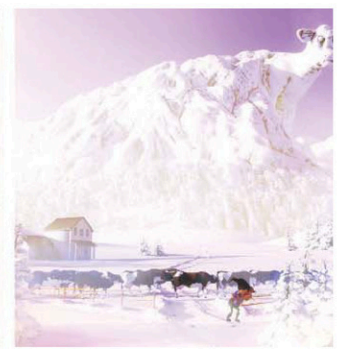




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Camp Massawippi unveils new accessible dining hall

Page 4

THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Christine's fitness vacation review

Sports - Page 7

\$1.00 + TAXES PM#0040007682 THURSDAY, AUGUST 18, 2022

Townships emergency rooms overcrowded

Health network asks population to explore alternatives

Record Staff

Emergency rooms in the Eastern Townships are very busy at the moment, which can lead to long waiting times for users whose situation is considered less urgent or non-urgent (P4 and P5).

The CIUSSS de l'Estrie-CHUS website lists the five levels used to determine which patients are considered highest priority in the emergency room:

Level 1 (P1) Resuscitation

A person with a life-threatening condition requiring immediate resuscitation.

Examples could be major trauma, a person in shock or coma, etc.

Level 2 (P2) Very Urgent

A person with a serious health problem requiring prompt attention.

Examples could be severe trauma, severe abdominal or chest pain, difficulty breathing (heart attack), etc.

CONT'D ON PAGE 3

"It's time for us to make Quebec our home"



GORDON LAMBIE

One half of the participants in this year's Bishop's forum following the presentation of their parliamentary commission projects on Wednesday morning.

By Gordon Lambie
Local Journalism Initiative

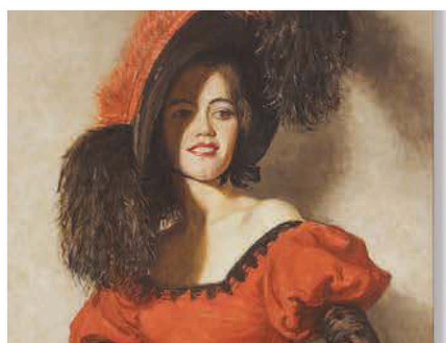
Before spending the better part of the last week as a participant in the Bishop's Forum, Elli Peruch said that she felt pretty alienated by

her home province.

"I live in a community that's predominantly French, and the majority of my friends are English speaking," she said, explaining that there are many times the members of the English minority in her Montreal

neighbourhood feel discriminated against. "We have never had a place to call our own, so a lot of us feel like we're going to get our degrees and then just leave Quebec because we don't feel welcome."

CONT'D ON PAGE 3



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Frederick Simpson Coburn, *Untitled* (detail), 1936, oil on canvas, 117 x 81.5 cm - Collection Musée des beaux-arts de Sherbrooke.



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Weather



TODAY:
SHOWERS

HIGH 17
LOW 14



FRIDAY:
MIX OF SUN
AND CLOUDS

HIGH 25
LOW 11



SATURDAY:
SUNNY

HIGH 28
LOW 12



SUNDAY:
SUNNY

HIGH 28
LOW 15



MONDAY:
60 PER CENT
CHANCE OF
SHOWERS

HIGH 24
LOW 15

Horses with No Names series: A Guy Named Phil



LINDA KNIGHT SECCASPINA

Each year for 15 years I used to take a trip across America. Sometimes it was the Greyhound Bus, and then sometimes a train. Here is a story about one of those trips.

August 2012

After existing on Snicker bars aboard the Amtrak Zephyr for three consecutive days I decided to splurge and eat breakfast in the dining car on the very last day of my journey. I had been awake for hours, unable to sleep on a constantly moving train. At 6 am I was perched upon the closest chair I could get next to the car that smelled of eggs, bacon and all things good. The dining car did not open up until 6:30 and by 6:25 the lounge car was filled with a mix of people with ravenous appetites.

Finally the doors opened and we all filed in ready to take any available spot. The staff of Amtrak seats everyone family style and you never know who

you are going to sit with. However, at this point I was so hungry I would have dined with Smokey the Bear. I sat at a table with an elderly couple from California and a middle aged man that looked a lot like Joe Cocker. We talked easily, sharing funny stories and I just knew the Cocker look-alike next to me had a story to tell. The elderly couple asked "Joe" what he did and he simply said,

"I go to concerts!"

No one just goes to concerts and with my memories of the 60s soon tales of Woodstock number 1 and number 2 circulated the table. With a mouthful of bacon he broke out into Joni Mitchell's song about Woodstock while we passed the biscuits around.

Breakfast was soon over and anyone who has met me knows that I'm not going to let an interesting story get away without a fight. "Joe" and I introduced ourselves and I have no idea if he gave me his real name, but this chap who called himself Phil was ready to talk.

The reason he had gone to so many concerts was that he was what we call a professional ticket scalper. He used to make a lot of money, but since Ticketmaster had released new technology he doesn't make as much money as he used to. The change implemented in 2011 makes it harder for anyone to send prices soaring by buying up all the best tickets and reselling them at substantial profit.

What's the difference whether you overpay a "scalper" or Ticketmaster? Ticketmaster figures if anybody is

going to profit off of overpriced tickets it should be them. Seems more like Ticketmaster is trying to monopolize the scalping rather than get rid of it. But hey that's my opinion, and not that of the newspaper or anyone near and dear to my heart.

Phil had been arrested once for selling 10-dollar Laker's tickets in Los Angeles (he says they were really bad seats) and after paying \$500 in fines he has never been back to the City of Angels. He still looks after and lives with his 91-year-old mother who thinks he is a roadie for the original members of the Lynyrd Skynyrd band. I understood how his mother must have been thrilled, because if you were born in Georgia like Phil was, well, it's like being in the Rolling Stones.

Running his hands through his short curly hair he tells me he wishes he had jumped into this profession decades ago. Phil travels around on the train with his sleeping bag and buys tickets from people who have extra ones from concert-goers whose friends have flaked out. He does not turn down anything but definitely shies away from opera. When I asked him why; he looked at me straight in the eye and said,

"Who would buy a ticket from me for an event like that looking the way I do? If I have tickets left over they might end up sitting next to me."

We both agreed that things have changed way too much and I told him I envied his life. He smiled, looked at me and said I could have that life too; I just had to take the Last Train to Clarksville and he'd meet me at the station.

Proportion of French speakers declines nearly everywhere in Canada, including Quebec

The Canadian Press

The proportion of Canadians who predominantly speak French at home declined in all provinces and territories except Yukon between 2016 and 2021, according to the latest census release.

Statistics Canada says over three in four Canadians report English as their

first official language, a proportion that's increased over the five-year period.

That's while the proportion of people who report French as their first official language declined.

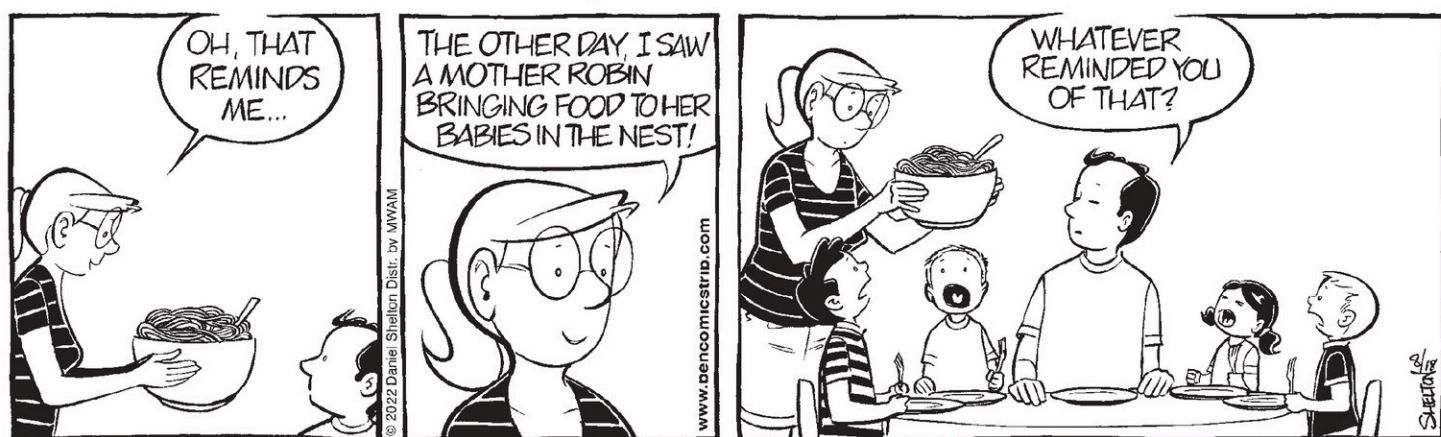
In Quebec, the number of Canadians who reported English as their first official language topped one million, while one in 10 Quebecers report speaking predominantly English at

home.

English-French bilingualism remained unchanged over the five-year period, with 18 per cent of Canadians reporting they can conduct a conversation in both languages.

As the country becomes more linguistically diverse, the percentage of Canadians who reported English or French as their mother tongue has also declined.

Ben by Daniel Shelton



Feds announce four new passport service sites as backlog continues

By Marie-Danielle Smith
The Canadian Press

The federal government is adding new passport service locations across Canada as a backlog in processing applications continues.

Social Development Minister Karina Gould announced Wednesday that people can now apply for and pick up passports at Service Canada centres in Red Deer, Alta., Sault Ste. Marie, Ont., Trois-Rivieres, Que., and Charlottetown, P.E.I.

Nearly 1.1 million applications for new and renewed passports have been filed since April as pandemic restrictions loosen and Canadians resume travelling.

More than one-quarter of those hadn't yet been processed as of early this month.

Government statistics show the system is starting to catch up with demand, as the gulf between the number of passport applications each

month versus the number of passports issued is getting smaller.

But a large backlog remains.

In the first week of August, the number of passports issued within 40 business days of an application fell to 72 per cent from 81 per cent the week before.

Those numbers aren't materially better than the topline figures for late June, when Prime Minister Justin Trudeau was forced to respond to growing complaints and called the system's performance "unacceptable."

The week of June 20, the percentage of passports being issued within 40 business days was 76 per cent.

