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Page 4

THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Concert in memory of Cheryl Stroud

Page 5

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MONDAY, MAY 27, 2019

Remembering hope in a time of change:

United Church leader visits Sherbrooke

By Gordon Lambie

The moderator of the United Church of Canada was in Sherbrooke on Sunday to speak at Plymouth-Trinity United Church. The Right Reverend Doctor Richard Bott, who was voted into his position by the members of his church last summer at a meeting in Oshawa, Ontario, came to share a message of hope in a time of transition for the nation's largest Christian denomination outside of the Roman Catholic Church.

"I think we are seeing changes in how people relate to organized religion and that can be really frightening for people who have been part of the more traditional structures of a church," Bott told The Record on Sunday morning, explaining that although any church is fundamentally a spiritual organization, the realities of the modern world mean that churches have to rely on administrative structures to make sure that the lights stay on and the work of each individual congregation gets done. In the United Church, this structure is just coming out of a massive overhaul that has left many feeling disoriented and confused about the future. Combining that situation with a world in which younger generations are not necessarily

CONT'D ON PAGE 3

Twenty years of keeping the bike path safe



COURTESY

Record Staff

Members of the volunteer bike patrol in Sherbrooke were invited to city hall last week to sign the guestbook in the hall of honour, marking 20 years of service in the community.

The program was initiated in 1999 by Sylvain Roy. He is still in the ranks of the bike patrol as leader of the group of volunteers. Victim of a fall, Roy found it important to initiate a monitoring and assistance program on the Sherbrooke bike paths.

The Grandes-Fourches cycling network is made up of 125 km of trails.

During its first edition, 35 people volunteered their time and confirmed the importance of ensuring the safety of citizens on our cycling network. These days, the patrol has around 50 volunteers. Over the past two decades, around 400 people have become involved with the program. They provide a welcoming and reassuring presence for bike users, and help with trail management and maintenance. They carry out an average of 3,000 interventions during per season, either to give tourist infor-

mation, to provide assistance, to make mechanical repairs or to provide first aid.

Their efforts represent more than 4,700 hours of volunteer work per year. Their presence in both first aid and tourism is therefore essential to the Grandes-Fourches cycling network.

Since 2011, Destination Sherbrooke, the organization responsible for the promotion and sustainable tourism development of the city of Sherbrooke, has been managing the volunteer bicycle patrol.

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Weather



TODAY:
MIX OF SUN
AND CLOUDS

HIGH OF 16
LOW OF 2



TUESDAY:
PERIODS OF
RAIN

HIGH OF 14
LOW OF 8



WEDNESDAY:
SHOWERS

HIGH OF 21
LOW OF 15



THURSDAY:
SHOWERS

HIGH OF 20
LOW OF 9



FRIDAY:
60% CHANCE
OF SHOWERS

HIGH OF 19
LOW OF 8

Dog training classes in Potton



THE SCOOP

MABLE HASTINGS

The Municipality of Potton is offering a dog training class for beginners with instructor, Geraldine Burgess. The class will give those who participate the opportunity to understand their dog's behaviour and to learn basic training techniques based on positive reinforcement.

Burgess has been offering dog training courses for many years and those attending in the past have benefitted from her keen understanding of dogs and her experience in dealing with a variety of breeds as well as people. Dog training is a partnership between the dog and its owner and often a trainer must focus on the behaviour of both parties in working together toward a positive and effective manner of communication to achieve success. The dog owner has a major role in the partnership.

The classes in Potton will run from May 28 to July 16 (8 weeks), Tuesdays from 6:30 to 7:30pm for a fee of \$90.00. There must be a minimum of 5 registrations for the course to run. The classes will be held at the Parc Andre Gagnon on Principale North in Mansonville. To register, call 450-292-3313, extension 228.

This initiative offers dog owners a valuable opportunity to benefit from Burgess's experience and to share with her some questions or difficulties that the owner may be having with his or her dog. The class also gives a dog and its owner the chance to partake in an activity where the pet has full attention and this makes for a great bonding experience as well.



Laurie Ball and her dog, Kaleigh

PHOTO: MABLE HASTINGS

These types of classes can be organized or repeated based on interest and participation. If you call and the class is full, a list of those interested will be compiled and likely another class offered. As always, Potton Community Organizer, Trish Wood is keen to know where the interest and needs of Potton citizens lie.

In an attempt to "unleash" my pet humour, let's make this "woof" your while

and use this opportunity to "bark" up the right tree in signing up for the class. Don't let your bad habits with your dog or your dog's behaviour find you both in the "dog house." The Municipality of Potton hopes that both pet and owner will gain valuable training through this experience.

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Ben by Daniel Shelton

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SIGH

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5/28 SHELTON

LOCAL NEWS

"I had a sense most of my life that I was called to some kind of ministry," he said. "For quite some time I thought I was going to go into the diplomatic service."

Sherbrooke reveals its Saint-Jean-Baptiste Day lineup

Record Staff

The Animation Centre-ville Sherbrooke-Théâtre Granada team has unveiled its program for Saint-Jean-Baptiste Day, also known in Quebec as the National Holiday. For the first time,

the event will be held in downtown Sherbrooke on Frontenac Street in front of the Town Hall.

As of 3 p.m. on Sunday, June 23, Wellington North will already be booming with activities. Children will find makeup booths and entertainers, as well

as clown performances by Funky Carnaval.

The musical aspect of the night will begin at 5 p.m., near Granada Theatre with the Excavation et Poésie duo and Jo Robicho, and on the Frontenac Street stage with Frank Custeau and Jérôme 50.

Later, Bleu Jeans Bleu and Alain François will be performing, with two Quebec-inspired acts.

There will be fireworks around 10 p.m., and then musical performances will resume.

Remembering hope

CONT'D FROM PAGE 1

finding comfort and connection in the same church spaces their parents or grandparents, the moderator said, makes room for a great deal of fear.

"I really believe that that is both an opportunity and a fear space," Bott said. "This is a place where we can do really exciting things, but it's also a place where we can get paralysed if we don't take a breath and keep moving."

In speaking to a congregation made up of both regular members of the local church and people who came from other nearby communities of faith for his visit, the moderator acknowledged the validity of people's fear while also suggesting that it might be getting in the way of living a meaningful life.

"I could trip and drop dead right now. Or I could die tomorrow, or in five years, or in ten years," he said. "As long as I am living my call to the best of my ability for that next minute or that next hour or that next day or that next year. I have done everything God has called me to do."

Taking that personal example and expanding it outward, Bott argued that a church community that allows itself to be consumed by the fear that it will no longer exist in a certain amount of time ceases to do anything meaningful in the world.

"I'd like to suggest to you that we need to stop worrying whether we're going to be around in five years or in ten years, or in twenty years," he said.

Speaking with The Record, the moderator emphasized the fact that he does not feel that not worrying about the future is the same as forgetting about the past.

"Our ancestors put a great deal into these walls and so the task then for us is to be able to take the stories with us to be able to do the ministry and mission, even when we have to give up the walls," Bott reflected. "It's difficult, but one of the things I've found is that when we start hearing the stories and bringing the stories out of every room we connect with our ancestors in a much deeper way and we remember what our responsibility is."

Although most recently serving a congregation in Vancouver, Bott grew up in the small Northern Ontario town of Marathon, on the shores of Lake Superior, and was nurtured into a number of leadership roles within the church by that community.

"I had a sense most of my life that I was called to some kind of ministry," he said. "For quite some time I thought I was going to go into the diplomatic service."

Bott described his work as moderator as having two parts. The first is to facilitate the meeting of the church's highest governing body, the General Council, as well as those of its executive.

"The biggest 'job part' is doing that work, but the other task that the moderator has is enlivening the hearts of the church, and what that really means is helping people to realize that the ministry people are doing is important and they are living it," he shared, explaining that this second aspect brings him to communities all across the country.

The question that begs to be asked, when looking at a body that calls itself the "united" church while spanning a country as large and diverse in perspectives as Canada, is just how well everybody actually gets along. In the midst of growing political tensions between provinces, it is not hard to imagine the debates that divide Alberta and British Columbia, for example, making their way into church governance as well.

To this, the moderator emphasized the communal decision making process that underlines the work of the church.

"In the United Church of Canada we believe that everyone is equal in the sight of God," he said. "It's not one person or one body making a decision."

That in mind, Bott said that he hopes the decision-making bodies of the church can be environments to model healthy discussion.

