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Police pursuit over the weekend in Magog

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THE RECORD

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Two wins and two losses for Sherbrooke Expos

Sports - Page 7

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TUESDAY, JULY 6, 2021

Four weeks now okay for second dose, says Dubé

By Gordon Lambie

As of Tuesday morning, Quebecers should be able to move up their appointment for a second COVID-19 vaccine dose to as soon as four weeks after their initial dose. Speaking at a press conference on Monday afternoon, Health Minister Christian Dubé said that the decision was made in light of the volume of vaccines available and the broader context of COVID-19 in the world.

"I think particularly with the threat of variants that we have right now, people can accelerate," he said, underlining the fact that the provincial recommendation is still to wait eight weeks based on some research suggesting that the longer wait results in improved immunity as compared to the manufacturer-established minimum of four weeks. Dubé claimed that a second dose as early as four weeks later has been allowed for "weeks" but he acknowledged that the clicsante website has not been set up in a way that allowed people to make an appointment

CONT'D ON PAGE 3

Granby Hospital unveils state-of-the-art intensive care unit



MICHAEL BORIERO

By Michael Boriero

It took nearly two years, but after overcoming several obstacles created by the pandemic, the Granby Hospital at last unveiled its latest addition: a brand new intensive care unit.

The state-of-the-art upgrade from the previous iteration features eight beds, sophisticated technology to make it easier for technicians, professionals, nurses and doctors, and more privacy options for families visiting people in the ICU.

According to a press release, the unit

is an 1,158 square metre expansion located above the emergency room in the North wing of the hospital. The project provides more functionality, and safe spaces for users and staff. It also improves infection prevention and control.

CONT'D ON PAGE 3

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Weather



TODAY:
SHOWERS

HIGH 24
LOW 14



WEDNESDAY:
MIX OF SUN
AND CLOUD

HIGH 22
LOW 10



THURSDAY:
RAIN

HIGH 18
LOW 14



FRIDAY:
SHOWERS

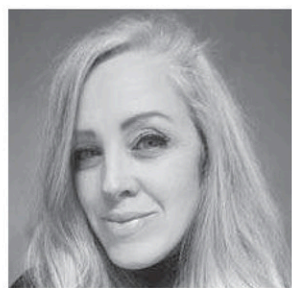
HIGH 21
LOW 13



SATURDAY:
MIX OF SUN
AND CLOUD

HIGH 25
LOW 12

Canadian History Museum's Queens of Egypt



DISHPAN HANDS
SHEILA QUINN

Fond of time travel? Symbols? The colour blue? Powerful female leaders? Snakes? Gold? Ancient embalming practices? A view of our parliament buildings?

This summer the Canadian Museum of History, located in Gatineau, is hosting Queens of Egypt, a stunning exhibition developed by Pointe-à-Callière (Montreal Archaeology and History Complex) in Collaboration with Museo Egizio (Turin Italy), adapted by the Canadian Museum of History.

Queens of Egypt opens with a water effect, rippling and reflecting along the dark floor and featured on-screen as the water laps on the banks of the Nile, immediately transitioning attendees from the bright open spaces of the museum's main entrance and central installations to the warm depths of ancient history, 3,500 years back, to the New Kingdom (1539-1076 B.C.).

Showcased in dim, concentrated lighting, there is an element of archaeology, mimicking the darkness of caves and pyramids. More than 350 precious artefacts are showcased in glass columns topped with tall, rectangular screens, where the golden contours of the seven featured Queens themselves appear, blinking and staring at passers-by,

until they glimmer and dissolve into sandy, glittery wind-strewn particles, emerging and dispersing every few minutes.

Found within the glass columns are frescos, funerary objects, jewellery, monumental statues, and one of the most interesting, and remarkable features is the 'Harem Conspiracy Papyrus' - noting accusations, convictions and judgments aimed at conspirators who plotted the assassination of pharaoh Ramses III.

Speaking of the harem, this is certainly a word that has been adopted and appropriated in Western culture to represent a twisted version of what it actually was - a royal institution reserved exclusively for women and children, where the Queen, noblewomen and the pharaoh's concubines ruled. Explanations of harem life and elements from such noble spaces have their exclusive section in Queens of Egypt.