Call centre wait times have gone down significantly in the interim and "triage measures" were implemented at 17 passport offices to mitigate in-person headaches.

Still, delays remain as walk-ins at most offices are limited and many Canadians wait weeks or months before being able to get an appointment.

Urgent services for people who can prove they need a passport within 48 hours are only available in bigger urban centres, Toronto, Montreal, Vancouver, Calgary, Edmonton, Gatineau and Quebec City.

Proof of upcoming travel is also required to get service within two months at offices with 10-day processing times, including those announced Wednesday.

As the backlash over the wait times continues, some reports suggest Canadians are making "fake" travel plans to show to passport officers, then cancelling their flights once their application is in the queue.

Passports from in-person applications are issued within the 10-day period 95 per cent of the time, a standard that has remained steady throughout the summer.

Gould said the government failed to predict to what extent demand would sharply spike earlier this year and wasn't prepared for a glut of mailed

applications.

For passport requests sent by post, a government website currently predicts a wait of 13 weeks, plus mail time.

Since the end of July, people who have waited more than 20 business days for a mail application and who are travelling within the next 20 business days can visit Service Canada offices to ask for a transfer, making it more likely they'll get their application processed before they need to leave.

In response to demand, Service Canada added five new locations for passport services in late July: Brampton and Whitby in Ontario, Pointe-Claire in Quebec, Calgary Sundance in Alberta and Richmond in British Columbia.

The agency also ramped up staffing levels, reporting 1,936 employees in its passport workforce in early August, up from 1,785 a month earlier.

Gould said she is working on bringing passport services to nine or 10 additional offices and hopes to make more announcements soon.

Our home

CONT'D FROM PAGE 1

After participating in the forum, however, Peruch said that she plans to bring a different perspective back to her friend group.

"Coming to the forum and meeting all the lovely people here, I realized this is where we live. Why do we have to be divided? We need to have a community," the youth shared. "Our grandparents didn't immigrate here for us to just leave again; it's time for us to make (Quebec) our home."

Peruch was one of more than 60 youth participants aged 18-26 who took part in the six-day gathering on the Bishop's University campus. Like in past years, the focus of the forum was to build engagement and in Quebec society among young people from the province's English-speaking communities by fostering leadership skills and building understanding about current issues and the general ways that decisions and policies are

made in the province.

"The panels were all very interesting and covered a wide variety of topics," said Ryan Le, another one of the youth participants, "but the schedule was very packed."

Le and fellow participant Gabriella Braia Gratton shared that topics of discussions and presentations covered a wide range, with subjects ranging from politics to mental health to equity, diversity and inclusion as well as concepts like communications, employability, and language issues.

"When we showed up, we were separated in groups with coaches and started thinking about what kind of presentation to give to our commission at the end of the week," Le said, explaining that each group focused its week around coming up with a project that they can present to address a societal issue on a broader theme.

"Every single day we would meet

up and do what we could to build our presentation," Gratton added.

Participants presented their projects to guest commissioners including Liberal MNA Greg Kelley,

Bill Floch, the Deputy Secretary for the secretariat for relations with English speaking Quebecers, Former Senator Joan Fraser, and Bishop's Principal Michael Goldbloom on Wednesday morning.

"I think it went extraordinarily well," Goldbloom said following the end of the presentations. "I think that this was the most diverse group of young people we've had in the six years the forum has been taking place."

The principal credited much of the success of the event over the last four years to Director Yolande James, something reflected in the fact that each of the three participants The Record spoke with credited her for inspiring them to come

"We created the forum because we wanted to find a way that we could equip young, English-speaking Quebecers to be effective citizens in society, and what I am hearing from everybody is that they feel that much more persuaded that they can do so," Goldbloom said, sharing that he was particularly touched by accounts like that of Peruch.

Looking at the conversations that took place over the course of the forum, the principal said that he was not surprised to hear more talk about language issues than in past years, given the tensions that have arisen around the new provincial language law. That in mind, though, he said that the language politics of the past are not the highest priority for the group.

"Although there is an identification as an English-speaking Quebecer, what these people most want is a society which is cohesive and unified," he said.

Emergency rooms

CONT'D FROM PAGE 1

Level 3 (P3) Urgent

A person with a significant health problem that may be unstable but is not life threatening.

Examples: person with a broken bone, person with signs of infection, etc.

Level 4 (P4) Less urgent

A person with a health problem that does not require immediate attention.

Examples: person with acute abdominal pain, chest pain, minor allergic reaction, etc.

Level 5 (P5) Non-urgent

A person with a minor health problem who should go to a medical clinic or CLSC instead.

Examples: person with signs of

urinary tract infection, gastroenteritis, or a good cold, etc.

"The reasons for consultation are very varied and most people who are in the emergency room are there because they really need to be treated. In order to allow staff to give their attention to users whose consultation is considered a priority, we would like to remind you of the different alternatives available in the Eastern Townships in order to obtain information on a health condition, a consultation with a professional or care," Patricia Bourgeault, Director of Nursing stated in a press release from the health network. "If a user comes to the emergency room and does not

have an urgent health condition, these alternatives will be presented to him or her in order to meet his or her needs and avoid long waits in the emergency room," Bourgeault said.

What to do before going to the emergency room?

According to the CIUSSS de l'Estrie-CHUS, anyone with a concern regarding their health should start with the following:

- Call Info-Santé or Info-Social at any time by dialing 811.

- Consult a pharmacist (adjustment of medication doses, treatment follow-up, health advice)

- Contact a local CLSC (dressing

changes, morning-after pill, bereavement, nutrition, rehabilitation services, etc.).

- Consult a clinic or a family physician group (GMF). They offer several daytime, evening and weekend availabilities. The population, with or without a family physician, is invited to call for consultation needs.

- Call the Guichet d'accès à la première ligne (GAP) at 1-877-791-5439, option 1 (for the population without a family physician).

Anyone who feels their life is in danger or if their situation is so serious that they need immediate care should call 911 or go to the emergency room of the nearest hospital.

Camp Massawippi unveils new accessible dining hall

By Aiden Wilson
Special to The Record

Camp Massawippi has officially inaugurated its brand new, fully adapted Habilitas Foundation Dining Hall, which was made possible by generous donations from a number of foundations, corporations and private donors.

The camp is Quebec's only bilingual camp and caters specifically to those living with physical, motor or visual impairments, in an adapted and accessible environment.

Executive Director, Clea Corman, said, "camp is sort of like a beautiful puzzle, where we have our campers, our staff and our partners. If we're missing any of these pieces, we don't have a camp, so altogether it's a beautiful mission."

The new dining hall features floor-to-ceiling windows overlooking Lake Massawippi, a modernized kitchen, fully renovated accessible washrooms, enhanced sound technology for hearing aids and cochlear implants, and wheelchair access throughout, among other improvements.

It was designed by PERCH Architecture with the upgrades coming from the angle of accessibility, with the sound technology, for example, being implemented due to previous

campers being disturbed by the loud noise.

Before the presentation of the new building, the Camp Massawippi crew gave visitors a demonstration of their adaptive wakeboarding activities using modified boards, rideable by even wheelchair-bound campers, who are assisted by volunteers from the Fondation Des Sports Adaptés.

With the sound of laughter from the wakeboarders echoing over the water, Neil Riddell, president of the Camp Massawippi board of directors, commented, "there are few places, if any, in the world where campers and staff can have this kind of view, and enjoy the natural beauty of the oasis on the shores of the lake."

"I wanted to thank all the donors who've shared our vision of giving our campers an unforgettable experience, in a dignified and safe environment. From being a dream four years ago to the incredible building we're standing in today, The Habilitas Foundation has been with us all the way. I'd like to extend a special thanks to them for their incredible support, and for helping us to set up the fundraising campaign for the dining hall."

The Habilitas Foundation is a Montreal-based foundation that supports organizations that serve people living with physical disabilities



COURTESY OF CAMP MASSAWIPPI

Orford MNA Gilles Bélanger, Compton-Stanstead MP Marie-Claude Bibeau and Camp Massawippi board of directors president Neil Riddell at the inauguration of the new fully adapted Habilitas Foundation Dining Hall at Camp Massawippi.

and sensory impairments, and were the lead donors for the project.

Tony Ross, a board member for the Habilitas Foundation and Camp Massawippi, added, "our relationship to the camp goes back to its founding back in 1951 and we've been supporting them ever since. We recognize how important it is, and also how expensive it is to run a camp like this. A lot of what we donate goes towards the operating budget and special projects like this. What this does is help keep the fees for the campers as low as possible to keep it affordable for them to come."

Orford MNA Gilles Bélanger, present for the inauguration, said he didn't know what Camp Massawippi was a year ago, but heard about it from Corman while the two were doing work for Phelps Helps.

"At the Caucus I said 'do we have any money for this kind of thing' and they said we do have a program, so I asked 'what's the maximum?' The maximum is \$300,000, and only one organization gets it, so I said 'I want that.' I was so pleased to call Clea and tell her you're

getting \$300,000, and I want to do it every year."

Bélanger himself has a 34-year-old son with a handicap, so he said he knows the difficulties and believes we should strive to develop programs that let the differently abled succeed.

Afterwards, a few of the campers shared their experiences with the camp, adding to their appreciation for the new dining hall.

Sam, who's been a camper for 11 years, said they love the hall because "It's the moment of the day we all get to come together as a family."

Another camper, Christophe, said, "here, we're known for being who we are, rather than being overlooked because of our disabilities. There's something deep inside, and it's way more than meets the eye."

Through the continued support of both the community and the dedicated staff of Camp Massawippi, they've continued to allow campers to experience the freedoms and joy of summer with their peers, in a safe, supportive, and adapted environment.



AIDEN WILSON

A look inside the new dining hall at Camp Massawippi.

THE RECORD

Job Opportunity

The Record is seeking a dynamic, focused **Marketing And Sales Representative** to present its print and digital packages to advertisers and institutions.

The successful candidate will have an understanding of digital technology, social media platforms, video advertising and the various tools and strategies employed to expand the reach of print advertising, and the bilingual communication skills required to convey the benefits of digital options to local businesses.

Candidates must have access to a vehicle.

The Record is the Eastern Township's only English-language daily newspaper, serving the region since 1897.