"There are definitely issues that we differ on," he said, offering debate around environmental action as an example. "Just like in the rest of Canada there are some people who believe deeply in taking one specific action while there are others who would argue

that's not the action we need to be doing. What we try to do is have those discussions in ways that recognize the fact that every person is a beloved child of God so that we have those discussions and those arguments with respect and with love for one another. Sometimes that's difficult, but all the time it's something we're aiming for."

This position stands in fairly strong contrast with the voices of many of the world's more outspoken Christian groups.

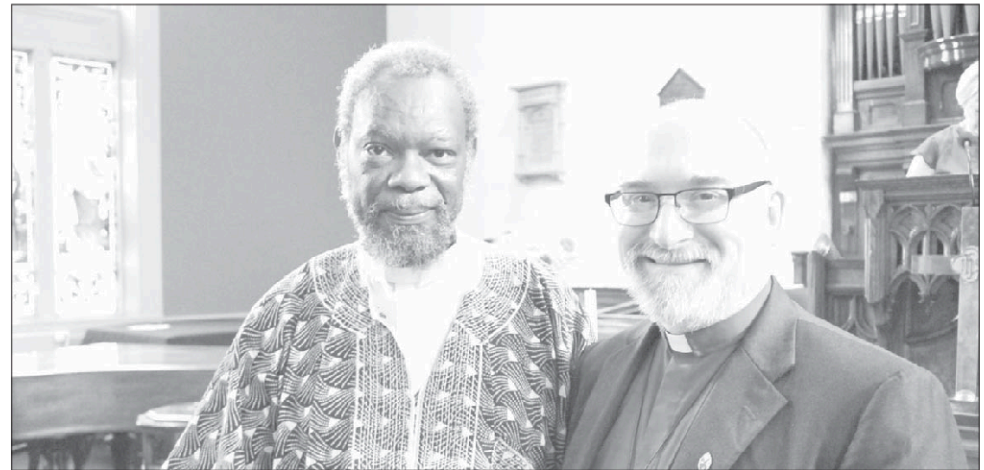
"I think that in the United Church there are a lot of times when we do a good job of acting and we don't necessarily connect our faith story to our actions," Bott said. "I think there are other Christian denominations, our Christian sibs, who talk a lot and it's hard to see where the actions of their lives connect (...) We may all believe that we are called to love God with all that we are and to love our neighbour as we love ourselves, but we have different understandings of what that means so we find ourselves sometimes on opposite sides of the table

when it comes to action," he continued, adding. "There are times when we need to be able to challenge each other."

Coming back to what he was saying about the disconnect between faith and action, the church leader argued that a number of more mainstream Christian denominations suffer through their members concerns about sharing they are people of faith.

"I think that we're afraid of offending people with the faith that we have, so we don't speak about it very much, and I think that makes people believe that we don't actually have a faith," Bott said, sharing that when two people enter into a discussion about what they believe and do not believe without the baggage of thinking the other person is trying to convert them, the conversation automatically becomes more enjoyable.

"When (people) know that all you're saying is, 'this is where I am coming from,' they want to ask the questions," he said. "People want to have a sense of what is going on, especially if they know that we aren't making demands.



GORODN LAMBIE
The Reverend Samuel Dansohko of Plymouth-Trinity United Church in Sherbrooke with the Right Reverend Dr. Richard Bott, Moderator of the United Church of Canada on Sunday morning

Correction

In the article 'Paradis honours community leaders' published last week, the paragraph regarding the SADD (Students Against Dangerous Decisions) program, started by Mable Hastings, said the program was still going strong more than three years later.

In fact, the program has been going strong for more than 30 years.

The Record regrets this error and any confusion it may have caused.



Hi everyone,
I am back to doing landscaping this summer. My hours for the Barbar Shop will be Wed. 9-5, Thurs. 9-7 & Fri. 9-5 starting May 29 until the end of September. Women are welcome for haircuts. I would like to give a special thanks to my regular customers. Your support is greatly appreciated.

Debra

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(beside Valentine's)

Yesterday, I was a volunteer Fireman

Today, I turned my last page

By Marc Richard
Volunteer Fireman 612

134 years have passed since the first Volunteer Firefighter served our community. Today our service to our community will not be required anymore: we cease to be needed. Not for a fire, not for an accident, not for a civic emergency, not for a flood, a train derailment, etc. ... not for any of you, the readers, your friends, family or community. Not for any and all of the emergencies our community has asked us to take care of for the last 134 years. This letter is to show you that our hearts and our souls, our minds and bodies, have been committed to serve, protect and make our community a better place.

Years of rushing away from family outings, dinners, sporting events, our

jobs, our personal 'down time' have been a reality in our daily living and this is the last page of the last chapter in a very important book. I'll refer to "page" often and you all must know a volunteer firefighter has a "pager". That little thing hanging off our belt or stays very close to us when we sleep, whether it be 3 in the afternoon during our kids t-ball game or 3 in the morning during a sound, well earned sleep - or a diaper change. That little pager went off letting us know whenever someone was in need of our help. An insistent "BEEP BEEP BEEP" that could not be ignored. With no hesitation, with 100% commitment, dedication and heart we tore off, to help a neighbour, a friend, a stranger who needed us desperately. It was never easy, it was not pleasant. But can I tell you

something? We had committed ourselves to this service, had become a family. With my 'brothers' by my side, we could do anything together as a team!! We faced down any dangers, fire, being the first. That fire 134 years ago is not much changed from the fires of today or tomorrow and it's always been deadly!

We've pulled unconscious victims out of buildings, given CPR, and sadly, have had to live with the memories of not being able to bring him/her back. We've climbed into a second story window on desperately cold, windy nights and one of my 'brothers' has had to live the rest of his life with the nightmare vision of two children sitting on a bed, crying in desperate need for a Volunteer firefighter to come save them when the floor gave way and they disappeared

into the fully engulfed house fire. I've visited my 'brothers' in the hospital where they were being treated for smoke-caused cancer, watching them melt away to nothing and all I could think of was that fire did this to them. We've buried a 'brother' because of it... fire, deadly fire. We all now will live with this in our minds till our turn comes.

I wouldn't trade my volunteer service for anything in the world; the brotherhood, the camaraderie, the rush, the satisfaction of giving all that you have to help out a fellow community member when they were in their most desperate moment. A volunteer firefighter has seen it all. Late nights and early mornings in all kinds of weather, no matter

CONT'D ON PAGE 6

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Bishop's announces the 2019 Convocation ceremony Honorands

Record Staff
Special to the Record

Bishop's University Chancellor Brian Levitt O.C. will preside over the 191st Convocation ceremony on Saturday June 8, to confer degrees to the university's 667 graduates of the Class of '19. Doctorates in Civil Law (D.C.L.) will be awarded to Honorands Colm Feore, O.C., Kim Thúy, C.Q., Christiane German, C.Q., and Bishop's Class of '85 alumnus Claude Belleau.

Claude Belleau is the Director General of Estrie Aide, a non-profit organization and social economy enterprise in Sherbrooke that doubles as a thrift store. Estrie Aide repurposes items such as clothing, furniture, and appliances, in order to provide the population with low cost high-quality items while reducing our carbon footprint. Belleau also reinvests the enterprise's profits into social and professional rehabilitation and a donation program for people in need. Before Estrie Aide, Belleau graduated from Bishop's University in 1985 worked

over 15 years for the United Nations to help in many areas such as humanitarian crises and conflicts and development aid on all five continents. He was also involved with the Service d'Aide aux Néo-canadiens, helping welcome and relocate refugees in Sherbrooke.

Colm Feore is a Canadian stage, film, and television actor who is fluently bilingual in French and English. Best known for his role as former Prime Minister Pierre Elliot Trudeau in the miniseries Trudeau and his role as Martin Ward in Bon Cop, Bad Cop, Feore is a Prix Iris and Screen Actors Guild Award winner. He has also been heavily involved in the Stratford Festival Theatre since 1984 and was made an Officer of the Order of Canada in 2013.

Kim Thúy is a Vietnamese-born Canadian author who got her debut with the novel Ru, which won the Governor General's Award for French-language fiction in 2012. A refugee of 1975 Vietnam's communist regime, Thúy and her family settled in Granby in 1979 after being selected by a Canadian delegation for the

fluency in French. She earned a bachelor's degree in linguistics and translation and a law degree from the University of Montreal in the early 1990s. She worked as a translator and interpreter for law firm Stikeman Elliott which traveled to Vietnam to advise the country's Communist leadership on tentative steps towards capitalism. Prior to publishing five novels five novels, Thúy worked as a restaurateur and introduced modern Vietnamese cuisine to Montrealers at her restaurant, Ru de Nam.