Massive screens run constantly in each section, showing village and marketplace life, sacred spaces, and even the occasional cat purring in the sun.

The Queens, including Nefertari, Nefertiti and Hatshepsut, are depicted as sisters, mothers, daughters of pharaohs, and one of them as a pharaoh herself.

As the exhibition winds on, museum-goers shift from the life and times of the Queens to death, funeral practices and the afterlife. Four canopic jars, each with a different head to top the container demonstrate how different parts of the body were stored following death.

We watch as the animated sun god Ra, paddles his way from day to night, life to death.

Perhaps the most breathtaking of this impressive collection of

treasures are the elaborate, impressive sarcophagi, ornately painted with minute drawings, depicting the person's life, and the afterlife, including the under-side of the lids and inside of the main sarcophagus.

An animated wall shows the story outlined on an ancient scroll, of the weighing of a deceased person's heart in comparison to a feather, and the ultimate judgment by the gods as to their fate, and large upright rectangular screens like those featuring the Queens at the outset of the show reveal the gods, who glow, glimmer and dissolve into digital dust, emerging again from the dark.

Such powerful history, imagery, colours and depictions that are so recognizable to so many of us, it is incredible to witness such objects and treasures before our very eyes. A must-see this summer, running until August 22nd, 2021.

Most of us haven't been anywhere in quite some time, but the drive to Gatineau is an easy stretch (try making the trip via Highway 30, but remember that there is a \$2.00 toll to pay along the way).

Tickets are very reasonable at \$20 (18 - 64 years of age), \$18 (65+), \$15 (student admission - 13 - 17 years of age, 18+ with proper student identification), \$13 (8 - 12 years of age), \$5.00 for 2 - 7 year-olds, and under 2 years of age, admission is free. There are also special rates of \$50.00 for families (further details online). They may be purchased online at <https://www.historymuseum.ca/queens-of-egypt/> or by their call centre Wednesday - Sunday 9:00 a.m. - 5:00 p.m. at 819-776-7000, toll free at 1-800-555-5621, and TTY for people with hearing disabilities: 819-776-7003. The rates include admission to the other installations on site.



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Ben by Daniel Shelton



According to Dubé, the 18-29-year-old age brackets are the most concerning in the province when it comes to vaccination coverage, with 115,000 people left to reach the minimum 75 per cent target.

Police pursuit over the weekend in Magog

Record Staff

It was a busy weekend for the Régie de Police Memphrémagog (RMP).

On Sunday, July 4 when patrol officers arrested three individuals trying to obtain refunds for items in the Rona home improvement store on Centre Street in Magog. The merchant noticed the abnormal transactions and immediately notified the RPM officers.

The three individuals were taken into custody and their two vehicles were seized as offence-related property.

Two of the individuals related to the intervention appeared in court in the afternoon for breaches of conditions

prohibiting them from being together for similar offences.

On Monday morning, one of the three individuals was released from the RPM police station pending charges, but within minutes of his release, the 35-year-old showed up at the Ultramar gas station at 2380 Principale West to steal the vehicle of a customer whose car was at the gas pumps.

Noticing the key was still in the vehicle, the individual boarded the vehicle and fled the scene in front of four customers who immediately alerted the owner inside the convenience store. As he drove away, the suspect backed into a truck that was parked in the yard and then the

citizens intervened, attempting to stop the fugitive, but he ran into the customers and even ran over the foot of one of them.

The citizens did everything they could to break the window and stop the thief, but without success.

A 911 call was immediately placed and RPM police officers notified their colleagues from surrounding police forces while heading down Highway 10 to try to locate the stolen vehicle.

Two RPM patrol officers chased the fugitive as far as kilometre 85 in the direction of Montréal. At the Bromont exit police officers of the SM Bromont were waiting for him. The two police services pursued the fugitive on Chemin Saxby.

At the Dennison intersection he lost control of the stolen vehicle, ran a traffic light and ended up in the ditch of a nearby lot.

Officers quickly arrested him, but since the suspect was injured he was transported to the CHUS for evaluation. The subject has a lengthy criminal history including two pending charges for hit and run as well as theft and is under a driving driving ban.

The individual will appear at the Sherbrooke Court House on a number of charges including (at the discretion of the crown prosecutor) grand theft auto, hit and run accident, police pursuit, dangerous driving and driving while prohibited.