Interested applicants should send a cover letter and resume prior to Sept. 3 to Sharon McCully, Publisher, The Record, outletjournal@sympatico.ca

The Border Report

There are many kinds of leaders, Pomykala told them, they can be extraverts or introverts. That was just what they needed to hear before they embarked on this journey of discovering the leader within.

The perks of being a leader



"Leadership and learning are indispensable to each other" —John F. Kennedy

Some psychologists suggest that when a toddler is out of sorts they may be needing to assume more responsibility. We believe that this theory is applicable to teens too and last week, this was proved to be true when we spent 3 days with this year's camp leaders.

This Monday, Phelps Helps opened its weeklong annual Summer STEM Camp. Much work has gone into preparing it including training our camp leaders. Seven bright and curious teenagers have pulled themselves away from the temptations of summer, such as sleeping in and making money, to take on the task of being camp leader. Last week was their training.

In June these students came to us for interviews. Many of them

were understandably nervous and even a bit flighty. Who doesn't remember those days of being plagued by feelings of self doubt. Now we watch in awe as they come to life, and find their own unique way to assert themselves. They are clearly leaders in training.

After a couple of days of getting to know each other, trying out some of the STEM projects and grasping the ethos of our camp, they sat down to listen to the wise words of Eddie Pomykala. There are many kinds of leaders, he told them, they can be extraverts or introverts. That was just what they needed to hear before they embarked on this journey of discovering the leader within. Eddie is one of our local heroes and he is so good at making kids feel like they can make a difference.

Last Thursday, we whisked them off to an Escape Room in Sherbrooke. They loved it and the



COURTESY

manager congratulated them for being the most effective group she had ever seen. After, as they slurped on their Macdonald's beverages, they reminisced about this meaningful feedback. We could not be prouder of them. In our books, the most important quality in a leader is a good team player.

From this shining example of what happens to youth when asked to step-up, we will move onto the exciting plans of establishing a Youth Committee at Phelps Helps. For this we have Y4Y on our side. They are a Montreal based youth-led organization that will meet with aspiring young leaders of Stanstead, gauge their interests

and kickstart a project that they can chomp their teeth into. Here at Phelps, we have enormous trust that the voices of our youth will find a place to merge. They will create something new for kids of Stanstead now and for the ones that will be here before we know it.

Phelps Aide Phelps Helps was founded in 2012 and has grown organically from a single high school tutoring program to six unique programs, providing the Stanstead area with free educational and career support. For more information or to volunteer, please email us at info@phelpshelps.ca, visit our website www.phelpshelps.ca or call our offices at 819-704-0799.

FRONTIER ANIMAL SOCIETY

Featured pet: Gunther

Can you be the one to help this great young dog meet his full potential?

Gunther comes to us from Texas where he was found as a stray. At 1 1/2 years old, weighing 40+ lbs, Gunther is a happy, fun, and friendly lab mix who is in search of a loving forever home. He is a bit rambunctious, so he needs an adopter who will give him the structure, guidance and consistency he needs to leave puppyhood behind and embrace life as a well-mannered and well-rounded adult dog.

Gunther gets along well with most dogs however, he is energetic when he plays, so proper introductions are best. He loves to play fetch, and he is very good about bringing the ball back.

Gunther already walks quite well

on leash, but he is still learning. He is somewhat reactive to passing cars, so he'll need a little work in this regard.

Although Gunther is a friendly dog, because of his energy and his current lack of manners, a home with dog savvy older kids (12+) would be best.

Gunther is young and eager and with an experienced adopter who is willing to teach him the ropes, he'll be a wonderful, affectionate, and loyal companion.

If you can be the one to provide this handsome boy with the home he needs to thrive, we'd love to hear from you. To inquire, please give our adoption coordinator Brenda a call at 819.876.7747 any day of the week between 8 a.m. and 8 p.m.



EDITORIAL

In today's world it is a strange phenomenon that home buyers are demanding ever larger, open-concept kitchens while fewer and fewer people spend any time cooking.

Great Expectations and the housing crisis



TIM BELFORD

Watching one of the ubiquitous home-buying/renovation shows on HGTV the other day it became obvious why there's a housing crisis in this country, particularly in Vancouver, Toronto and Montreal. It revolves around expectations.

Of course, interest rates, a housing shortage, the pandemic and a host of other problems don't help but at the core of the problem is the wildly inflated idea of what constitutes the essentials of a new residence.

My first home was a converted summer cottage in the lake-side village of Port Dalhousie, Ontario. When my parents wed in 1944 my father gave my mother the choice of a fancy engagement ring or a house. Ever the practical one, she chose the house. It consisted of a living room, a kitchen and a screened-in front porch which my father converted into two bedrooms. There was no mention of a 'master bedroom' or an 'ensuite' facility. My mother was just happy that it had an 'enhouse' bathroom; something the neighbours on either side lacked.

Years later my mother delighted in recounting the day she, a shy eighteen-year-old bride, was hanging out the laundry and looked up to see our neighbour relieving himself with the door of his back house wide open, presumably for better light, reading the morning paper. When he looked up he doffed his hat and gave her a cheery "good morning" and went back to his

reading.

With the arrival of a second son things got a little crowded so my parents decided it was time for an upgrade. When the third boy arrived we moved once again, this time to Stamford Township outside of Niagara Falls.

Rather than buy a house my parents decided to build from the ground up. It was a three-bedroom bungalow with bathroom, kitchen and living room. Whereas today's house hunter, if HGTV is to be believed, now demands a separate bedroom for each child, we made do. Our parents got the larger bedroom, the youngest got the little one and my elder brother and I camped out in the middle of the three.

When my sister arrived it was musical rooms all over again. Mom and Dad moved to the middle room, my sister got the small room and my brothers and I occupied the biggest room thanks to a single bed and a set of bunk beds. The thought of a bedroom for each child didn't enter the equation.

The same went for the bathroom. It had a sink, a tub and a shower and handled the daily needs of the six of us. Today's house hunter will apparently settle for nothing less than an ensuite with a soaker tub, double sinks and a walk-in shower with room for six. The children require their own bathroom(s) and there really should be something for guests.

Kitchens and dining rooms have apparently also evolved. The kitchen in my parents home would, by today's standards, be considered tiny although it is the same size as the one I have now. The dining room, such as it was, was the other side of the kitchen counter.

In today's world it is a strange phenomenon that home buyers are demanding ever larger, open-concept kitchens while fewer and fewer people spend any time cooking. Six burner stoves, dishwashers, separate coffee counters, huge refrigerators that hold a month's worth of food and a central



prep island that seats six are a must. At the same time a record number of people are choosing to have their meals delivered or, at best, having a box containing all of the ingredients and cooking instructions dropped off.

Don't get me wrong. I rather like indoor plumbing and a few extra square

feet in my kitchen would be nice. And, yes, a second bathroom is convenient. It's just that a separate bedroom for everyone, bathrooms for all, a home office, a media room, a basement-size playroom for the children, two car garages and a kitchen worthy of a five-star restaurant doesn't come cheap.

Letters

DEAR EDITOR,

I watch Jeopardy daily on an American channel, plus a bit of U.S. news. Having been born well before TV was available, we always had a radio, and woe to anyone who spoke, or even sneezed, when the WW2 news was being broadcast. Our most reliable news source was WJR, Detroit, Michigan or, if we could find it, one of the London Ont. stations, where Lorne Greene was called "the voice of doom."

It seems in the US, anyone over the age of, I think, 18 can buy an assault weapon. It also seems that all infants are fed formula!! Do these women not know that they carry, in their own bodies, the best formula for their infants. Even if they don't intend to breast feed their infants, in the early weeks at least enough breast milk can be pumped into a sterile bottle. Only if the child fails to thrive should formula be used and then any paediatrician can or should be able to prescribe the correct formula for each infant.

I was fortunate to be able to breast feed my 5 babies, in fact I missed most of Expo 67 because my final son was born in March of that year- Easter was Early. He was born on March 24, Easter Saturday! I wept at his last feeding.

Sincerely,

LOUISE (EMANUEL) WRIGHT
LAC BROME (KNOWLTON), QC

The Record welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste. Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request. Please email your letters to newsroom@sherbrookerecord.com. Preference is given to writers from the Eastern Townships.

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Local Sports

If visiting another part of the city or abroad, do your research, check with the hotel staff as they sometimes have running routes and directions to the best places to workout.

Christine's fitness vacation review on trip home to Eastern Townships



A RUNNER'S MIND

CHRISTINE BLANCHETTE

I recently went home to Richmond, QC, having not done so for the past three years to catch up with family, friends and associates during a working vacation. The Eastern Townships is known as the land of the rolling hills, with its pristine countryside and wide open spaces an idyllic setting for staying active.

A change of scenery can be motivating to keep on track, especially when everything I saw invoked childhood memories of golden hayfields, oak-shaded brooks and winding roads. I enjoyed running in pastures and past endless rows of corn fields, which is in stark contrast to the urban trails and roads that I am used to out west.

I felt free from the daily grind and comfort knowing that everything was in its place and not much had changed, if anything, over the years; Just a warm sense of familiarity wherever my gaze happened to take me. To soak it in, I went on a power walk outside the hobby farm, finishing up beside the brook that runs through the property. Walking along the country roads, even the air had a familiar scent, taking me to another place. I was at peace, lost in thought, and only distracted by the odd car that would pass by and a hawk circling overhead in search of its next meal. Running past the bulls in my dad's pasture was a tepid moment, the same feeling I had when I was 13 and walked out to get a closer look. The crickets at night are the only sounds to be heard, and even they tone it down later. And I'd

forgotten how many stars you can count without the haze of the city lights to interfere.

If visiting another part of the city or abroad, do your research, check with the hotel staff as they sometimes have running routes and directions to the best places to workout. Try to run with others for safety reasons if you are new to the area.

Working a fitness plan into your trip will help you stay focused on your goal and give you energy to see and do more on your vacation.

Here are my top fitness vacation tips to stay active and healthy:

1. Fitness plan - set aside time each day to work out. Be prepared to adjust your workout schedule due to last minute changes to your itinerary. Running early will ensure you get your workout done. Explore other activities in your new surroundings.

2. If the unexpected prevents you from doing the one-hour run you had planned, make it a 30-minute run instead, rather than not running at all.

3. Bring enough clothes and dress according to the weather. Bring two pairs of shoes to alternate in case one pair gets wet from sweat.