Christiane Germain is the copresident and cofounder of the Groupe Germain Hôtels, Germain manages operations and marketing in all the Groupe's hotels. With over 30 years of experience in the hotel and tourism industry, she managed successful hotels throughout the 1970s and 1980s and then later opened four Germain Hotelboutiques in Quebec City, Montreal, and Toronto between 1988 and 2002. Germain is also part of several boards of directors, such as the Massif de Petite-Rivière-Saint-François and the Fon-

dation de l'Institut de tourisme et d'hôtellerie du Québec. She presided over the Office du tourisme et des congrès de la Communauté urbaine de Québec, the Festival d'été de Québec, and the Association des restaurateurs du Québec.

"While all Bishop's graduates deserve our esteem and congratulations for successfully completing their respective programs, Convocation is also the occasion to celebrate those who have gone above and beyond, and gave our community the best of themselves, such as the Honorands, and recipients of prizes," indicated Principal and Vice-Chancellor Michael Goldbloom.

Graduating students Molly Sweeney and Tyler Smith were selected as the Valedictorians for this year's Convocation ceremony. The ceremony will also be granting academic excellence and community engagement awards to students who have greatly contributed to life on campus.

Concert in memory of Cheryl Stroud

Submitted by Pauline Farrugia,
Clarinetist of The Uplands Chamber
Players and board member of The
Uplands Cultural and Heritage Centre

On Saturday June 1 at 3 p.m. the Uplands Cultural and Heritage Centre will be holding a musical fundraiser at North Hatley's St. Elizabeth Church. In addition to raising funds for the centre, this event has a special added significance for both the centre and the musicians of The Uplands Chamber Players, who will be performing. This occasion will also serve to remember musician (piano / voice) and music teacher Cheryl Stroud, whose musical talents and organisational skills brought the joy of music to the Eastern Townships for many years. Although Cheryl is no longer with us, her musical legacy has lived on through the musical events at Uplands and through the continued presence of the Uplands Chamber Players, a group which she co-founded with her friends and colleagues. These friends and colleagues will be paying a special tribute to Cheryl with the presentation of some of her favorite musical works.

The idea of the Uplands Chamber Players came about during a series of lunch time discussions between Cheryl and a Bishop's University colleague, clarinetist Pauline Farrugia. Cellist Erich Kory was later asked by the duo to join the group and the trio went straight to work on a series of concerts that featured original repertoire for their formation of instruments. Masterpieces by Beethoven, Brahms and other composers were dusted off and brought back to life. As so often happens with chamber musicians who perform frequently together, a special affinity soon developed between the musicians and the trio began to expand their repertoire to include musical gems written by lesser known composers and other masterpieces that were originally written for

other formations of instruments, such as Mozart and Schumann's trios for clarinet, viola and piano or Schubert's Shepherd on the Rock, a work originally for voice, clarinet and piano.

When Cheryl was unable to continue to perform, due to her illness, she invited her long time friend and fellow pianist, Daniella Bernstein, to take over for her. She also recommended Pauline Farrugia as her replacement on the board of directors at the Uplands Cultural and Heritage Centre, in order to ensure that music at the centre would continue. Over the past six years, Cheryl's musical legacy has continued to shine and the musicians of the Uplands Chamber Players feel that it is now time to celebrate this legacy by sharing some of the works that their friend was especially fond of.

The first work on the program will be the slow movement from Schubert's Trio Opus 99, originally written for violin, cello and piano. The violin part was arranged for the clarinet by Cheryl's son Philip Dutton and this arrangement was chosen by Cheryl for her memorial service. It is a lyrical and intricate work with subtle lines and surprisingly beautiful harmonic progressions. The last work on the program is the Trio Opus 11 by Ludwig van Beethoven. Originally written for the formation of clarinet, cello and piano, this is not only one of Beethoven's earliest works but it is also the very first work that the Uplands Chamber Players performed together. Like many of Beethoven's earlier works, the trio is classical in form and style. The last movement of this work, a theme and variations, is based on a very popular tune of the time, an « earworm » of the classical period.

Other works on the program will include four pieces from Max Bruch's Eight Pieces for Clarinet, Viola and Piano, and an original trio for the formation, written by film music composer Nino Rota (known for his music of the films of Fellini and Visconti, as well as

for his music for Zeffirelli's Shakespeare films and Coppola's first two Godfather films). Gabriel Fauré's Élégie for cello and piano, as well as Francis Poulenc's Romanza for clarinet and piano, will complete the afternoon's presentation.

Tickets for this fundraiser cost \$20.00

and anyone who wishes to join The Uplands Chamber Players in paying tribute to Cheryl Stroud, while at the same time supporting the Uplands Cultural and Heritage Centre, is invited to contact Uplands to reserve their spot : 819-564-0409 or info@uplands.ca



A photo of the original Uplands Chamber Players Cheryl Stroud with Pauline Farrugia and Erich Kory, taken in 2011.



Pauline Farrugia, Daniella Bernstein and Erich Kory. Pauline Farrugia, Clarinetist of The Uplands Chamber Players and board member of The Uplands Cultural and Heritage Centre

EDITORIAL

Out of the Montreal Laboratory grew not only some of the wartime atom bomb-building technology, but the core of nuclear know-how for Canada to launch its post-war program of nuclear power plants, known as the Candu reactor.

Nuclear energy has fizzled in Canada since creation of A-bomb



PETER BLACK

Say the word "Manhattan" and some people might think of a New York City borough, a mixed drink with whiskey and vermouth, or a movie by Woody Allen. A few might even think of the unlikely name for a secret Second World War project in the New Mexico desert.

The Manhattan Project was the code-name for the desperate drive to build "the gadget" - an atomic bomb, a weapon so powerful it would bring the enemy to its knees and end the war. The hundreds of scientists working on the weapon in a specially built and heavily fortified town near Los Alamos didn't get the job done in time to use it, or threaten to use it, on Nazi Germany. Japan, as we know, was

not spared.

We recently binge-watched the 2014-15 television series about the Manhattan Project. Although the writers took many liberties with the story, the mind-boggling enormity and complexity of the undertaking is depicted in dramatic and exciting fashion, complete with some larger-than-life real characters.

Not the least of these figures is Robert Oppenheimer, the celebrity physicist who led the project. Though a known communist sympathizer, he was considered too valuable as a scientist to be taken off the project.

There are some important Canadian angles to the Manhattan Project, including one tragic one. Louis Slotin, a star physicist from Winnipeg, was one of the key designers of the bombs. In 1946, still working at the Los Alamos facility, Slotin, 35, suffered a fatal dose of radiation while "tickling the dragon," as the procedure to provoke "criticality" in a nuclear device was called. The U.S. army is said to have shipped his body home in a lead-lined coffin.

The Canadian small-scale equivalent to Los Alamos was what is known as the Montreal Laboratory. The National Research Council set up the facility in 1942 to support British scientists who had made significant advances towards the

making of an atomic bomb. Initially set up in an old mansion on the campus of McGill University, the top secret project with its 300 scientists and staff was later moved to the Université de Montréal.

Out of the Montreal Laboratory grew not only some of the wartime atom bomb-building technology, but the core of nuclear know-how for Canada to launch its post-war program of nuclear power plants, known as the Candu reactor.

"The future will disclose the full peacetime potentialities of this remarkable new source of energy," declared C.D. Howe, Canada's minister of Munitions, Supply and Reconstruction, on Aug. 13, 1945, in a press release four days after the second bomb was dropped on Japan.

What has become of what was once an exciting new age of atomic power in a country blessed with one of the world's most abundant supplies of uranium, the essential ingredient for nuclear reaction? The dream of cheap, safe atomic energy across the land has, pardon the expression, bombed.

Nowhere is that more glaring than in Quebec where the decommissioning of the Gently 2 Candu reactor continues, following the 2012 decision by the Parti Québécois government to mothball the plant at Bécancour.

If the decommissioning goes as planned, the massive plant finally will be demolished in 2065. In effect, winding down the nuclear reactor will take about 13 more years than the plant actually operated. The estimated cost of shutting Gently 2 down is about \$2 billion.

A nuclear reactor in Quebec was never a particularly brilliant idea, being built at the same time as Hydro-Québec was embarking on a series of massive hydro-electric projects in the northern territories. (Providing a massive surplus Premier Legault is aggressively shilling to electricity-starved Americans.)

With Gently 2 gone, the only nuke plants left in Canada are three in Ontario and one in New Brunswick.

