the middle of the Atlantic Ocean. No one was around and if something went wrong she couldn't reach anyone, and her husband, the captain and her were going to sell alcohol to someone in Genoa, Italy.

Sara was starting to feel homesick remembering cuddling up by the fire with a good book and falling asleep. She was about to cry but just then her husband Benjamin came out and draped her jacket over her shoulders. She shivered a bit as the cold jacket touched her frozen skin and she quickly wiped away her tears.

## Chapter 2

Sara noticed her daughter Sophea shivering and offered her jacket, but she refused, saying her mother needed it more. Sara wasn't sure that was true, but she wasn't going to argue

because the jacket was the only thing keeping her from turning into an ice cube.

Just as the ship lurched, it started pouring rain. The fat, wet drops felt like ice on Sara's skin. The air was freezing cold, the wind was getting restless, and the waves were getting bigger and bigger. Everyone rushed outside and then Sara remembered leaving the cushions outside to dry. The crew seemed to remember as well and everyone went to bring them in, even Sophea as she tugged hopelessly on a drenched cushion.

Just then a giant wave hit the side of the boat, and everyone slipped on the wet deck. Then another wave hit, and everyone was forced to hold on to the edge of the ship for dear life.

Half the crew had slipped and fell into the ocean.

She saw Benjamin holding a shrieking Sophea in one hand and the boat in the other, but the wait was too much and they both fell in the bottomless ocean. The water swelled a bit but then it went silent.

Sara screamed but no one heard. And even if someone was out there, they couldn't see the ship through the thick fog.

## Chapter 3

Sara wanted to leave this moment and tried not to consume herself in the past where Benjamin and Sophea were still alive. But she remembered leaving home packing her suitcase. She remembered taking one more wistful look as Sophea asked why she couldn't stay. Sara had said she needed her company and Sophea had asked why she didn't stay with her. Then Benjamin had come up and said it was because

he needed their company.

It seemed so long ago that they had been on land. She remembered the day before when she had gone to get food for the trip. The baker had given Sara an extra slice of bread saying she would need it on the journey.

She had next gone to the butcher. He had given her an extra slice of meat and suggested that she should get an extra warm shawl because he had heard it was a cold journey.

So, Sara went and bought an extra warm shawl. The sales lady put a little doll with a silk dress along with the shawl. She caught Sara looking at the doll and told her, "It's for Sophea."

Sara next went to the local doctor to pick up some medicine. She noticed there were some extra pills in the bag and thanked the doctor for them. Next, she went to the seamstress to pick up her new dress along with a roll of fabric. When she looked at it, she noticed an extra little roll of fabric next to the big roll. However, she knew she wouldn't get a chance to make anything since she wasn't going to bring her sewing kit on the trip.

The last thing Sara remembered was the look on Sophea's face when she gave her the doll. She wished she could stay in that moment forever and never let go.

Sara now felt her own fingers slipping and the last thing she remembered was the sharp pain of realizing she would never see her family again.

THE END!!!!



# ARTS & CULTURE

## BOOK REVIEW

# The Great Gatsby

By Bryan Laprise  
Secondary 4, Alexander Galt



hidden affairs, suspicious lifestyles, and interconnected history. With the ongoing idea of being “within and without,” this classic American novel looks into the two forms of wealth.

*The Great Gatsby* is one of the most well-known novels from classic American literature. The story is multi-layered and packed with symbolism. While some parts of the story may be harder to understand without previous historical knowledge, it can still be easily enjoyed. In terms of other “literary techniques,” character development and setting also make the story that much more meaningful.

You can watch the 2013 film edition starring Leonardo DiCaprio directed by Baz Luhrmann. It does an excellent

job of adapting the story in a consistent manner, with minor changes to the story. If you’re having a harder time understanding the text, you can watch the movie chapter-by-chapter.