4. Pack your gear into your carry on. If your luggage gets lost you will at least have your workout clothes while your claim goes through the process.

5. Routes - know where you are going to run/walk. Ask the hotel staff about running routes or gyms. Visit a local running store for information on local running events.

To maintain healthy eating habits, find a grocery store for fruit, yogurt and nuts. Some excellent thirst-quenching foods include watermelon, honey dew melon and cantaloupe.

By including your fitness regime in your agenda you can stay focused on the many other things you want to see and do. You won't have to worry about not having enough time to do any exercise. Better yet, why not plan a destination run where you can see the city on foot and after your event you can relax and recover.



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Requiem Mass

MILLS, Elsie - Requiem Mass in memory of Elsie May Mills will be held August 20, 2022 at 11 a.m. at St. George's Anglican Church, Lennoxville. Refreshments to follow the service.



THURSDAY, AUGUST 18, 2022

Today is the 230th day of 2022 and the 59th day of summer.

TODAY'S HISTORY: In 1587, Virginia Dare became the first English child born in the Americas.

In 1590, Roanoke Island governor John White returned from a supply trip to England to find the colony deserted.

In 1920, the 19th Amendment to the U.S. Constitution was ratified, extending the right to vote to women.

In 1983, Hurricane Alicia made landfall near Galveston, Texas, eventually causing 20 deaths and more than \$1 billion in damage.

In 2008, Pakistan's President Pervez Musharraf resigned under threat of impeachment.

Datebook

TODAY'S BIRTHDAYS: Meriwether Lewis (1774-1809), explorer; Shelley Winters (1920-2006), actress; Rosalynn Carter (1927-), first lady; Roberto Clemente (1934-1972), baseball player; Robert Redford (1936-), actor/director; Patrick Swayze (1952-2009), actor; Denis Leary (1957-), actor/comedian; Madeleine Stowe (1958-), actress; Edward Norton (1969-), actor/director; Kaitlin Olson (1975-), actress; Andy Samberg (1978-), actor/comedian; Bart Scott (1980-), football player/radio personality; Miesha Tate (1986-), mixed martial artist.

TODAY'S FACT: In the 2016 presidential election, 54 percent of women voters voted for Hillary Clinton, while only 41 percent voted for Donald Trump. Female voters

made up 53 percent of the electorate.

TODAY'S SPORTS: In 1992, Larry Bird announced his retirement from the NBA after 13 seasons.

TODAY'S QUOTE: "If you don't accept failure as a possibility, you don't set high goals, you don't branch out, you don't try - you don't take the risk." - Rosalynn Carter

TODAY'S NUMBER: 100,000 - copies of Vladimir Nabokov's controversial novel "Lolita" that were sold in the first three weeks after its U.S. publication on this day in 1958.

TODAY'S MOON: Last quarter moon (Aug. 18).

A simple, flavourful salad to whip up in a snap



"50 Dishes" (Chronicle Books). Most of the ingredients for this flavourful salad are likely already in your kitchen, and it won't be long after you begin preparing the recipe that you'll be sitting down and enjoying a meal with family and friends.

Crunchy Cucumber Salad with Crushed Peanuts
Serves 4

- 2 English or other unwaxed cucumbers, chopped into 1/4-inch dice (about 3 cups)
- 1 medium green serrano chile, minced (seed first if you prefer)
- 1/2 cup peanuts, preferably raw, but toasted, unsalted ones will do
- 2 tablespoons lemon juice, or more if needed
- 1 teaspoon salt
- 1/2 to 3/4 teaspoon sugar
- 1/8 teaspoon cayenne
- 1 tablespoon canola oil
- 1/4 teaspoon mustard seeds

Place the diced cucumbers in a medium bowl along with the chile. Using a coffee grinder or food processor, pulse the peanuts until they are reduced to a coarse powder. (You don't want big chunks of peanuts, nor do you want a fine powder; stop grinding somewhere in between!) Add the peanuts to the cucumbers along with the lemon juice, salt and sugar, and mix well. Taste and adjust the salt, sugar and lemon juice as needed. The salad should be slightly tart.

Make the tadka: Place the cayenne in a little pile on top of the salad. Do not stir it in yet. Heat the oil in a small skillet or butter warmer over high heat. When it begins to smoke, add the mustard seeds, covering the pan with a lid or spatter screen. As soon as the seeds stop sputtering, pour the oil over the cayenne. Stir the dressing in and serve at room temperature or cold.

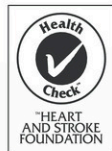
(Metro Creative)

Do Just One Thing



By Danny Seo

When shopping for new baskets, rugs and woven furniture, one sustainable material to look for that's durable, eco-friendly and inexpensive is water hyacinth. Many Asian countries have seen rapid growth of the invasive aquatic water hyacinth plant, and while it's beautiful in appearance, it can literally choke waterways, killing aquatic wildlife and turning lakes and streams into dead zones. Instead of using chemical herbicides to poison the waterways, furniture companies have been hiring local villagers to hand-collect the water hyacinth, which is then dried and woven into beautiful home accessories. This keeps the waterways alive, provides jobs and turns a problem plant into something beautiful for your home.



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

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If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, www.aa.org

MELBOURNE

Richmond County Historical Society invites everyone to visit Black Histories in the Eastern Townships, an outdoor exhibit in collaboration with the Eastern Townships Research Centre. It is accessible at your convenience on the front lawn of the museum, 1161 Route 243, Canton de Melbourne, until October 9. The Summer Art Show and Sale featuring Jennie Johnston, Sandra Picken-Roberts, Tracey Hill and Daniel St. Amant will end on August 26. Come show your appreciation for our local artists who exhibit across Canada! The art show and sale is on from 10 a.m. to 5 p.m. from Wednesday to Sunday at 1161 Route 243, Canton de Melbourne.

LENNOXVILLE

Lennoxville Quilters Annual Quilt Show, Friday, September 9, 10 a.m. to 5 p.m., and Saturday, September 10, 10 a.m. to 4 p.m. New Venue: Grace Village, 1515 Pleasant View St. (Huntingville), Sherbrooke, J1M 0C6. Admission charged. Refreshments available. Special Ukrainian Fund Raiser, and Quilt of Valour presentation.

Happy 60th Anniversary

Danville, Que.



It is with much joy and happiness the family of Ian and Shirley Smith of Danville announce the 60th wedding anniversary of their parents and grandparents on August 18, 2022. The couple were married in the bride's hometown of Shawinigan, Que. on August 18, 1962 at Trinity United Church. Shirley A. T. Scott, daughter of the late Thomas Scott and Cora E. Snyder, was united in marriage to Ian R. Smith, son of the late Donald M. Smith and Kathleen F. Potter of Kingsey Falls, Que. The newlyweds first made their home in Joliette, Que., and later with their infant son Scott, moved to their present-day home on Stevenson Street in Danville, where they have resided since August 1964.

Here they added four more children David, Martha, Christel and Jennifer. The family home was always a bustle of activity and was filled with love and laughter. Growing up in an era where children were expected to play outside until called in, we children all slept soundly every night from playing in the fresh air. Dad taught school in Richmond and Mom kept the chaos at home under control. No doubt our parents slept soundly simply from the fatigue. There was a large vegetable garden at home while we children were growing up, where something was always coming into season all summer long. Additionally, apple trees in the backyard provided the staple for which many homemade desserts were made. It was the love and labour of our parents' hands that nurtured the five of us, for which we are forever grateful.

After the last of their children left home, Mom and Dad were free to begin to experience life at a more relaxed pace, and travel became part of their annual winter routine. Month-long winter vacations were planned every year where they escaped to warmer climates of the southern United States, Hawaii, Mexico and Freeport, Bahamas with their friends. Staying closer to home now, they delight in having their family come to visit them at the family home in Danville. In a world intent on new ideas, it's comforting to know there is still a place we can go where time moves a little slower and things don't change very fast.

Our parents instilled in their children the love of family and it is because of this, their children, spouses and 15 grandchildren continue to return to the family home in Danville where so many happy times were and continue to be had. Although our family is spread out across five provinces and we are at some distance apart, our family ties keep us all close at heart. We send you both all our love and celebratory congratulations on your milestone anniversary.

The Family

15 Minutes of Fun

Take 15 minutes a day to learn with your family.



#4 Tell knock-knock jokes together while doing the dishes.

Learning can happen at any time.

For more great ways to share 15 Minutes of Fun with your family, visit FamilyLiteracyDay.ca



CELEBRITY CIPHER

by Luis Campos

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

"VG V FJH, J GVS OIGWCU VG YNW
YILW EU DZI SNE SEZCH MZP JPYE
V XZMPJPD XZJCHJPD YE GVAW YNW
XVXI." — KNMJGYJVP GCVYWM

Previous Solution: "Anger can be a problem, but it has tremendous potential, too. It's just figuring out what to do with it." — Sean Penn

TODAY'S CLUE: *Je suis K*

REALITY CHECK



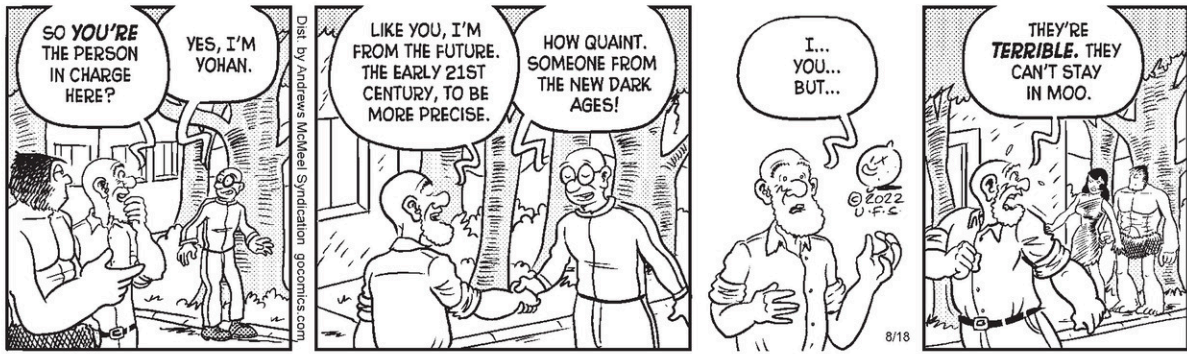
HERMAN



"Fill 'er up."