There is one potential bright spot in the ever-dimming nuclear industry in Canada. There are reports the Alberta government and oil sands producers are looking at small nuclear plants to supply less carbon-emitting power for the extraction of the "dirty oil."

It may not be the potentiality of nuclear energy envisioned by those who were a party to the development of the atomic bomb, but at least oil sands nuke plants may do some peacetime good for humanity.

Yesterday, I was a volunteer Fireman

CONT'D FROM PAGE 4

how we are feeling, for the betterment of our community, to improve the world we live in. We have given an important part of our lives to make this place we live in better for you, for us.

But will the future generations know what it is to have a fireman's tombola, a "friendship-day" canteen tent that sells more hotdogs than we could ever count? Who will organize dances, garage sales, suppers, and many other community events, all for the benefit of our town! Over the years, we've bought equipment, tools... heck, we've even bought vehicles for the fire service, thanks to the support of each and every one of you who has come out to our fund-raising events.

We appreciate all your loyal support and we want to say that 134 years of volunteerism has been amazing, though not always easy, particularly with some recent political issues, but as a team we have overcome many difficult times. We've compromised to find agreements and searched for and found solutions and have come to understand that together we have given an excellent service with class and professionalism.

This last page we are turning marks the end of something noble and effective, a service that was greater than the individuals who volunteered. This book is ending and a new one will start, as we are to be replaced by full time firemen offering a service which will allow us to have "first responders", something we

have not been able to offer before.

We volunteers, though, will wake up tomorrow with all our memories, our past years of service still in our minds, reminded by our now-idle pagers that will go off for us no more. That pager alert, that beep, that shot of adrenalin that we use to get when "structure fire" flashed across the screen, or "car accident, jaws required", or "water rescue"...That shot that got your heart racing we shall hear no more.

10 Samuel Gratham (formerly known as Depot Street) will never be the same - we shall always hear in our minds the rush of our personal cars and trucks buzzing into the parking lot (years ago it would have been the sound of boots as the men raced to the station). With the sound of the siren atop the roof which you could hear for miles around, the butcher, with his soiled white apron dropping his knives and pieces of meat, ran across Queen Street (Main St. long ago) trying his best to make it through the snow up over his waist to get to the call as quickly as possible, the barber left his customer with a half head of hair, the grocer abandoned a cart full of milk, and even the teacher handed over his students to a colleague to set an example of saving others.

Some of my 'brothers' gave over 30, 40, and 50 years service. Let us not forget this.

Lennoxville Volunteer fire department has responded to the radio alert for the last time. May all who have had

the honour of working between those walls continue to be safe, have good health, and know that I have that outmost respect for each and every one of you. Thank you for being my 'brothers', my family on the job or at the station, our home away from home.

It must be remembered that my volunteer 'brothers' were all-in, and never thought twice about the repercussions. Most were family men and the support and understanding of their families, must not be overlooked. How many hours did loved ones spend wondering and worrying if their dad or brother, partner or son was safe, would return to them unharmed...

To the community which has been behind us, which has supported and encouraged us, which has been there for us when we have been there for you, we want to thank you from the bottom of our hearts.

In this new book which is starting, the characters will change, the setting will change as well, but the plot of the story will be the same. Serve and protect. Good luck to all who will work in our beautiful town, who will have the honour to follow in such big foot prints; may they take the time to learn, understand and appreciate the legacy that they are following. There have been men who have given their health and even their lives for the betterment of our community.

May god bless them and keep them safe.

THE RECORD

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Member

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Local Sports

The 36th Huntingville Coed Softball tournament takes place May 30 to June 2

Huntingville Coed softball league

2019 Huntingville Coed Softball Tournament Schedule

36TH YEAR!

GOLD DIVISION	SILVER DIVISION	DIAMOND DIVISION	EMERALD DIVISION
MANCHESTER	LAKERS	HIT'N'RUN	LES BATS FRINGANTS
KAZBER	CUTTERS	CLEATS & CLEAVAGE	WINGITS
ADS STORM	SAVING RYAN'S P.	GOLDEN LION	ROADRUNNERS
AYER'S CLIFF	GOLD RUSH	VENOM	JF LABRIE

Jeudi, 30 mai			
7:00 PM	Golden Lion	vs	Gold Rush
Thursday, May 30			
8:00 PM	Hit'N'Run	vs	Cleats & Cleavage
9:00 PM	Wingits	vs	Roadrunners
10:00 PM	Cleats & Cleavage	vs	Gold Rush
11:00 PM	Hit'N'Run	vs	Golden Lion

Vendredi, 31 mai			
7:00 PM	Cleats & Cleavage	vs	Golden Lion
Friday, May 31			
8:00 PM	Les Bats Fringants	vs	Roadrunners
9:00 PM	Hit'N'Run	vs	Gold Rush
10:00 PM	Les Bats Fringants	vs	Wingits
11:00 PM	JF Labrie	vs	Roadrunners

Samedi, 1 juin			
9:00 AM	Saving Ryan's P.	vs	Venom
Saturday, June 1			
10:00 AM	Manchester	vs	ADS Storm
11:00 AM	Kazber	vs	Ayer's Cliff
12:00 N	Cutters	vs	Venom
1:00 PM	Manchester	vs	Ayer's Cliff
2:00 PM	Kazber	vs	ADS Storm
3:00 PM	Cutters	vs	Lakers
4:00 PM	Manchester	vs	Kazber
5:00 PM	JF Labrie	vs	Les Bats Fringants
6:00 PM	Lakers	vs	Venom
7:00 PM	ADS Storm	vs	Ayer's Cliff
8:00 PM	Lakers	vs	Saving Ryan's Privates
9:00 PM	Wingits	vs	JF Labrie
10:00 PM	Cutters	vs	Saving Ryan's Privates

SUNDAY PLAYOFF SCHEDULE

2 dimanche/ June 2

Semi Final "C"			
9:00 AM	GOLD	vs	SILVER
10:00 AM	DIAMOND	vs	EMERALD

Semi Final "B"			
11:00 AM	GOLD	vs	SILVER
12:00 N.	DIAMOND	vs	EMERALD

Semi Final "A"			
1:00 PM	GOLD	vs	SILVER
2:00 PM	DIAMOND	vs	EMERALD

FI FINALS "C"			
3:00 PM		vs	

FINALS "B"			
4:00 PM		vs	

FINALS "A"			
5:00 PM		vs	

HUNTINGVILLE COED SOFTBALL LEAGUE							
STANDINGS TO MAY 24, 2019							
TEAM	GP	W	L	RF	RA	RF vs RA	POINTS
1. Wingits	7	7	0	94	42	52	14
2. Venom	5	5	0	82	49	33	10
3. Les Bats Fringants	6	4	2	64	60	4	8
4. Gold Rush	6	3	3	63	38	25	6
5. Buds	2	2	0	32	17	15	4
6. Cleats & Cleavage	5	2	3	52	72	-20	4
7. Golden Lion	8	2	6	87	122	-35	4
8. Roadrunners	4	1	3	39	54	-15	2
9. Hit'N'Run	5	1	4	46	69	-23	2
10 Saving Ryan's P.	6	0	6	55	91	-36	0
	54	27	27	614	614	0	36

Week of May 26 Schedule

WEEK 5					
32	Lundi	27 mai	Venom	Cleats & Cleavage	7:00 PM
33	Monday	May 27	Les Bats Fringants	Wingits	8:15 PM
34	Mardi	28 mai	Buds	Goldrush	7:00 PM
35	Tuesday	May 28	Hit'N'Run	Buds	8:15 PM
36	Mercredi	29 mai	Wingits	Golden Lion	7:00 PM
37	Wednes.	May 29	Les Bats Fringants	Saving Ryan's Privates	8:15 PM

HUNTINGVILLE COED SOFTBALL TOURNAMENT 30,31 mai, 1, 2 juin "36 YEARS"

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Death

Wendell Douglas HARRISON
1938 – 2019

After a long battle with Vascular Dementia/Parkinsons, Wendell Douglas Harrison passed away on May 17, 2019.

Wen was born August 7, 1938 in Massawippi, Quebec, the son of George Worth Harrison and his wife Ethel Maria Hool, both deceased. Also predeceased by sister Sherrill Phyllis (stillborn May 1945).

Left to mourn is his loving wife of 53 years Rena Nutbrown (married May 21, 1966 in Hatley); his devoted daughter Cheryl (Shane) and step-grandchildren Erica and Michael; his brothers Sydney (Judy) and Kenneth (Judy); from the Nutbrown family his brothers-in-law Winston, Galen (Margaret), and sisters-in-law Barbara (predeceased by Gene Michaud) and Candy (Fred); as well as first cousins Wayne Sr. (Barbara), Marilyn (Don), Carol, and other cousins, nieces and nephews.