Second dose

CONT'D FROM PAGE 1

to do so. This structural issue, he said, is what should be resolved as of Tuesday morning.

The Province of Quebec reported 176 new cases of COVID-19 over the weekend, 49 of which were from Sunday. As a result, the total number of people infected since the start of the pandemic increased to 375,195, with 732 considered active. Only one new death was recorded, for a total of 11,218, and the number of hospitalizations decreased to 102,

with 27 in intensive care.

In the Eastern townships there were six new cases added to the overall total since last Wednesday's report, but the number of active cases in the region decreased by one to 13, with two in Sherbrooke, two in the Coaticook area, seven in the Haute-Yamaska, and one in the Pommeraiie. There were no new deaths in the region and the number of hospitalizations remained unchanged at seven, with no one in

intensive care.

The total number of vaccine doses administered across the province of Quebec increased to 8,757,940 on Monday, of which 2,704,281 were second doses. As a result, 71.5 per cent of the population is now vaccinated with at least one dose (81.7 per cent of the population 12 and up), and 33.9 per cent are considered adequately vaccinated.

According to Dubé, the 18-29-year-old age brackets are the most

concerning in the province when it comes to vaccination coverage, with 115,000 people left to reach the minimum 75 per cent target. The health minister expressed a hope that the increased flexibility in second-dose dates and an increase in drop-in vaccination clinics will help motivate stragglers.

The next update on vaccination in the Eastern Townships is expected on Tuesday.

Granby Hospital

CONT'D FROM PAGE 1

François Bonnardel, Quebec's transport minister and minister responsible for the Eastern Townships, told The Record that it was difficult organizing the project and dealing with COVID-19 at the same time. He applauded the efforts made to finish the project on time.

"It was quite difficult, but we started the project about 18 months ago and we finished the project in time, with a budget of \$10.3 million, so we're quite happy about the situation and it proved that it can be done even if we have a pandemic," said Bonnardel.

The Ministry of Health and Social Services invested \$3,972,000 into the project, the Fondation du Centre hospitalier de Granby contributed \$4.5 million, and the balance came from the CIUSSS de l'Estrie - CHUS. Hospital staff even pitched in to the foundation funds.

The new ICU has eight beds, which is equivalent to the old unit, however, Dr. Marc-Antoine Rivard, a specialist

in internal medicine at the hospital, said all of the beds can be used for intubated patients, or those in critical care, whereas it used to only be four.

There are also bathrooms in each room, the doctor explained, which was not always the case. In the previous ICU, there was one bathroom for the entire floor. This is one of the many upgrades that the hospital's team believes will make patients feel more comfortable.

The Record also asked Bonnardel about the ongoing negotiations between the Quebec government and the unions representing health professionals and technicians. The hospital is one of many throughout the province struggling to attract and retain staff.

"They are demanding some more salary, and that's a negotiation that Sonia Lebel is having with all of the unions," said Bonnardel, adding that he would not speak on behalf of the minister responsible for government administration.

Unions have vocalized their displeasure with the Coalition Avenir Québec government throughout the past year. Health professionals and technicians believe they are overworked and underpaid, which has subsequently led to a worsening worker shortage.

"I think it is a problem all over Quebec, it is not just here. We are trying to recruit [...] but it is a very complex issue, and we hope that having a new unit will help recruit new people and that they are going to stay," said Rivard.

He added that the hospital's administration is currently handling the worker shortage as best as it can, and the ICU will be up and running on Wednesday. Stéphane Tremblay, president and CEO of the CIUSSS de l'Estrie - CHUS, said the government has been transparent with unions.

"There are a lot of discussions between the government and the unions, so I prefer to leave the discussions at the right place, but just

to reassure you that I have exchanged with different unions, we have four unions, the collaboration is very good," said Tremblay.

He told The Record that the new intensive care unit will at least improve the quality and security of health for every patient who needs intensive care. He said it is a big step for the medical and professional team at Granby Hospital.

Tremblay said the hospital needed an upgrade as the population in Haute-Yamaska rises steadily every year. And there is a growing elderly population, he continued. There are also plans to follow the same ICU blueprint at the Fleurimont Hospital in Sherbrooke.