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ALLEY OOP



ARLO & JANIS



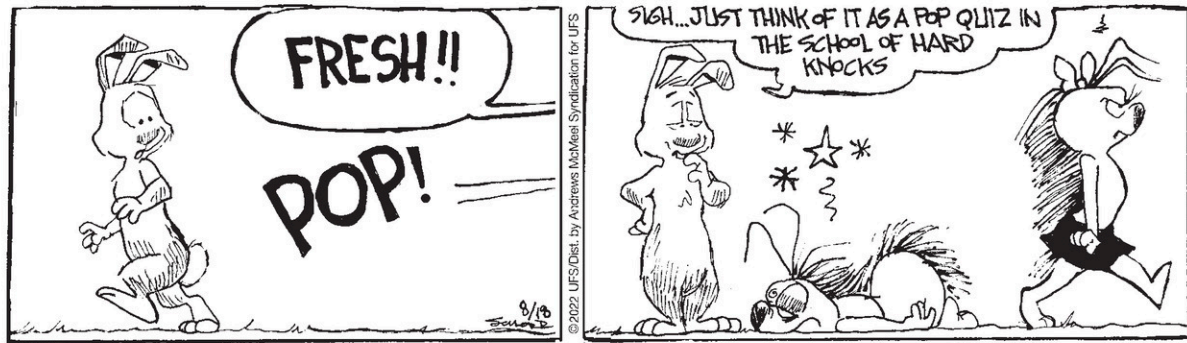
THE BORN LOSER



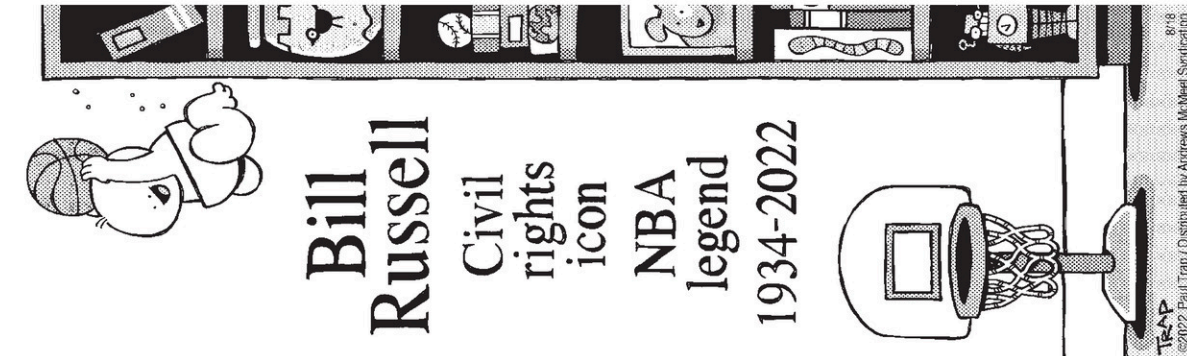
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- 030 Wanted to Rent
- 290 Articles for Sale
- 340 Garage Sales
- 340 Garage Sales

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MELBOURNE
 Garage sale on Saturday and Sunday, August 20 & 21, at 1407 chemin Bellevue, Melbourne, QC at 8:00 a.m. both days.

STANSTEAD
 Moving Sale, August 19 & 20, 8 a.m. to 6 p.m., 32 Lajeunesse, Stanstead (Beebe). Furniture, dishes, tools, etc.

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Dear Annie

THURSDAY, AUGUST 18, 2022

Dear Annie: I am 40 years old, and I have been eating a plant-based diet since high school. I am in great shape, and my doctor is very pleased with my health status. For over two decades, friends and family have worn me down to where I feel my graciousness is down to kindling when it comes to them challenging what I put on my plate.

Many times people will mention to others at work or at a party that I am vegan (I don't know why), and the room immediately is focused on me and someone always asks how I get my protein. I usually want to keep the mood light, so I answer them. I am tired of graciously answering them because more often than not, the line of questioning won't stop. They want me to go into detail about why I eat what I eat (or don't eat). They tell me about how they couldn't be healthy or could never give up cheese, and I find myself in the middle of a monologue that feels kind of like I'm being bullied. I don't want to feel pushed around, but I also want to keep it light. How can I tell them that I don't want to talk to them about my eating habits without sounding rude? - Struggling Vegan

Dear Struggling Vegan: Two decades of veganism is no small feat, and the fact that your doctor is very pleased with your health status - congratulations! Many people would say that the environment thanks you, and it sounds like your body is thanking you, too.

Talking about someone else's diet is a mundane form of small talk, but for some reason people keep doing it. Whether it's nosiness or genuine curiosity is anyone's guess. And who knows - maybe one of your co-workers

is inspired by your eating, considering a vegan diet and eager for more info.

Regardless, you're not required to explain your plate to anyone. Try gently changing the subject with something like, "This food makes my body feel it's best. How was your vacation?" or "I get lots of protein from beans - tell me about your new puppy."

Dear Annie: I'm a 35-year-old straight male. Recently, a woman started working for the company I work for. I was working remotely, and I was training her. I have since gone back to the office to work, and I, of course, met her. She is an absolutely stunning woman! The first day back to work, she asked me if we could have a drink after work. I said yes. One thing led to another, and we spent the night together.

I have since asked her out a couple of times, and she said no each time. The last time I asked her, she giggled and said that it didn't mean anything to her.

I, however, fell in love with her. I'm (in my opinion) not a very attractive man. I'm absolutely crushed, and what self-esteem I did have is gone! - Crushed in Ohio

Dear Crushed in Ohio: It sounds like this woman was pretty clear about her intentions with you. Though it's understandable to be upset, you have no choice but to respect what she has plainly told you.

Perhaps there is a good lesson in this: In the future, before spending the night with a woman, have a conversation with her about her intentions for the relationship. This will keep you from bruising your self-esteem by getting involved with a woman who is not truly interested in you for you.

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

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to traffic awareness.

R E M S E G

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| | | | | | |
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Answer: Merges

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

8/18

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PREVIOUS SOLUTION

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

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

NEA Crossword Puzzle

Your Birthday

THURSDAY, AUGUST 18, 2022

CAPRICORN (Dec. 22-Jan. 19) - Evaluate your lifestyle and adjust your situation to make life easier. Home improvements and investing time and money in you and your surroundings will help you reach a new goal.

AQUARIUS (Jan. 20-Feb. 19) - Confusion will occur if you or someone else isn't straightforward regarding feelings and personal goals. Don't leave anything to chance if you want to maintain a healthy financial life.

PISCES (Feb. 20-March 20) - You'll gravitate toward unusual people and professions. Connect with people already heading in a direction that interests you, then get the lowdown. Refuse to let a personal matter get in the way.

ARIES (March 21-April 19) - Plan something special for yourself or a loved one. Take an interest in how you look and present yourself to others. Updating your image or paying closer attention to your health will pay off.

TAURUS (April 20-May 20) - Gravitate toward people who make you think, and you will find it easier to get things done. A change will be energizing and will encourage you to expand what you have to offer. Avoid an emotional feud.

GEMINI (May 21-June 20) - Keep your thoughts to yourself. Sharing too much too soon with someone you don't know well will have drawbacks. Instead, collect information that will help you understand what others want.

CANCER (June 21-July 22) - Take a different approach to how you run your household or handle responsibilities at work. Implement efficient tactics to speed things up. Say no to tempting offers if extravagance is involved.

Focus on what you can do, and stop worrying about the setbacks you encounter. Aim for perfection and please yourself instead of trying to impress others. Take better care of your health. Put some effort into presenting yourself with dignity and class. How others perceive you will make or break you this year.

LEO (July 23-Aug. 22) - Words matter, and you'll gain support by conveying what you want others to know with compassion and understanding. A change someone makes will be upsetting, but in the end, you'll be the one to benefit.

VIRGO (Aug. 23-Sept. 22) - Network and converse with people who can offer a different opinion and help you put your strategy in place. An ambitious attitude coupled with a desire for change and personal growth will give you a leg up.

LIBRA (Sept. 23-Oct. 23) - Invest time and money in obtaining information and utilizing your skills to adapt to trends and marketing tactics. Explore what's available and how you can take advantage of situations and offers.

SCORPIO (Oct. 24-Nov. 22) - Be willing to listen, and take the time to sort through differences. How you handle emotional matters will determine how well you get along with a loved one. Take nothing for granted.

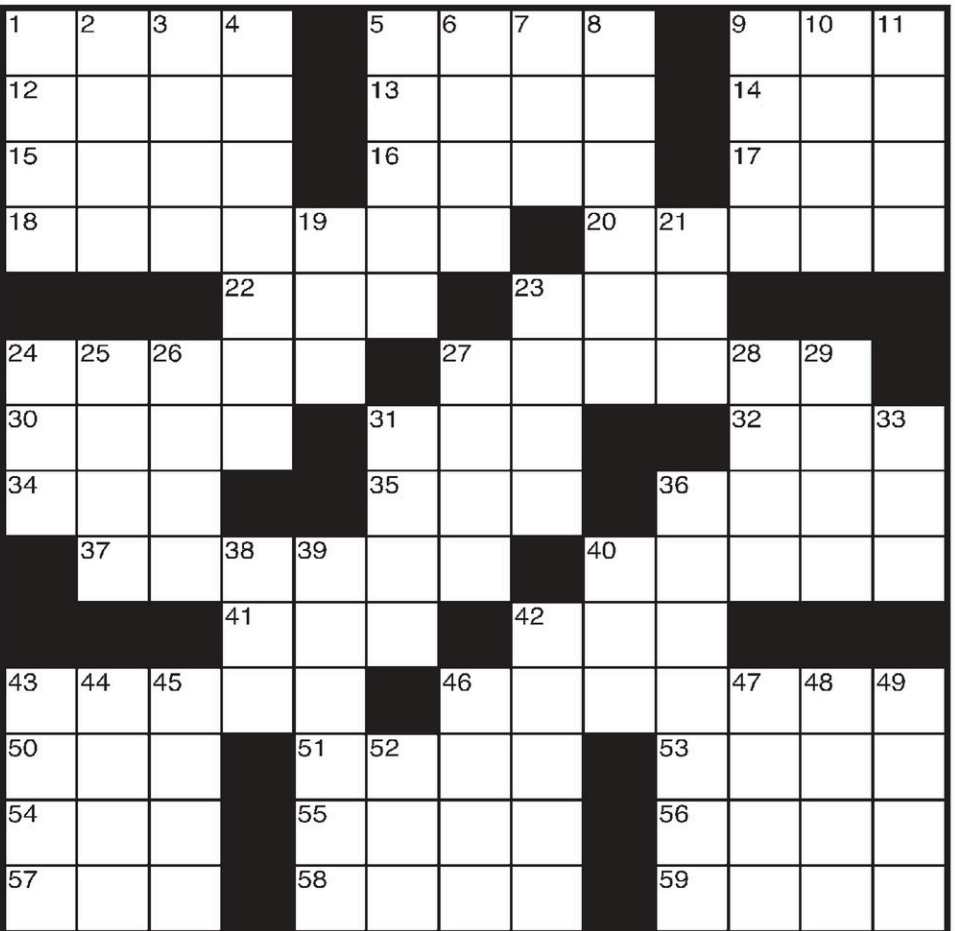
SAGITTARIUS (Nov. 23-Dec. 21) - If you want the lowdown, get firsthand information. Someone will be eager to mislead you if given a chance. Charm, determination and dedication will clear the path to a new beginning.