Final resting place at Pleasantview Memorial Gardens, Thorold, Ontario.

Celebration of Life at a later date.

Card of Thanks

PERKINS, Wendy – With heartfelt thanks to everyone who came to the service, gave flowers, messages of condolences and donations in memory of Wendy. Also to Serena Wintle for the lovely service and Steve Coates for the sound system. To Everett and Philip Boynton, to Rosemary Lowe and helpers for the food and serving, it was bountiful. Bob and Shirley, Renee and the girls for travelling a great distance to get here. It was all appreciated and never forgotten.

BRAYDEN (son)
SHAWN (partner)
RUSSELL & NANCY
(parents)
TINA, TROY, MYAH (sister)
ANGIE, DANIEL,
DOMINIK, FELIX (sister)

Cemetery Meeting

EATON CEMETERY

The annual meeting of the Eaton Cemetery Association will be held on Thursday, May 30, 2019 at 7 p.m. at the Bulwer Community Center. Everyone is welcome.

Datebook

MONDAY, MAY 27, 2019

Today is the 147th day of 2019 and the 69th day of spring.

TODAY'S HISTORY: In 1937, San Francisco's Golden Gate Bridge opened to pedestrian traffic.

In 1941, recent German victories in World War II prompted President Franklin D. Roosevelt to proclaim an "unlimited national emergency."

In 1999, a United Nations tribunal indicted Yugoslav President Slobodan Milosevic for crimes against humanity.

In 2006, a 6.3-magnitude earthquake on the island of Java, Indonesia, killed nearly 6,000 people and injured more than 38,000.

TODAY'S BIRTHDAYS: "Wild Bill" Hickok (1837-1876), lawman/gambler; Dashiell Hammett (1894-1961), author; Rachel Carson (1907-1964), biologist/environmentalist; Hubert Humphrey (1911-1978), politician; Vincent Price (1911-1993), actor; Sam Snead (1912-2002), golfer; Henry Kissinger (1923-), politician; Adam Carolla (1964-), TV personality/radio host; Joseph Fiennes (1970-), actor; Paul Bettany (1971-), actor; Jack

McBrayer (1973-), actor; Andre 3000 (1975-), rapper/actor; Jamie Oliver (1975-), chef/activist; Chris Colfer (1990-), actor.

TODAY'S FACT: President Franklin D. Roosevelt and British Prime Minister Winston Churchill were not only Allied leaders in World War II; they were seventh cousins once removed, through Roosevelt's mother.

TODAY'S SPORTS: In 1968, Major League Baseball awarded Montreal, Canada, the first MLB franchise outside the United States (Montreal Expos).

TODAY'S QUOTE: "The problem with putting two and two together is that sometimes you get four, and sometimes you get twenty-two." – Dashiell Hammett, "The Thin Man"

TODAY'S NUMBER: 1,046 – height (in feet) of the Chrysler Building in New York City, the tallest building in the world when it opened to the public on this day in 1930.

TODAY'S MOON: Between last quarter moon (May 26) and new moon (June 3).

Resistive breath training could lower blood pressure

ASK THE DOCTORS

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

Dear Doctor: A good friend of mine is into this new thing called resistive breath training. She says it helps runners build endurance, and she even bought a breathing gadget to practice it. Does it really help?

Dear Reader: Resistive breath training, also known as inspiratory muscle strength training (IMST), is a type of resistance training for the muscles we use to breathe. It can be accomplished through a series of controlled breathing exercises or, as your friend is planning, with a hand-held device. Known as an inspiratory muscle trainer, this type of device typically consists of a mouthpiece through which the person breathes and some sort of adjustable valve that creates varying degrees of resistance for the exerciser to work against.

While IMST may not be familiar to you and your friend, it's not actually a new technique. Resistive breath training was developed many decades ago to help people with various breathing problems, including COPD, asthma and the after-effects of bronchitis. It is also used to help people to successfully withdraw from mechanically assisted breathing.

In a study dating back to 1979, researchers found that IMST helped patients living with severe COPD to achieve improved breath control, as well as improved expectoration, the ejection of phlegm and mucus from throats and lungs. Subsequent studies continued to find benefits in the practice.

It's possible that your friend's interest in IMST arises from a spate of news reports about preliminary findings by researchers from the University of Colorado, which were presented last month at the annual Experimental Biology conference.

The seed for the experiments was

planted several years ago, when researchers from the University of Arizona looked into IMST as a way to help individuals living with obstructive sleep apnea. This is a potentially serious disorder in which muscles in the throat relax enough during sleep to completely block airways. In addition to confirming that by increasing resistance, the length of each IMST session could be shortened, the Arizona researchers saw a surprising side effect. After six weeks of therapy, systolic blood pressure in the study participants dropped significantly. Systolic blood pressure – that's the top number in a blood pressure reading – is the pressure in the blood vessels during a heartbeat. (The bottom number is the pressure in the blood vessels between heartbeats.) High blood pressure is one of the major risk factors for cardiovascular disease, which is the leading cause of death in the United States.

The results of the Arizona research spurred scientists at the University of

Colorado to build upon the findings. In their own series of experiments, which are ongoing, the Colorado researchers saw the same significant drop in blood pressure in participants who performed IMST. They also recorded improvements to large-artery function. The IMST group also saw improvement in cognitive function and in endurance and heart-lung efficiency while exercising on a treadmill. Neither of those changes were seen in a control group, which used a breathing device that delivered only low resistance.

These results are impressive, but, as the researchers themselves point out, they are preliminary. The researchers stress, and we agree, that anyone considering IMST should first check with their doctor.

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

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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.

How to stop unwelcome visit

Dear Annie

MONDAY, MAY 27, 2019

Dear Annie: I have three grandchildren from my stepdaughter who live in another city. Their mom has said that she plans to come and visit with the kids this summer. One of the children has a lot of mental health issues. On a previous trip, "Sophie" stole several items worth quite a bit of money. When I mentioned this by phone on their drive back, my stepdaughter said she'd ask my grandchild. Needless to say, the child denied everything.

She also defaced a painting while visiting. I later found out that "Sophie" has stolen large sums of money from her father as well as from others. She has been violent and twice committed to a psych ward. This child is 13, and I have always suspected she could be violent. This was confirmed by the other grandmother.

I really don't want her to visit but don't know what to say to stop the visit. Help! — Wary Grandmother

Dear Grandmother: If you really want to stop the visit, then be clear and honest: "No, you are not allowed to stay with me." Setting boundaries with loved ones and not wanting to expose yourself to violence or theft is nothing to feel bad about. Just be direct and upfront right away and tell her mother that Sophie is not allowed to stay with you. That does not mean that you don't want to have contact with her. Make it clear that you love your grandchild, as I am sure you do, but that you don't want to expose yourself to so much risk.

I would also have a talk with her parents and make sure that Sophie is getting proper mental health care. It sounds like she is very troubled and that her mother might be in denial.

Dear Annie: I can really relate to "Empathetic Grandma." My daughter also has an unusual dietary disorder that makes it challenging to navigate the snack table. We can offer alternatives, but it still leaves the child feeling deprived if they don't get to eat what the other children are eating. There is nothing like a

crying toddler to make you aware of just how many children's events involve food. Even storytime at the library ends with a snack. Are we afraid our children will starve to death if they are without food for over an hour? Our culture has taken on this notion that we cannot let our children experience hunger — even for a few moments. Parents become panicked if their child says he is hungry and they have no food to immediately offer. What happened to saying: "Lunch will be in an hour. Save your appetite"? A large factor in the obesity epidemic is constant grazing. We are doing our children no favors by teaching them that an empty belly is a cause for fear, and that no event is worthwhile unless it includes food. — Not a Snacker

Dear No Snacking Allowed: If your child has dietary restrictions, the most important thing is to be prepared. Bring snacks that your child can enjoy and not feel deprived. While young children are growing, it is recommended that they have three meals along with two healthy snacks. You are correct that constant snacking, especially on food without much nutritional value, can lead to obesity and health problems. The key is to space the snacks out accordingly so that they are not given too close to mealtimes.

Dear Readers: This Memorial Day, I wanted to take the time to thank all the men and women who are serving in the U.S. armed services. You are truly a gift to our country.