"We are building an intensive care unit at Fleurimont for paediatric patients and neonatal intensive care and it will be following the same model, the same medical equipment and features," said Tremblay, adding that he expects that project to be completed by 2023.

Bill Gates was wrong



DIAN COHEN

When Bill Gates was 20 years old he knew the right thing to do was to drop out of school and concentrate on building a computer and its operating system. He's been right about a lot of things in the 45 years since then: a Microsoft product is in more than a billion communication devices worldwide and Bill Gates is the fourth richest person in the world. But he was wrong when he said, "I know there's a farmer out there somewhere who never wants a PC and that's fine with me." Or let me put in another way: farming, circa early 21st century, cannot be done sustainably or profitably without some sort of computer.

That's the conclusion of a myriad of studies of the future of farming - from the World Economic Forum to the Action Canada Fellowship to the Royal Bank study called Farmer 4.0 - all of them suggest that with the correct mix of skills, agriculture could add another \$11 billion to Canada's GDP and make the sector more productive than auto manufacturing and aerospace combined.

Quebec is working on strategies to make it happen - some of them are forward-looking, others sadly not.

Within the next five years, one in four Canadian farmers will be 65 or older with more than 100,000 expected to retire in the coming decade. Meanwhile, fewer young people than ever are entering agriculture. These stats in themselves are not worrying - the number of farms and farmer jobs has been declining for years even as production yields have risen. More worrying is the lack of urgency with which tech-savvy-ness is being promoted.

Farmers on tractors are still iconic images of "country", but it's fast becoming a thing of the past - many farmers are already spending more time in front of screens. Autonomous tractors will soon pull or push machinery for ploughing, tilling, disking, harrowing or planting. All these devices and new technologies require farmer management. Identifying the right product fit as a buyer, knowing how to operate new devices, and understanding the return on investment (ROI) that technology brings as part of their existing infrastructure is crucial.

More and more tasks which used to be done manually are being automated. Weeding robotics can be incredibly accurate and reduce pesticide usage by 90 per cent with computer vision. Drones can help food growers monitor conditions remotely, and even apply fertilizers and other treatments from above. All these require a rethink of the relationship between humans and robots.

In the period before tech platforms are completely intuitive and robots fully autonomous, the skills young farmers will need are platform orchestration and data management. Selecting, aligning and managing all the tools and platforms to increase productivity is still a complex task which requires significant input from tech creators, vendors and farmers themselves. Digital tools such as artificial intelligence (AI), big data, blockchain and the internet of things (IoT) are crucial to entrepreneurs working in farming, especially considering the apparently irreversible trend of fewer and fewer people engaged in farming.

Much of this cannot happen until rural areas are equipped with a high-speed broadband network. Quebec has promised this will be reality in September 2022.

More than a decade ago, Quebec mandated the Commission sur l'avenir de l'agriculture du Québec (the Commission for the Future of Agriculture in Quebec) to assess the challenges of agriculture, analyse existing public interventions, and make recommendations based on the needs for agricultural competitiveness and social needs. The top three recommendations - get rid of the UPA monopoly, get rid of the monopoly-power of marketing boards and get rid of grants that guarantee the prices of certain farm products - have never been implemented, a nod to the power of the farm lobby, which even the government's own commission recognized cost Quebec consumers hundreds of dollars a year. On the other hand, the Organization for Economic

Co-operation and Development (OECD) has said that Quebec's National Rural Policy (NRP) was "one of the most advanced policy approaches to promoting rural development in the OECD area." An important part of the NRP is its labelling schemes, designed to highlight the various "terroirs" (regions) and their respective products (e.g. Charlevoix lamb, Montérégie and Canton de l'est wine).

Quebec's ag industry is a leader in organic production methods and support, has agri-environmental policies with a long-term focus tied to society's concerns and farmers' revenues, and had animal traceability and mental health awareness programs years before other provinces. Quebec's Centre for Agriculture and Agri-foods (CRAAQ) provides a continuum of services where support, knowledge and network access is shared by 5,000 professionals and 15,000 ag and food companies - it includes a land bank program to match new farmers to land and help transfer existing farm business to new operators. All involved agree that the cost of this regulatory framework is a prohibitive amount of paperwork.