Answer to Previous Puzzle



- ACROSS**
- 1 Feudal underling
 - 5 Cement section
 - 9 Situate
 - 12 Love, to Claudius
 - 13 Fizzy beverage
 - 14 Yalie
 - 15 About 2.2 lbs.
 - 16 Border st.
 - 17 1980 Turner launch
 - 18 Limerick locale
 - 20 Mineral analysis
 - 22 Devotee
 - 23 Choke or joke
 - 24 Eat between meals
 - 27 Pond animal
 - 30 Solar wind components
 - 31 Attila the —
 - 32 Even so
 - 34 Computer datum
 - 35 "Ugh!"
 - 36 A Guthrie
 - 37 Comment
- DOWN**
- 40 Take forcibly
 - 41 Expected any time
 - 42 Issa of "Insecure"
 - 43 Flatten
 - 46 Ruler
 - 50 Loud argument
 - 51 Where Anna taught
 - 53 Demolish
 - 54 Sonnet cousin
 - 55 Cuzco founder
 - 56 River in Russia
 - 57 Unsel'd of the NBA
 - 58 Jeannie portrayer
 - 59 Bacterium
 - 1 Munro's pen name
 - 2 Arab VIP
 - 3 Actor's part
 - 4 Romps
 - 5 Barely enough
 - 6 Nobleman
 - 7 Ring champ
 - 8 Harper's —
 - 9 Chest muscles

- 10 Wrist-to-elbow bone
- 11 Like microbes
- 19 Get nosy
- 21 Barracks off.
- 23 Yucky residue
- 24 Family mem.
- 25 Roulette color
- 26 Feed the kitty
- 27 Diving position
- 28 Orpheus' harp
- 29 Ocean dwellers
- 31 Employ
- 33 Small fry
- 36 Home furnishing (2 wds.)
- 38 Rx givers
- 39 Brisbane native
- 40 Not rosy-cheeked
- 42 Chariot race bettor
- 43 Boat front
- 44 Took the bus
- 45 Flock members
- 46 Clublike weapon
- 47 Not frequent
- 48 Ivan or Nicholas
- 49 Mr. Sulu's place
- 52 Wabash loc.



THURSDAY, AUGUST 18, 2022

Two bad breaks, one too many

By Phillip Alder

Pierre Trudeau once said, "Canada exports hockey players and cold weather, and imports baseball players and acid rain." It both imports and exports bridge players.

One of the best-ever Canadian players is Sami Kehela. However, he reached Canada by a circuitous route. He was born in Baghdad. When he was 7, his family moved to India. At 17, he was sent to study in California. While in the Golden State, he learned to play bridge. After completing his studies, Kehela moved to London. Finally, in 1957, he settled in Toronto.

He has often played for Canada, and he represented North America three times in the Bermuda Bowl, each time winning a silver medal.

A sound bidder with excellent card-play technique, Kehela outplayed his Egyptian opponent in today's deal from the 1980 World Team Olympiad in Valkenburg, Holland.

No East today would pass as dealer. Kehela opened one no-trump because he would have had no comfortable rebid after one club - one spade. Eric Murray (North) used game-forcing Stayman and drove to slam.

Both defenders led their spade. The Egyptian won with dummy's king, cashed the heart ace and crossed to the

| | | | |
|-------------------|-------------|-----------------------|--------------|
| North | | 08-18-22 | |
| ♠ | K 7 5 3 | ♥ | A Q 3 2 |
| ♦ | A K J | ♣ | 5 4 |
| West | | East | |
| ♠ | 9 | ♠ | Q J 10 6 4 2 |
| ♥ | 10 9 8 5 | ♥ | 4 |
| ♦ | Q 7 6 5 4 2 | ♦ | 9 3 |
| ♣ | 8 3 | ♣ | Q J 9 2 |
| South | | Dealer: East | |
| ♠ | A 8 | Vulnerable: East-West | |
| ♥ | K J 7 6 | South | West |
| ♦ | 10 8 | North | East |
| ♣ | A K 10 7 6 | Pass | Pass |
| Opening lead: ♠ 9 | | 1NT | Pass |
| | | 2♥ | Pass |
| | | 4♥ | Pass |
| | | 5♥ | Pass |
| | | 4NT | Pass |
| | | 6♥ | All Pass |

heart king. Now he played on clubs but couldn't handle the bad split in that suit. He finished down one. (Yes, other lines work, but they are double dummy.)

Kehela won with the spade king and cashed only the heart ace before turning to clubs. When he led the third round, what could West do? Whether he ruffed or discarded, Kehela would overruff or ruff, draw all of the trumps and concede one club trick to East.

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Cookshire fair – A Storied History

By Aiden Wilson

Did you know the Cookshire fair has been around since 1845?!

That's a lot of history packed into one event, but as those involved will tell you, the whole thing wouldn't be possible without the dedication and commitment of those involved.

Countless generations of volunteers come back year after year to see the fair come to life, with some like Troy Rothney taking up the mantle after visiting since his youth.

"I started showing at the fair when I was nine years old," said the man now in charge of the beef cattle competition. "I guess I started in 2010 showing beef cattle but I showed dairy cattle for my uncle when I was ten, eleven years old. In the early 90s, I had draft horses we showed off but when my sons came they were more interested in the beef cattle so we started showing them."

Throughout the decades the fair has seen farmers come to show off their goods and celebrate tradition, even through

changing times and new challenges.

"It's not like it was when my grandfather showed animals, it was easier back then. I'm sure he'd tell you there was a cost involved, but it wasn't the same as now. My grandfather also only worked on the farm, not elsewhere like a lot of exhibitors do now."

Despite this, people still find time in their day-to-day lives to get their animals prim and proper for the show, an act of dedication and love for the community celebration; a trend that's followed through many a family tree.

"My sons are at least fourth generation I'd say. I have ribbons of my grandfather showing from 1923 from a calf showing in Sawyerville. I've got uncles and aunts who've all shown at fairs for years too. You could almost call it a sickness, either it's in your blood or not; if it, is you don't know when to say you should just stay home, and still go no matter what."

Rothney and his family have had the fair in their bones their whole lives, with the torch not looking like it'll drop anytime soon.

"I'm organizing it, but my son Jacob is also a director at the fairgrounds and helps organize the beef show. Like I said, the torch gets passed on from generation to generation. What I've enjoyed about the Cookshire Fair is the older directors who hand it off aren't shy to help you; they don't just give it over and say, 'it's yours, don't bother me anymore.'"

Jonathon Sylvester with his animals also found himself giving back to the fair, becoming an organizer of the draft horse competition after visiting for many years.

"I grew up on a farm and we had draft horses ever since

I was a kid; my father had them and I worked with them quite a bit. Then I guess it was way back in 2000, volunteers were hard to come by, so volunteered to do the show. It was me and this other guy but he got busy with other stuff, so I found just me and my wife running it."

Growing up on the farm he says you get a whole new appreciation for what animals can do, and that it's something he wished more people had the chance to comprehend.

"Back 40 or 50 years ago everybody knew someone who lived on a farm and had cattle or horses or whatever; today they know nothing about it! They think their eggs come from the store, and their milk and their meat, but it doesn't come from the store, it comes from farmers. I guess maybe people don't realize how versatile horses can be, people don't see that anymore, you can't just go down the road and see someone plowing or haying with them."

He said it's nice for people who don't get to see these kinds of animals at work, as they get an idea of how things were done for hundreds of years.

The homemade practices found at the best of show competition also showcase a long history of knowledge passed down through generations.

Two of the ladies responsible, Barbara Ward and Myrna Lowry, said they've been running the event for around 40 years, having picked up the torch from previous organizers who could have boosted similar numbers.

They said they got involved because the fair was in their family for as long as they could remember, and giving back just felt right.

Countless stories like these can be found all around the fairgrounds, and showcases just how ingrained it is in the lives of those who keep coming back.



Cookshire Fair 1990



Winners of the three-horse pull competition in 1980

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New life for an old building

By Aiden Wilson

Visitors making their way to the main building at Cookshire Fair this year will be in for a wonderful surprise as they see the newly renovated interior, courtesy of fair-going volunteers.

Neil Burns who organizes the Dairy Cattle competition, along with Myrna Lowry and Barbara Ward of the Arts and Culture department were hard at work when Record staff came to visit and had a lot to say on why they decided to go the extra mile.

“Up until this year we’ve always been on the second floor and some people had trouble making it up the stairs; it was also quite hot up there, so this year we’ve moved downstairs where it will be a lot more accessible.”

To accommodate the Arts and Culture department’s best of show competition, they had to completely renovate the downstairs and refurbish the old structure that needed some attention.

Burns recalled that the building had been constructed back in 1938, hosting nearly a century of shows and booths without any major maintenance.

“The downstairs before was used for booths people could rent but we’ve taken out all the partitions making it one big space,” said Lowry.

“Basically, it was all torn out,” added Ward; “We’ve repainted, built all new shelving and food cabinets, and our displays are all new for this year. I think it’s going to be great for our department because more people will be able to come in and see what happens.”