Dear Annie: Over the summer, my sister was raped. She chose not to report it. She was at a house party when it happened. She doesn't know who did it. She confided in me the morning after, and I urged her to report so that the person who did it could be prosecuted and, hopefully, kept from harming more people. But I also saw that it was ultimately her decision and she needed to do what was best for her psyche. I'm still in a very dark place about all this, but I can't talk to her about it.

First of all, I'm sure talking about it would trigger her, make her more anxious than she already is. Sec-

ondly, if I tell her I'm really distressed over this, she'll feel like a burden, like she shouldn't have confided in me.

What should I do? I want to do what's best for my sister, and I also need to restore my sanity. I feel sick just thinking about all this. — Saddened Sister

Dear Saddened Sister: My heart goes out to your sister. I am so sorry that she had to endure trauma. Your feelings of sickness are completely valid. The repercussions from rape can literally be sickening to all those affected by it.

The first step is to do exactly what you did: Listen without offering any judgment. Simply listening and validating whatever she tells you are the right steps. If she decides later to report the incident, you can offer to take her to the police station. While she is processing her emotions, talking through her things with trained professions could also help. The National Sexual Assault Hotline is 800-656-HOPE (4673).

You sound like a very sensitive sister, and one thing I would like to point out to other readers is that if your friend or family member is the victim of sexual assault, avoid any possible victim blaming questions. For example, "What were you wearing?"

I am so glad that you took the time to write, not only because you bring up an important issue but also because it is important that you take care of yourself. Helping your sister can leave you feeling depleted and exhausted.

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

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

Fordyce Women's Institute

Members of the Fordyce Women's Institute met at 1:00 p.m. at Emmanuel United Church in Cowansville on April 3. President Norma welcomed the members as well as our guest Linda Hoyt. She then read two poems: "It is May" and "Elusive Spring" after which everyone repeated The Mary Stewart Collect; Salute to the Flag and sang O Canada.

Motto: "Most footprints on the sands of time were made by work boots"

Roll Call: What job did you do in your lifetime that you enjoyed the most?

An article about La Ferme Laitiere Mahvhays first dairy farm in Brome Missisquoi to be completely organic, was published in the Federated Newsletter. This farm was originally owned by Paulette and Victor Mahannah and is now owned by their daughter Rachel and her husband Martin Paquette.

The minutes of the April meeting were read by June Lamey and approved. June read a joke as promised—

During a commercial airline flight an Air Force Pilot was seated next to a young mother with a babe in her arms. When baby began crying during the descent for landing, the mother began nursing the infant as discreetly as possible. The pilot pretended not to notice and, upon disembarking, he gallantly offered his assistance to help with the various baby-related impedimenta. The young mother expressed her gratitude, the pilot responded, "Gosh, that's a good looking baby....and he sure was hungry!" Somewhat embarrassed, the mother explained that her paediatrician said nursing would help alleviate the pressure in the baby's ears. The Air Force Pilot sadly shook his head, and in true pilot fashion explained, "What a shame. And all these years, I've been chewing gum!"

The Quebec Tartan will be available at Convention. Members may have their kilts, vests or skirts made for them if they wish. Correspondence: A note of thanks from June Lamey for the Abbie Pritchard throw she had received. Also a letter from 4H asking us if we wished to renew our sponsorship.

Treasurer Elizabeth Milroy gave her report for April. Motions were made to send donations to the 4H; the Adelaide Hoodless Home Foundation for two bricks for the kitchen renovation; the Days For Girls Project; ACWW for Women Walk the World, and to the Memorial Fund in memory of Dawn Larin's brother.

The QWI Convention will be held on May 24th (Board Meeting) and 25th (Convention) Edwina Bougie will be our voting delegate. It was agreed that we will participate in the West Brome Flea Market June 29th.

Present Norma then read "Summary of Life": Great Truths that Little Children have Learned: No matter how hard you try, you can't baptize cats; When your Mom is mad at Dad, don't let her brush your hair; If your sister hits you, don't hit her back. They always catch the second person; Never ask your three year old brother to hold a tomato; you can't trust dogs to watch your food; don't sneeze when someone is cutting your hair; never hold a dust-buster and a cat at the same time; you can't hide broccoli in a glass of milk; don't wear polka-dot underwear under white shorts; the best place to be when you're sad is Grandpa's lap; Great Truths that Adults Have Learned: Raising teenagers is like jelly to a tree; families are like fudge....mostly sweet, with a few nuts; Today's mighty oak is just yesterday's nut that held its ground....; Laughing is a good exercise. It's like jogging on the inside; Middle age is when you choose your cereal for the fiber, not the toy;

Great Truths About Growing Old: Growing old is mandatory; growing up is optional; Forget the health food. I need all the preservatives I can get; When you fall down, you wonder what else you can do while you're down there; You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster. It's frustrating when you know all the answers but nobody bothers to ask you the questions; Time may be a great healer, but it's a lousy beautician; Wisdom comes with age, but sometimes age comes alone. The Four Stages of Life: 1) You believe in Santa Claus

2) You don't believe in Santa Claus. 3) You are Santa Claus 4) You look like Santa Claus; Success: At age four success is....not piddling in your pants; at age 12 success is....having friends; at age 17 success is....having a driver's license; at age 35 success is....having money; at age 50 success is....having money; at age 70 success is....having a driver's license; at age 80 success is....not piddling in your pants!!

Always remember to forget the troubles that pass your way; BUT NEVER forget the blessing that come each day. Have a wonderful day with many smiles! Take time to live!!! Life is too short. Dance naked. WOO-HOO!

Following we were divided into groups and were given a numerical quiz. Dawn, Paulette and June finished in first place. Prizes for all!!!

All are very welcome to attend our meetings on the first Wednesday of each month. For information call Norma Sherrer, 450-263-3448 or June Lamey, 450-263-9962.

Submitted by June Lamey
Publicity and Awareness Chair
Fordyce W.I.

CELEBRITY CIPHER

by Luis Campos

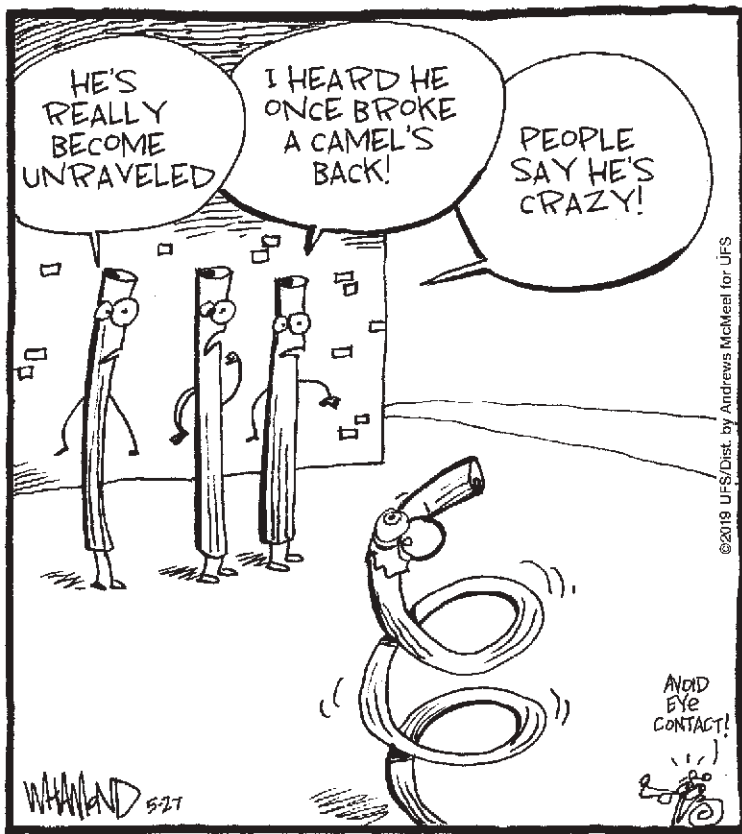
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"JUTZT IRXXTO UTAYTZ ATVATZTOJ
JUT DURARDJTA YI R ORJLYO HUY URZ
R XYOW ULZJYAC YI VRJALYJLZG ROP
UYOYA." — GLDURTX O. DRZJXT

Previous Solution: "Luke (Perry) ... was a very sensitive soul who was kind, generous and he fought for the underdog." — Gabrielle Carteris