Disparate policies seek to balance our ability to feed ourselves with nutritious, environmentally sound and relatively cheap food and our ability to be an export powerhouse. We are transforming the way we produce and market food, but we need to do it faster.

Dian Cohen is an economist and a founding organizer of the Massawippi Valley Health Centre.

Cohendian560@gmail.com

William Farwell Jr (1835-1918): A prominent businessman and Sherbrooke mayor

Gérard Coté (Lennoxville-Ascot Historical and Museum Society) and Jean-Marie Dubois (Université de Sherbrooke)

Street in the North Ward of Sherbrooke was named after William Farwell Jr in 1948. He was a businessman very involved in the economic development of Sherbrooke and of the Eastern Townships, in general.

William Farwell Jr was born in Compton, one of a family of 9 children. He was the son of Harriett Carr (1809-1880) and William Farwell (1804-1876), a merchant. He studied at Sherbrooke Academy, Hatley Academy and Bishop's College in Lennoxville. He began in business in 1852 in Melbourne and then, from 1854 to 1859, he was a general merchant for Kilborn & Morrill in Stanstead QC and Derby Line, VT. Later, he continued as an assistant cashier at the People's Bank (National Bank) in Derby Line, Vermont. In 1860, he married Elizabeth Jane Winn (1839-1925) from Stanstead. They had two sons, both born in Sherbrooke: Edward Winn (1864-1932) and Charles Bowers (1868-1906).

William Farwell Jr settled in Sherbrooke in 1861, where he was a cashier at the Eastern Townships

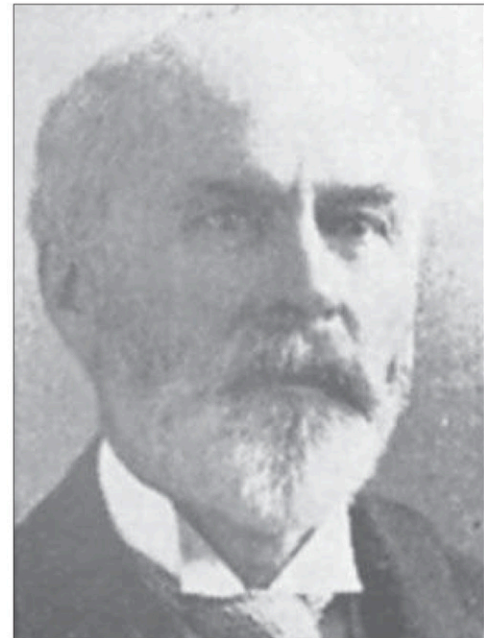
Bank on Commercial Street (Dufferin Street since 1904). In 1879, he became the general manager of the bank, and then president in 1902. He held this position until 1912 when the bank was amalgamated with the Canadian Bank of Commerce. He sat on the board of the bank until his death. His picture appeared on the 1873 five dollar bill of the Eastern Townships Bank and later, in 1906, on the six dollar bill. In 1896, Farwell was elected vice-president of the Canadian Bankers Association.

From at least 1879 to 1902, William Farwell Jr lived above the bank. He eventually moved to 60 Dufferin Street (presently the 446 Duferin Street, and presently named the Ritchie Home). He remained there until his death. His son Edward Winn Farwell lived with his father until 1902. Around 1902, Edward Winn had become an inspector for the Bank and from 1909, he was manager of the Sherbrooke branch.

Along with his banking work, William Farwell Jr was in 1870 one of the promoters of the St. Francis and Megantic International Railway, that became in 1879 the International Railway. This railway had started in 1871 at the Grand Tunk Railway in Lennoxville, gone as far as Bury in 1875 and Megantic in 1879. In 1887,

it was taken over by the Canadian Pacific. Between 1871 and 1877, Farwell was also involved in several Sherbrooke pulp and paper companies: Sherbrooke Paper Box Co., Smith, Elkins & Co., Sherbrooke Pulp & Paper Co. In 1892, he invested in the St. Francis Mills Co., the former C. S. Clark of Brompton Falls, that would be bought back in 1898 by the Royal Paper Mills in East Angus. Farwell was also president of the Sherbrooke Hospital from 1905 to 1913 and then honorary life president. He finally sat on many board of directors: International Coal & Coke, Canadian Rand Drill, Jenckes Machine Co., Consolidated Mining and Smelting, Drummond County Railway, South Eastern Railway, Empire Trust Co., Montreal Hospital for the Insane, St. Francis League for Prevention of Tuberculosis, Sherbrooke Railway and Power and Bishop's College.