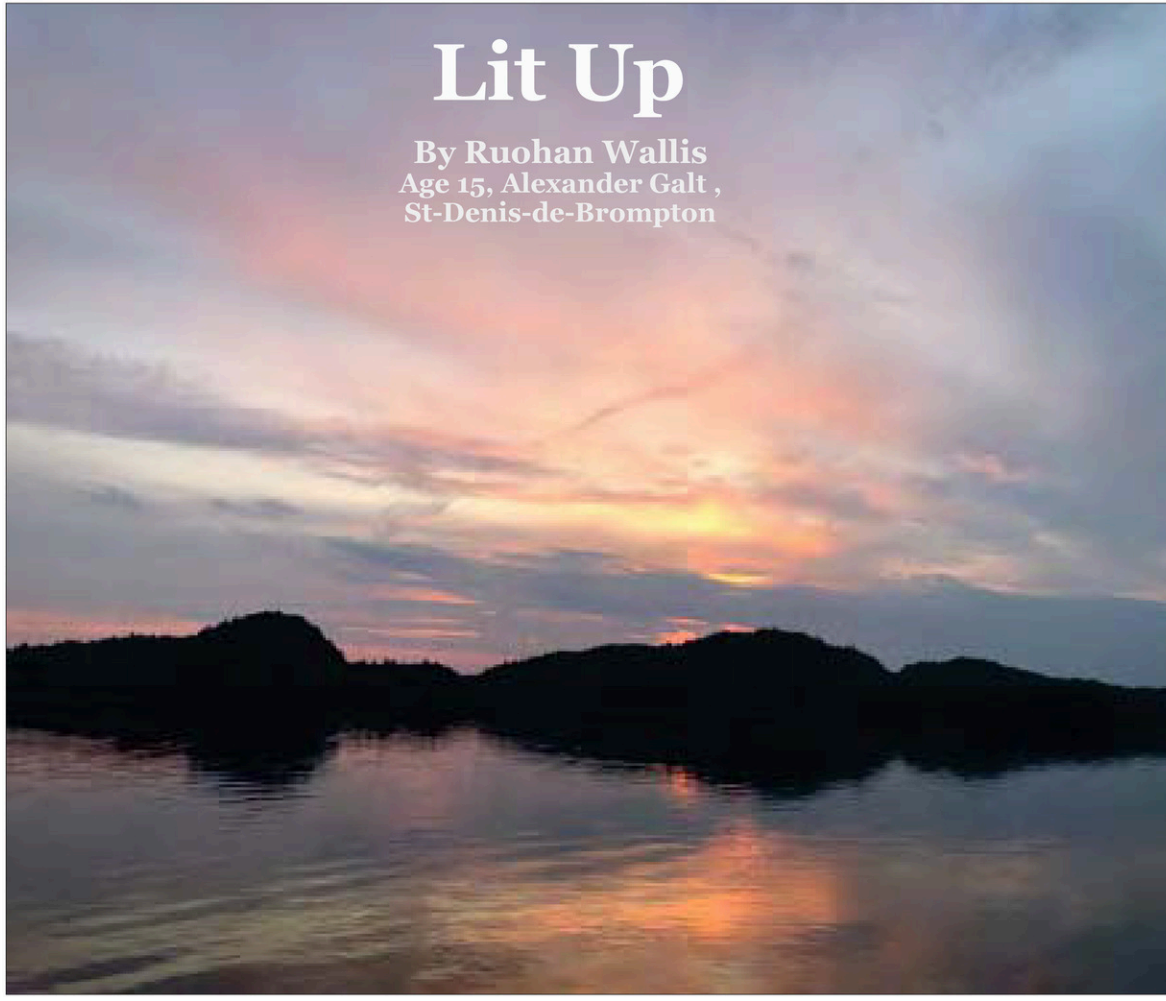
I truly believe that this book is a masterpiece. With carefully crafted characters which all have a backstory. It does a great job of picking apart the things that made up the wealthy lifestyle of the 20s to display the truth behind it all. While it’s a prime choice for English studies, it’s worth picking up even if there’s no assignment attached to it.

In addition to showing valuable life lessons, it also acts as a type of history class! Showing the cultural changes during the Roaring Twenties and the

involvement Canada played during a time of prohibition. We learn about how the “new money” businessmen were able to build up their fortune.


With it being so popular to study in schools and being a classic, it’s relatively easy to find used, so keep an eye out in local thrift stores.

When stating the book, I had a bit of a hard time understanding the way it was written, considering it’s almost 100 years old. However, I was quickly able to pick up on how the story was being told and was able to enjoy the brilliant novel. What started as a book I was a bit scared to get into ended in being one of my favourite books of all time!




## Lit Up

By Ruohan Wallis  
Age 15, Alexander Galt,  
St-Denis-de-Brompton



**We're taking a break  
for the summer.**



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