TODAY'S CLUE: *d equals f*

REALITY CHECK

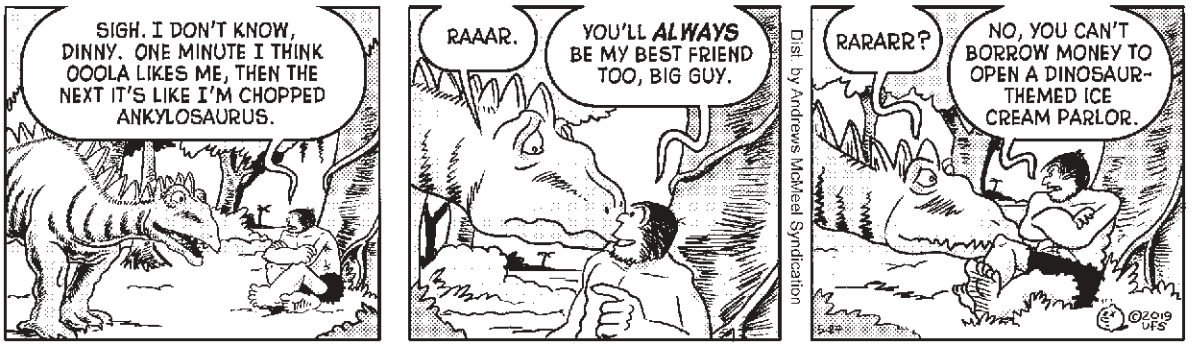


HERMAN

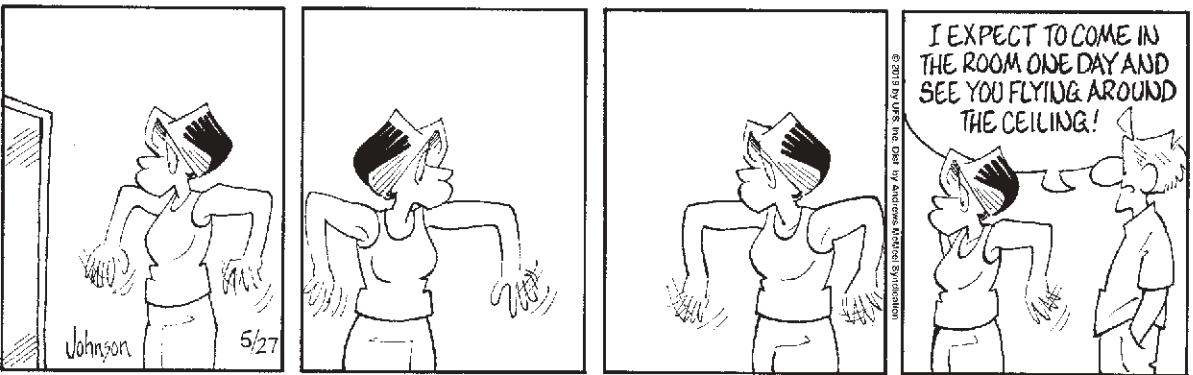


"Lily, give me a price on those beekeeper hats."

ALLEY OOP



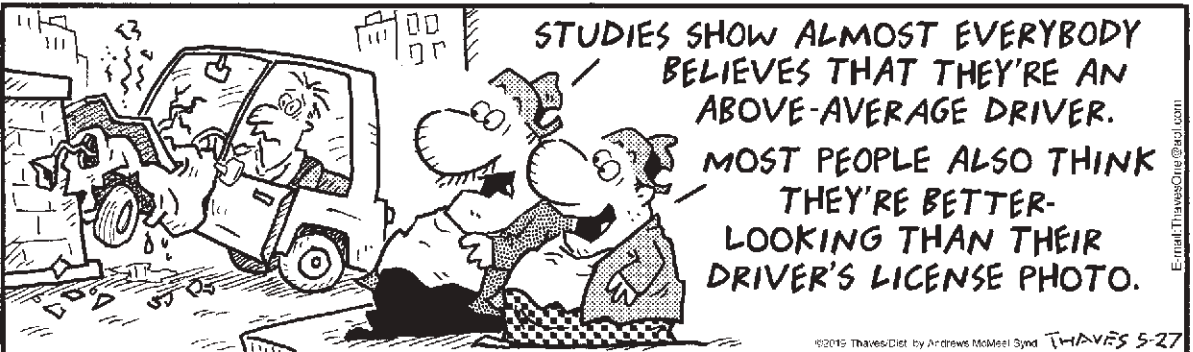
ARLO & JANIS



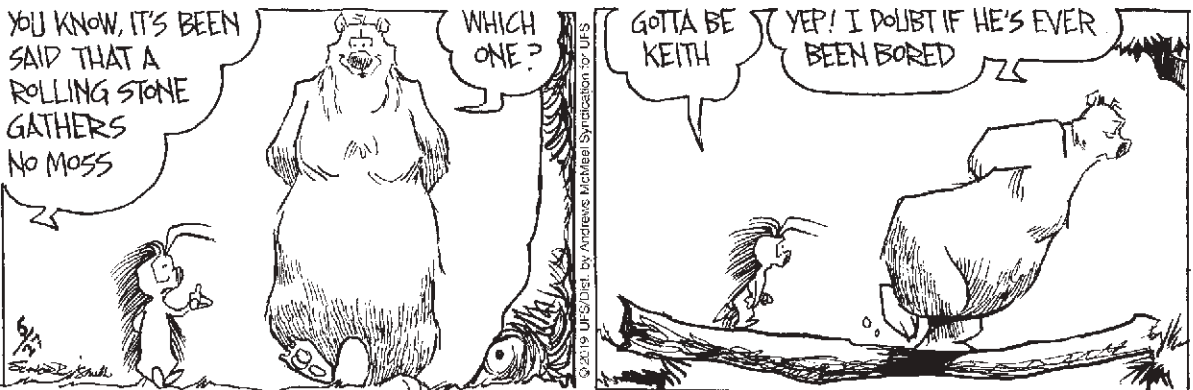
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SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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

5/27

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PREVIOUS SOLUTION

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

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

Cheesecake without the fuss? Enter the no bake cheesecake

By America'S Test Kitchen

We love a tall New York-style cheesecake but there's no denying it's a bit of a project. It's also incredibly rich and decadent. Sometimes we want the essence of a cheesecake with less fuss, and we want the tang of a cream cheese-based cake without the weight - something lighter and creamier to finish a meal.

Enter no-bake cheesecake: The filling is lightened with whipped cream and the absence of eggs makes for a less rich cake. We achieved the best flavour and texture when we stuck to the tried-and-true combination of heavy cream and cream cheese thickened with gelatin.

Allowing the gelatin to hydrate in a portion of the cream and then bringing it to a boil in the microwave fully activated its thickening power. Lemon juice, lemon zest, and a little vanilla added just enough spark to perk up the tangy cream cheese.

And with a few simple tweaks, we created a peanut butter lover's variation, using Nutter Butter cookies in the crust and a generous dose of peanut butter in the cake. Serve with Fresh Strawberry Topping (recipe follows), if desired.

ICEBOX CHEESECAKE

Servings: 10-12

Start to finish: 45 minutes active cooking time

Crust:

- 8 whole graham crackers, broken into 1-inch pieces
- 1 tablespoon sugar
- 5 tablespoons unsalted butter, melted

Filling:

- 2 1/2 teaspoons unflavored gelatin
- 1 1/2 cups heavy cream
- 2/3 cup (4 2/3 ounces) sugar
- 1 pound cream cheese, cut into 1-inch pieces and softened
- 1 teaspoon grated lemon zest plus 2 tablespoons juice
- 1 teaspoon vanilla extract
- Pinch salt

For the crust: Adjust oven rack to middle position and heat oven to 325 F. Pulse crackers and sugar in food processor until finely ground, about 15 pulses. Transfer crumbs to bowl, drizzle with melted butter, and mix with rubber spatula until mixture resembles wet sand. Using your hands, press crumb mixture evenly into bottom of 9-inch springform pan. Using bottom of measuring cup, firmly pack crust into pan. Bake until fragrant and beginning to brown, about 13 minutes. Let crust cool completely in pan on wire rack, about 30 minutes.

For the filling: Sprinkle gelatin over 1/4 cup cream in 2-cup liquid measuring cup and let sit until gelatin softens, about 5 minutes. Microwave

until mixture is bubbling around edges and gelatin dissolves, about 20 seconds; whisk to combine and set aside.