In 1903, campaigning against the municipalization of the electric power in the city, William Farwell Jr became the 25th mayor of Sherbrooke, which he was until 1904. He was alderman from 1904 to 1906 and was again mayor in 1907-1908. At that point, a referendum was held on the the municipalization of the electric power in Sherbrooke and the yes side won. While he was



GAUDREAU, AMÉDÉE (1954) LES MAIRES DE SHERBROOKE. SELF-PUBLISHED, SHERBROOKE, P. 28

mayor, Sherbrooke gained home mail delivery service. In 1907, Bishop's University awarded William Farwell Jr an honorary law doctorate for his banking career. He died in 1918 in his Dufferin Street home and was buried in Elmwood Cemetery with his wife and two sons.

Where are they now: Sarah Rogers

By Gordon Lambie

Sarah Rogers wrote for The Record between the Summer of 2007 and the end of 2008 but said that, even in that short time, working for the paper proved to be an important stepping-stone for future work.

"It presented to me a really interesting challenge that I wanted to take on, but I remember feeling really nervous about that," she said, sharing that the job was her first in Quebec. "It ended up being a really great way to improve my French and learn, because you're just sort of thrown into it."

These days Rogers is reporting for Nunatsiq News, which covers news for communities in Nunavut and Nunavik, but she said that she came to Sherbrooke from work in Alberta because her partner was from Quebec.

"I have some really good memories of being there," she said, expressing particular gratitude for the support and mentorship of veteran reporter Rita Legault. "I was really lucky to have her as a mentor because she had been in the region for so long."

Rogers said that Legault made a point of introducing her to other reporters and people in the community, which helped to show the value of being well connected in the work of a community journalist.

After her time at The Record, Rogers said that her family travelled north because her partner got a teaching job in Nunavik. It was during this time, she said, that she first made contact with Nunatsiq News through various freelance contracts, although she didn't start working there full-time until after a brief return to Sherbrooke.

"I'd had my second daughter at that point so it was a little harder to travel," she said, explaining that although her

new baby was only three months old, the contract that came up to be the Townships reporter for the CBC seemed like one not to be missed.

"I had a neat time learning the ropes with radio," she said, noting that she was on the job with the national broadcaster at the time of the Lac-Mégantic explosion, among other local events. Ultimately, however, Rogers said that radio was not for her.

"I think at the end of the day I realized that I didn't like the public personality I had to have to work in radio," she said. "I'm really a print journalist at heart."

Although the reporter said that she always imagined herself moving towards work for a larger daily newspaper in some big city or another, her experiences working in smaller communities have proven to be the most fulfilling.

"I think that's because of the advocacy you feel like you're doing for these often-underrepresented communities," she said, sharing that this is particularly the case working and living in northern communities. "There is very little media coverage and very few journalists present in the region."

Looking back to that idea of getting to know community members in order to be able to tell their stories, Rogers pointed out that the way people talk about isolated communities is negatively impacted by long-distance reporting.

"The journalism community in Canada has come a long way as far as how we approach stories about Indigenous or marginalized communities, but I still think there's a lot of stereotyping and really narrow ideas about what happens in the north," she said. "If you're a reporter based in Ottawa or

Montreal and you've never been to the north, and you're trying to report on it, it's really hard to get that full story."

In terms of her time working for Nunatsiq News, Rogers said that she spent some time living in Iqaluit and Nunavik, but also did a fair amount of travel back and forth.

"I'd do five or six trips a year, usually focused around covering a government meeting, then stay on for a week or so after," she said, explaining that it is in that time afterward that she could build the connections and relationships needed to provide a broader picture of peoples' day-to-day lives. "It takes a really long time to build up that kind of trust in communities."

Asked about what she feels Canadians are missing in conversations about life in the north, Rogers said that reporting often highlights present-day issues without looking at the history and the trauma behind them.

"I'm constantly faced with having to report on high rates of 'fill-in-the-blank'," she said, naming suicide, poverty, and high school dropouts as a few examples. Speaking at a time when many are becoming more aware of the ways in which Indigenous Peoples in Canada have been systemically mistreated or abused over the course of the country's history, Rogers added that, "it always takes an awful traumatic event for people to dig in."