The crew has been at work since mid-June to ensure the project is done for when the fair rolls around, and they hope the new shelves and glass cabinets will elevate the show like never before.

And under the stairs, fairgoers can find a particular couch that the group said has quite the history to it.

They said that before security was improved as it is nowadays, their system was to have someone stay the night on the old couch, with folks like Walter Hodgman taking turns on watch in defense of the homemade goodies found at the contest.

Feeling it deserved to be honoured for its service, they elected to have the loyal lounge re-upholstered, and plan to put it out to cozy the weary bottoms of many a fairgoer to come.

While this year’s efforts are dedicated to the building’s interior, they expressed plans to give the outside a well-deserved facelift next year to



AIDEN WILSON

round out the fixes, including new handrails, paint and more.

Ward and Lowry both cited their long family history with the fair, having taken up the arts and culture mantel for the past four decades!

Wanting to see the fair be as enjoyable and accessible as possible, they took it upon themselves to invest in its future, hoping to see the fair continue for generations to come.

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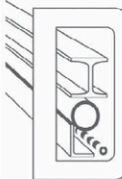
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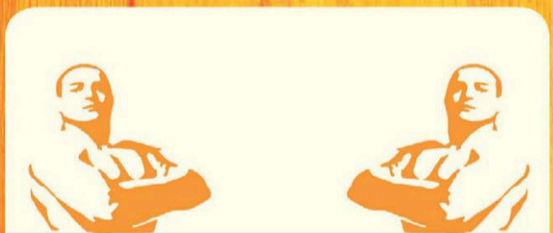
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Complete program

Thursday August 18th

- 16:00 p.m. **Site opening**
Family zone opening
- 19:00 p.m. **Bingo** *Mc Auley Center
- 19:30 p.m. **4-H judging competition** *In the tent
Wrestling gala *Winslow tent
- 21:00 p.m. **Main building closure**
- 23:00 p.m. **Family zone closure**
- 01:00 a.m. **Site closure**

Friday August 19th

- 09:00 a.m. **Site opening**
Judging
- Light horses in the ring (breeds)
- 10:00 a.m. **Judging**
- 4-H conformation in the tent
- Main building judging (will be closed until noon)
- 10:30 a.m. **Judging**
- Draft horse halter classes (breeds)
*Behind heavy horses barns (or in front of the grandstand)
- 12:00 p.m. **Family zone opening**
- 13:00 p.m. **Judging**
- 4-H showmanship classes in the tent
- Small animals in the small animals barn
- Sheep and goats, in front of the small animals barn
- Light horses performance classes at light horse ring
- 16:00 p.m. **4-H parade**
*In front of the grandstand
- 16:30 p.m. **Draft horse hitches**
Poney and light horse costume classes
*In front of the grandstand
- 19:00 p.m. **Country pop dance class**
With Marie-Pier Verret and the Winslow Dancers
*Winslow tent • 7pm to midnight
- 19:30 p.m. **Farm tractors and street trucks with the ASTTQ**
*In front of the grandstand
- 21:00 p.m. **Dance with Queen Street** *Mc Auley Center
Main building closure
- 23:00 p.m. **Family zone closure**
- 01:00 a.m. **Site closure**

Saturday August 20th

- 09:00 a.m. **Site opening**
Light horse performance classes
*At light horse ring Beef cattle judging
*In front of the grandstand
- 10:00 a.m. **Ayrshire dairy cattle judging** *In the tent
Armwrestling registrations
Registration and weighing of amateur armwrestling contestants
30 \$ per arm
- 12:00 p.m. **Family zone opening**
- 13:00 p.m. **Armwrestling competition**
*Winslow tent- 1pm to 6pm
5000 \$ in prizes
Draft and light horse hitches
*In front of the grandstand
- 19:00 p.m. **Country pop dance class**
With the Winslow Dancers and the Club de danse Country Estrie
*Winslow tent • 7pm to midnight
- 19:00 p.m. **Modified tractors and truck pull by the ASTTQ**
*In front of the grandstand
- 20:00 p.m. **Main building closure**
- 21:00 p.m. **Dance with Movin'on**
*Mc Auley Center
- 23:00 p.m. **Family zone closure**
- 01:00 a.m. **Site closure**

Sunday August 21st

- 09:00 a.m. **Site opening**
Performance classes *Light horse ring
- 10:30 a.m. **Mascots arrival** *Winslow tent
- 11:00 a.m. **Draft horses** Children classes
*In front of the grandstand
- 12:00 p.m. Family zone opening
- 13:00 p.m. **Mexican Fiesta** *Winslow tent • 1pm to 4pm
- 13:30 p.m. **Grand parade** *In front of the grandstand
- 14:30 p.m. **Draft and light horse** (4 and 6 horse hitches)
All beef breed jackpot class *In front of the grandstand
Country Swingers *Mc Auley Center • 2:30pm to 7pm
- 18:00 p.m. **Horse pull**
With the Club du fer à cheval du Québec
*In front of the grandstand
- 19:00 p.m. **Main building closure**
- 20:00 p.m. **Family zone closure**
- 23:00 p.m. **Site closure**

Arts et culture

Edifice principal - Main building

Jeudi / Thursday:..... 6:00 pm - 9:00 pm
 Vendredi / Friday: 8:00 am -10:00 am
 & 12:30 pm - 9:00 pm
 Samedi / Saturday..... 9:00 am to 8:00 pm
 Dimanche / Sunday:..... 10:00 am to 7:00 pm

Nous sommes maintenant situés au rez-de-chaussée de l'Édifice principal. Prenez le temps de venir nous visiter. Vous pourrez admirer des items exposés dans les catégories suivantes: décorations de Noël, produits d'érable, oeufs, fruits cultivés, grains et fourrages, légumes, plantes et fleurs, conserves de fruits et légumes, cuisine, artisanat adulte et enfants.

Take time to come and visit our new Arts and Culture Department on the ground floor of the Main building. We have classes in Christmas decorations, maple products, eggs, cultivated fruit, grains and hay, vegetables, flowers, canned vegetables and fruit, baking, adult and children handicrafts. Come see the great displays!



** Changements à la programmation sans préavis **

** Changes to schedule without notice **

In the wake of Covid

The last Expo Cookshire Fair was held in 2019, a little under a year away from the lockdown that put most everything in a state of limbo that we're only seeing the end of now.

While thankfully this means the fair is returning in full force, the hiatus marked the first ever in its history, which can be traced all the way back to 1845!

As most of the friendly faces returned to take up their positions on the organization teams, the unusual circumstance have not been without challenges.

In charge of security and kiosks is Holly Dawson, who normally also runs the midway section, but that was met with a change of plans.

"This year we're not having a midway, it'll be bouncy toys; the reason being the expense. Usually, it's the fair that pays for everything but the price has more than doubled. They said it was the price of the fuel, Covid, everything."

While the resources available to each group of organizers were unaffected, how far those resources go has been diminished with the price fluctuation of essential goods.

"We still have the same budget, it's just that we don't want to spend it all on one thing."

She said Cookshire isn't the only fair she knows of that made small alterations on account of the circumstances, but says the new plan is just as well organized, with a variety of inflatable games for all ages.

The volunteers that have lent their hands for countless decades are still eager to do their part in making the

fair possible, but staffing shortages on hired services come into play causing extra legwork.

"We're going with a new security company because the one we normally have had as long as I've been doing it, unfortunately, didn't have the manpower to come this year," recounted Dawson.

Other sections like the kiosks however, which are all locally operated, have had no issue filling their slots. As with any portion of the fair involving community members, it seems people are more than eager to get back into it.

Harvey Kirouac who's been running the "Lord of the Rings" canteen since 2005 says he's more than happy to return, not having much more incentive than to foster a good time for all.

"I had the idea and we just went with it. We started with a recipe, trying to find something that would be good; it started slow and now we're still doing alright."

"I'm a truck driver and my partner's a mechanic, so we're no chefs or anything! It was just a fun idea, and good for the fair."

The pair only need two donut fryers to make their blooming onion and rings, but still, the cost of ingredients has thrown a curveball into their usually stable system.

"The only thing I'm worried about is the price, and figuring out how much we'll be selling them for this year. Everything went up and the oil was so expensive. Sixteen litres of oil two years ago was around 18 bucks, but right now it's 64!"

Also influenced by the times are the

animal shows, with some organizers expressing the difficulties of getting everything back in line after being away.

"Because of Covid we got out of the routine; usually we start in June for the Cookshire Fair. The last few years all we've had are bigger shows, so we were used to getting ready for those later on," said Troy Rothney who organizes the beef cattle show.

"We're going to have some exhibitors who probably won't come this year that usually always do just because of travel cost. If you need a tank of gas to bring a load of animals in and another load to bring all your stuff for the weekend, it adds up. It's nice to win the prizes and everything, but it's still an expensive weekend."

Jonathon Sylvester who's in charge of

draft horses also said, "Well, I haven't been to too many meetings because of Covid, we haven't had a lot of face-to-face meetings anyways which hasn't helped, that's for sure. It's been a bit of a challenge this year, but it's going to come together."

Despite the challenges, president of the fair, Brandon Ward, said it's still shaping up to be just as big as previous years, with the obstacles not being ones to hold them back.

"Everything is going well so far, it's really nice to see; everything should be ready as far as we're concerned."

Because of the dedication of local members to see the show come to life, they've put in the extra effort to work around the unique circumstances, and bring an event worthy of the Cookshire Expo name.

A word about Sawyerville 4-H Club

Sawyerville 4-H has been a part of my life since I was two years old. It has changed me and shaped me into being a stronger, more independent woman. To look back and read about how this idea of having a 4-H club has spread to so many places and touched so many people is why I continue to walk back in every year. "Learn to do by doing," is basically engraved on our hearts in green. This motto has not only been touched by the kids I stand in front of today, but, also as I look out in the small but united crowd of young 4-H members, I see in the distance all the prior 4-H members watching their kids experience the amazing moments they got to experience. Watching them learn and passing on their knowledge they have retained from the years of being a part of this club. Sawyerville 4-H is proud to be back this year. So it's time to dust off those tack boxes, cause we're back! Sawyerville 4-H is excited to see all the friendly faces back in one spot this year. We are ready to show you what we've been working on after a two-year break. It's all back. After the several hours of virtual calls and no fairs and those dreadful masks, we finally get to put on our work boots and wash pants. Listen to the sound of unlocking those cattle trailers and walking our animals into a weekend full of learning and memories. We're able to be back, showing off our summer projects and family farms from near and far. Let's not forget the smell of cotton candy and French fries, or the contagious screaming and laughing of the kids in the midway living there best moments. There are not enough words to express how grateful I am as a president to have such an amazing group of 4-H members to ring in the first year back at the Cookshire fairgrounds.