Using stand mixer fitted with whisk attachment, whip remaining 1 1/4 cups cream and sugar on medium-low speed until foamy, about 1 minute. Increase speed to high and whip until soft peaks form, 1 to 3 minutes. Fit stand mixer with paddle, reduce speed to medium-low, add cream cheese, and beat until combined, about 1 minute, scraping down bowl once (mixture may not be completely smooth). Add lemon juice, vanilla, and salt and continue to beat until combined, about 1 minute, scraping down bowl as needed. Increase speed to medium-high and beat until smooth, about 3 minutes. Add dissolved gelatin mixture and lemon zest and continue to beat until smooth and airy, about 2 minutes.

Pour filling into crust and spread into even layer with spatula. Wrap cheesecake tightly in plastic wrap and refrigerate until set, at least 6 hours or up to 24 hours.

To unmould cheesecake, wrap hot, damp dish towel around pan and let stand for 1 minute. Remove sides of pan and slide thin metal spatula between crust and pan bottom to loosen, then slide cheesecake onto platter. Serve.

Fresh Strawberry Topping

Makes about 3 cups

Total time: 1 hour, 30 minutes

- This topping is best the day it's made. Do not use frozen strawberries in this recipe.
- 1 1/4 pounds strawberries, hulled and sliced thin (4 cups)
- 1/4 cup (1 3/4 ounces) sugar
- Pinch salt
- 1/2 cup strawberry jam
- 1 tablespoon lemon juice

Toss strawberries, sugar, and salt together in bowl and let sit, stirring occasionally, until berries have released their juice and sugar has dissolved, about 30 minutes.

Process jam in food processor until smooth, about 8 seconds. Simmer jam in small saucepan over medium heat until no longer foamy, about 3 minutes. Stir warm jam and lemon juice into strawberries. Let cool completely, about 1 hour. Serve at room temperature or chilled.

Nutrition information per serving: 346 calories; 263 calories from fat; 29 g fat (17 g saturated; 1 g trans fats); 95 mg cholesterol; 196 mg sodium; 18 g carbohydrate; 0 g fiber; 16 g sugar; 4 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Icebox Cheesecake in The "Perfect Cake."

(The Associated Press)

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NEA Crossword Puzzle

Your Birthday

MONDAY, MAY 27, 2019

SCORPIO (Oct. 24-Nov. 22) — Participation will enhance your chance to put your mark on something that will affect your future. What you do now will have long-term benefits. Romance is on the rise.

SAGITTARIUS (Nov. 23-Dec. 21) — Trust in facts, not in hearsay. Someone will use emotional tactics to sway your opinion. If you want the truth, go directly to the source for information.

CAPRICORN (Dec. 22-Jan. 19) — You know better than anyone what will please you most. If you want something, go after it relentlessly and you won't be disappointed. Romance is in the stars.

AQUARIUS (Jan. 20-Feb. 19) — Take any opportunity to make adjustments at home that are conducive to pursuing something you enjoy doing. Trust in your opinion, not in someone who has ulterior motives.

PISCES (Feb. 20-March 20) — Emotions will surface and must be handled with care. If you offer personal information to someone, you can expect him or her to use it against you. Focus on personal gain.

ARIES (March 21-April 19) — Look at the big picture when it comes to making a decision that could influence your reputation or status. Say no to anyone pressuring you. Do what's best for you.

TAURUS (April 20-May 20) — A change will help you see situations differently. Be open to suggestions, but don't give anyone the right to make choices for you. Take care of business personally.

Opportunities are within reach, but you must watch out for proposals filled with unlikely promises. Choosing what's best for you will depend on the research you do and on your being ready, willing and able to move forward alone. If you trust and believe in yourself, success will come your way.

GEMINI (May 21-June 20) — Refrain from revealing too much information. Using the element of surprise will be more effective than broadcasting your every move. Today is about presentation and pizzazz, not about giving away your secrets.

CANCER (June 21-July 22) — You'll have to back up your words with action. A personal change will give you the boost you need. Someone you respect will offer a favorable critique and a constructive suggestion.

LEO (July 23-Aug. 22) — Be aware of what others are doing. Following someone else's lead won't turn out as planned. Look over your choices and stick to what feels most comfortable and realistic to pursue.

VIRGO (Aug. 23-Sept. 22) — Just do it. Trust in your ability to get the job done properly and on time. If you rely on others, you will fall behind. Personal improvement is encouraged.

LIBRA (Sept. 23-Oct. 23) — Take pride in what you do and stick to your plans, regardless of what others think. An opportunity to learn something new or to negotiate on your own behalf is favored.

Answer to Previous Puzzle

T	O	R	T		S	H	E	D		A	D	S
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H	A	D	D	O	C	K		R	A	D	A	R
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S	E	T		S	E	E	N			D	O	S

- ACROSS**
- 1 Windy City trains
 - 4 — -Aid
 - 8 Travel option
 - 11 Novak of "Vertigo"
 - 12 Competent
 - 13 Glide like an eagle
 - 14 Flightless bird
 - 15 Tsunami (2 wds.)
 - 17 Soaked
 - 19 Fishing nets
 - 20 Fabric meas.
 - 22 Drei less zwei
 - 23 Military units
 - 26 See eye-to-eye
 - 30 Roast beef au —
 - 31 Lairs
 - 33 Transmitted
 - 34 Off-road vehicles
 - 36 Karate move
 - 38 Ms. Arden
 - 39 Brooded
 - 41 Stout
- DOWN**
- 43 Ooh companion
 - 45 Petite
 - 46 Mountain range
 - 49 Kind of scholarship
 - 53 Pragmatic
 - 56 Dactyl
 - 57 Kind of cow
 - 58 Punjab princess
 - 59 LAX info
 - 60 Cookout intruder
 - 61 Distance
 - 62 Folk song mule
- 1 Scrapes by**
- 2 Luxury transport**
- 3 Self-satisfied**
- 4 Grass-hopper**
- 5 Geisha's accessory**
- 6 Dilapidated**
- 7 Rent out**
- 8 Folk singer — Baez**
- 9 Icicle site**
- 10 Very, to Yvette**

- 13 Front porch seats
- 16 "Star Wars" princess
- 18 Locker locale
- 21 Be "it"
- 23 Motorcar
- 24 Party-thrower's plea
- 25 Bob
- 27 Lurch
- 28 Begrudge
- 29 Bastille Day
- 30 Cram season
- 32 Flat-bottomed boat
- 35 Hunt
- 37 Moscow citadel
- 40 Pub missile
- 42 Jeans go-with
- 44 Split — (nitpick)
- 46 Pet lovers' grp.
- 47 Big oil supplier
- 48 Manhattan river
- 50 Country addr.
- 51 Scintilla
- 52 River duck
- 54 Gown go-with
- 55 "Wheel" buy (2 wds.)

1	2	3		4	5	6	7		8	9	10	
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60						61				62		

MONDAY, MAY 27, 2019

Distribution covers for point shortfall

By Phillip Alder

Benjamin Disraeli, the British prime minister from 1874 to 1880, said, "Real politics are the possession and distribution of power."

Real bridge is not only the possession of power — high-card points — but also a matter of distribution, which often compensates for a lack of power.

In today's deal, the high-card points are split 20-20, but how many tricks can each partnership collect in its best fit?

This deal occurred at Bridge Base Online, where the bidding and play can be a tad strange. For example, why didn't West open three hearts despite the unfavorable vulnerability? If he had, East would probably have raised to four hearts. Then South would have almost blindly bid four spades, hoping for the best.

As it actually went, North was tempted immediately to raise spades because king-queen-doubleton is usually as good as three low cards. But he understandably made a negative double, showing length in both minors. East's two-spade cue-bid indicated a maximum pass with heart support. Then South bravely bid three spades. Now West, despite the lack of points, with such sur-

		North	05-27-19
		♠ K Q	
		♥ 10	
		♦ 10 9 8 5 2	
		♣ K 10 8 3 2	
West		East	
♠ 8		♠ 6 5 3 2	
♥ K Q 8 7 5 4 2		♥ A 9 6	
♦ J 7		♦ A K 4 3	
♣ Q J 4		♣ 6 5	
		South	
		♠ A J 10 9 7 4	
		♥ J 3	
		♦ Q 6	
		♣ A 9 7	
		Dealer: West	
		Vulnerable: East-West	
South	West	North	East
	Pass	Pass	Pass
1♠	2♥	Dbl.	2♠
3♠	Pass	Pass	Pass
Opening lead: ♥ K			

prising distribution, surely should have bid four hearts. Perhaps he was afraid of pushing his opponents into four spades.

Note that game in either major is makable. Four hearts is easy, declarer losing just one spade and two clubs. Four spades is a tad tougher if West finds a trump lead. South must attack diamonds, not clubs, and benefit from the doubleton jack.

With a fit and good shape, worry less about points.