School drop-out rates, or a reluctance to trust the healthcare system, look different, she noted, in a community that has suffered repeated intergenerational trauma through institutions such as schools and hospitals in the past.

"Now there's a few more people reading the final report of the Truth and Reconciliation Commission," she said. "We're understanding it better,



COURTESY

but there is still stuff missing."

Although Rogers remains committed to sharing the stories of northern communities, she shared that she is struggling a little bit at the moment due to the fact that she has been outside of the regions she reports on for two years now.

"In 2019, I took a leave of absence to do a journalism fellowship at (The University of Toronto), and that ran into 2020," she said, explaining that once the pandemic hit, quarantine restrictions kept her away.

"It has been hard to not be up north at all for two years, because every trip you do reinvigorates those connections," she said, sharing the hope that with a second vaccine dose now behind her, she'll be heading back soon, in person.

New summer student at the Missisquoi North Volunteer Centre



THE SCOOP

MABLE HASTINGS

Meet 15-year-old Aryane Bahl who has been hired as the new summer student at the Missisquoi North Volunteer Centre (CABMN) where she will assume the role of Receptionist and multi-functional super girl for the next eight weeks.

Aryane is the daughter of Yannick Bahl (WAX Ski Shop) and Fanny Boulais (Mansonville Elementary School Principal). She has one brother, Alexy and she proudly announces the

addition of a family dog named Lylou. Given her family's interest is sports it is not surprising that she has been in the Owls Head ski Club for seven years and intends to continue for as long as she can.

"Skiing is a part of my life," shares Bahl. "I'm proud to say that I excel in my age group which is made up of both boys and girls."

Aryane loves to read and enjoys spending hours shopping for books and added to her list of hobbies is : jewelery making, clothes shopping, music and she even played the piano and sang when she was younger. Aryane is a student going into secondary five in the fall at LaRuche in Magog. She says that she has good grades but being top of her class in some subjects always varies from year to year. She is one of two students in the entire school who is in two different "sport-etude" programs (skiing and swimming).

"School is very important to me," says Bahl. "I will always do my best to keep good grades and to pursue partaking my my favorite sports," she

added.

Bahl took part in the CABMN youth programs as a member of the Girls Group and also participated in Saturday Dance Group. She performed in some of the annual talent shows and was always a youth who supported others. Regardless of the age, Aryane was willing to work with all other members of the group and to offer her encouragement and help if needed. Pursuing her skiing meant that she could not always participate but when she could, she was there.

"I don't know exactly what I want to do in the future," she said. "I still have time to figure all of that out. I do know that I want to live a little before starting a career (travel around the world, do some ski trips...)"

Aryane is looking forward to learning about the CABMN Volunteer Centre, a non-profit charitable organization. She has already managed in her first week at the CAB Main Office to capture the respect and friendship of the staff. Quickly referred to as a multi-functional quick learner, Aryane is



KRYSTEN VANIER

already a member of the team!

To reach the CABMN call 450-292-3114 or visit the website at www.cabmn.org.

EDITORIAL

Despite the Habs' poor record these past few years, I have elevated my fandom all out of proportion. No mere fair-weather fan am I.

The hockey gods must be crazy

By Kyl Chhatwal

I got to be a hockey fan the way many people do: jumping on a bandwagon. The year was 2011, and the Vancouver Canucks were the best team in the NHL, having dominated in the regular season and run away with the President's Trophy.

I was living in Toronto at the time, and (predictably) the Leafs didn't even make the playoffs that year.

Yet this Canadian team out west was tearing up the standings. Bars in my neighbourhood were full of fair-weather Canucks fans. I became one myself.

Walking the streets of Toronto that spring, you would think you were actually in Vancouver, with all the blue and green sweaters about. The daily temperatures were very agreeable, as though all us fair-weather fans had somehow made the weather itself more like Vancouver's.

Of course, the Canucks' sunny Cup run that year ended in stormy disaster. The team lost in the seventh game of the Stanley Cup Final to Boston and the famous Vancouver riots ensued.