I can't wait to see the amazing accomplishments this new fair season has to offer.

Best of luck to all the 4-H members near and far

ALYSSA ROTHNEY
SAWYERVILLE 4-H PRESIDENT



Alyssa Rothney, Sawyerville 4-H president

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What defines a quality animal?

By Aiden Wilson

For the past 10,000 some odd years humans have been domesticating animals for everything from food to labour; some having become so used to being around people that they would have trouble on their own in the wild.

It's no wonder then that the best of them would be prized. So naturally, competitions have existed for centuries, pitting animals against each other to find the most desirable of the bunch.

Cookshire fair, for one, features competitions of light and heavy horses as well as beef and dairy cows, each with their own factors and prizes.

The hardest thing to explain for many of the organizers was what exactly makes a good animal, as the individual nuances can be so varied it's hard to explain in a reasonable amount of time.

For the dairy cows "the most important part is the udders," said Neil Burns, who runs their competition.

"It's got to be well balanced, well attached, with the rear and back being high and wide."

Troy Rothney, who heads the beef cattle section, said, "Each breed has its own certain characteristics they look for. Some judges say the start of the hooves and work their way up; others look for the size and shape of the animal."

A good chunk of the rating comes from an animal's conformation, the physical appearance of the animal, with a substantial portion of the score allotted for general neatness and grooming of the animals, with the rest generally being up to the judge's discretion.

"Usually they look at the overall structure, it's got to be able to perform for whatever the person is looking for. A bull needs to be able to walk and stay with its herd; females need to be able to raise a good calf. You're striving for the ideal cow but getting there's not always easy."

"I started showing at the fair when I was nine years old. I remember one of the first times I went to a show, an older gentleman said I should remember one thing: 'that's that person's opinion on that given day.' Everyone has their own idea of what makes a good animal, and it might change person to person what they're looking for," Rothney remarked.

The different characteristics judges look for in each breed are in place due to the huge variety of different uses the animals can have, with most classes having a good mix of breeds from all over.

"Usually we have four or five breeds but I think this year we might have five or six different breeds. We have some highlanders that do an exhibition, which is not a common breed you see, and then we'll have some Limousines, Simmentals, Herefords, and Angus."

He said you need at least three breeders to make a proper show, and that this year they're hoping to have between 30-50 cattle.

While organizing that kind of show in itself is a feat, the individual owners all do their fair share of work beforehand to get the animals ready for the show.

"We start about a month before putting them on a regimented feeding plan, then we wash and brush just about every night. It's a constant chore that needs to be done every day; if you want to do well it has to be every day, not just a week or two before."

"Our personal thing is just working with them, getting them used to us being with them, brushing them, all that stuff. I used to show draft horses also at the shows and there's a bit more

work training and getting them ready than there is with cattle."

Draft horses also have their place at the fair with Jonathon Sylvester taking the lead for their competition, and he could confirm the work needed to get them prepped.

"You have to work with them quite a bit, especially at a younger age. Once they get older it's not so bad because they get an idea of what they're doing, but it's a lot of practice before then."

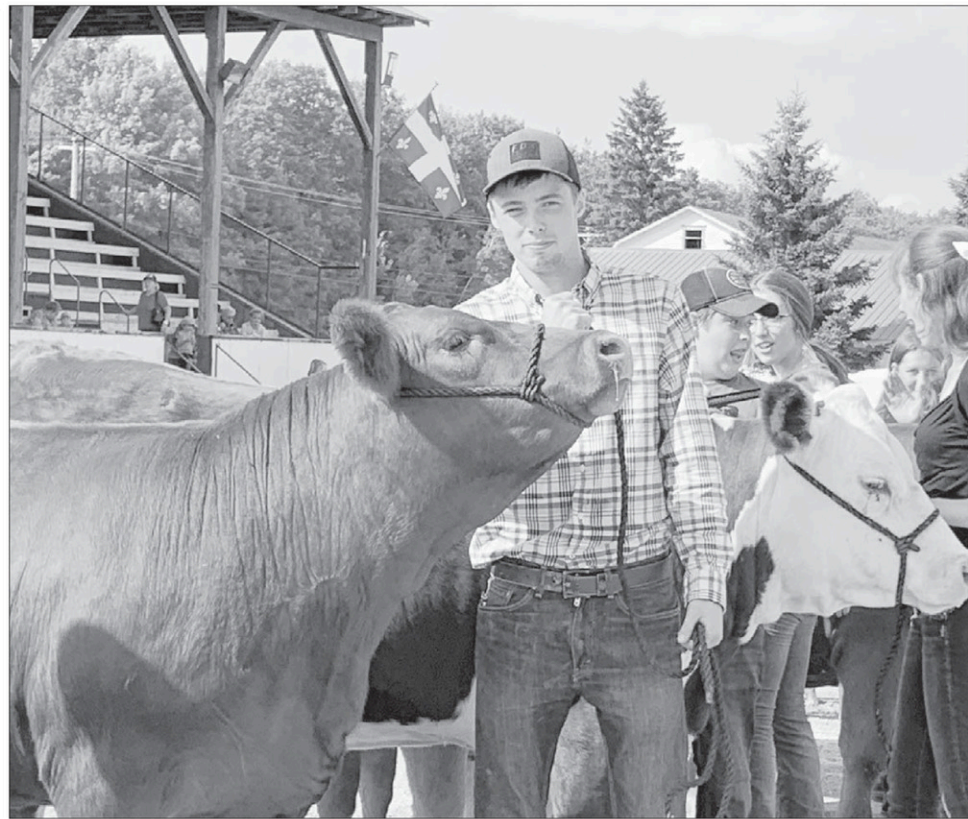
"You don't want them jumping all around when you're doing it, right? When the judge goes to look at them you want them to stand properly with their feet straight across in the front. You want them to stand there and not keep moving all the time; It's kind of hard to judge them if you can't get a look at them."

This year, he said they expect between 30-50 horses from four different breeds, of which the Percheron is the one Sylvester is most familiar with, having been around them since he was very young.

For horses, he said, "They look for nice, clean bones, not too big ones on them. A nice head, nicely portioned to the rest of the body; you don't want a great big head and a short little stumpy body, you want everything well proportioned."

The animals are shown in a variety of activities from trots to wagon pulls that all have their own prizes up for grabs.

For anyone wanting to see la crème de la crème of what farms have to offer, there are few better places than at fair animal competitions.



Cookshire Fair 2019

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The best of the best: Made with love

By Aiden Wilson

Competitive exhibits are a longstanding tradition at many fairs across North America and the Cookshire Expo stands as no exception.

The best of show contest has seen generations of participants bring the best they have to offer and face off against a huge variety of homemade goods.

Myrna Lowry, the secretary for the Arts and Culture department, noted that among the shelves, "There are displays for people to show eggs, maple, vegetables, crops, hay, things like that. There's another section for artisan goods, where you'll find a lot of knitting and quilting. Then there's a large section for children with their drawings and fabrications."

Those additions make up a fraction of the hundreds of categories available for submission; with comprehensive fair books available that list each category and their guidelines for those looking to make an entry.

This year, the displays are moving

downstairs in the fairground's main building, which the team has completely renovated to make it better than ever.

"I have shelving on both sides with sets of smaller shelves, the food cabinets are all enclosed with glass, and there's stands for jams and jellies; there's another section for the children's things like flowers," said Barbara Ward, president of the Arts and Culture division.

All that space had to be deconstructed from the second floor and reconstructed on the bottom along with a fresh coat of paint.

Lowry said they decided on the move because, "up until this year we've always been on the second floor and some people had trouble making it up the stairs; it was also quite hot up there, so this year we've moved downstairs where it will be a lot more accessible."

With the move, the team hopes the exhibits will be easy for all to come and will encourage more eyes to see the impressive submissions.

Each section has prize money up for grabs which was made possible by over



RECORD ARCHIVES

An array of jams and pickled goods at the Cookshire Fair 2019

two dozen local businesses and a slew of individual donors.

Judges are made up of experienced locals that spend the time to sample and rate each entry before finalizing their decision in a process taking place behind closed doors.

"We're a small fair, we do the best we can with the available people; but it's always a variety of people with expertise in their given area."

An example Ward gave was a judge of maple products, which would be someone who's made and worked in maple for a long time, not just anyone with a sweet tooth.

The group hopes this year will see a good amount of products to rate, but the circumstances have made them uncertain of how things will go.

"I would say, because of covid, it's hard to say what's going to change this year. A lot of our older presenters that displayed previously have passed away, unfortunately. Right now because it's been three years since we last had a fair, it's going to be a trial to see how much people get involved."

But with other years having impressive turnouts they believe at minimum there will be a good variety of entries; credit for which is also due to the children who submit in their special categories.

"In the children's section, there are

well over 60 children! We give passes to each child who enters eight items or more; it used to be ten but we changed it this year, and there are 60 of those. Now, there are other children who only put in one or two items, so the actual number is higher."

The free passes given to young ones used to be bought at a discount by the Arts and Culture department, but this year are all being provided by the fair itself at no cost to the group.

They encourage the extra pass to be given to family and friends so they too can come and see the crafts, proudly put on display by the kids.

Whether or not they win a prize, the children get a participation medal to show off their contribution to the display.

Those thinking of participating themselves should know that the deadline is the first day of the fair, on August 18, from 6 p.m. to 9 a.m. with no late submissions accepted.

Entries are then judged the next morning with the building being closed until 9:30 a.m. at which point the winners are announced and ribbons are given out.

The displays are left for all to come and see until 5 p.m. on Sunday when submitters retrieve their products to take home.



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Le conseil municipal de Bury est fier de reconnaître et remercier les efforts de la communauté agricole des Cantons-de-l'Est.

*Bury City Council is proud to recognize and thank the efforts of the Eastern Townships farming community.**