A year or so later, I moved to the province of Quebec. And thanks to my previous bandwagon experience—and thus my cultivated hatred of the Boston Bruins—becoming a Montreal Canadiens fan seemed like a natural next step.

Of course, in becoming a Habs fan back then, I wasn't exactly jumping on any bandwagons. Not that the Canadiens were a terrible team. In 2014, for example, they made a respectably deep run in the playoffs.

But since that time... not much to write home about. Until this year of course (but let's not get too far ahead of ourselves).

Despite the Habs' poor record these past few years, I have elevated my fandom all out of proportion. No mere fair-weather fan am I.

I don't just tune in for the playoffs. I follow the entire, absurdly long 82-game season. Whether they're winning

or losing. (Especially if they're losing.)

I sacrifice sleep to watch road games out west. I tune in to the intellectual blackhole of sports radio. I listen to all that boneheaded, between-game analysis like it actually matters.

Why do I do these things? Why does anyone invest themselves emotionally in a sports team? Only one team wins a Stanley Cup each year. That means 30 other fan bases are left disappointed. That's not very good odds.

Even if your team wins the Cup, the victory is short-lived. In the off-season, your favourite players get traded away (typically because of contracts and money, as though these players aren't rich enough already).

In the fall, your depleted team limps back onto the ice and the whole crazy process starts all over again.

But the moment your team hoists the Cup, that's worth all the anguish, right? Some would say yes. Truly long-suffering Habs fans will talk about 1993—the last time the Habs won—with the kind of nostalgia usually reserved for memories of first love.

You would think that the Habs' miraculous playoff run this year has been a source of incandescent pleasure for fans like me. Yet my anxiety over this team has never be higher.

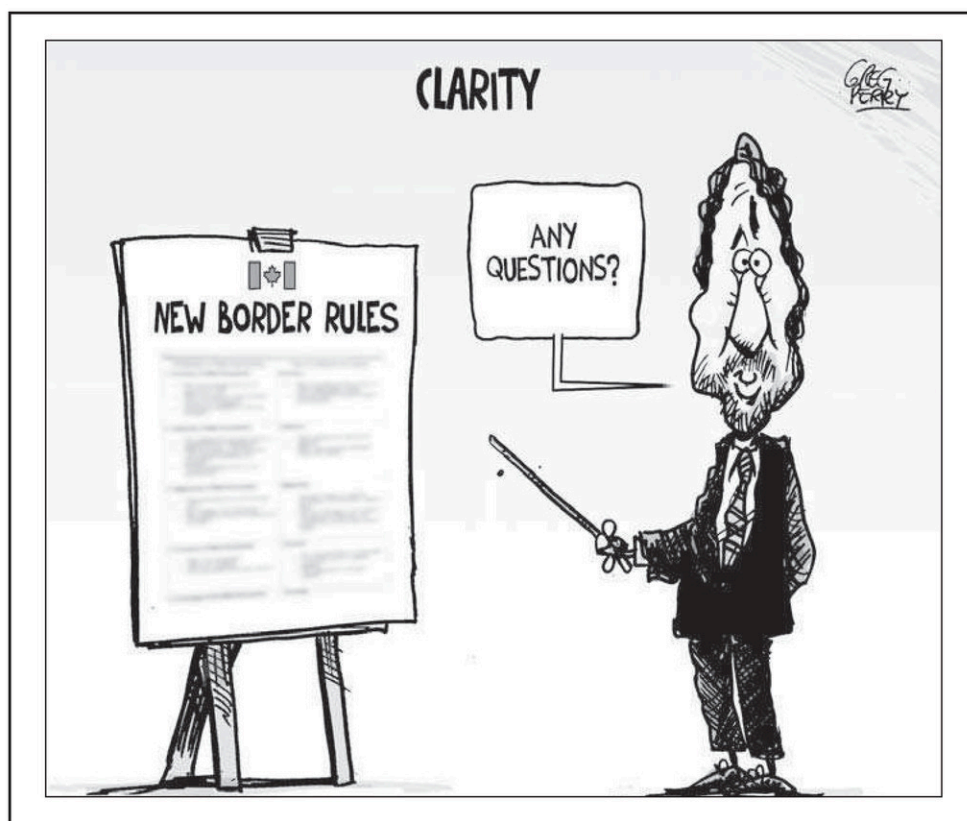
Each time they won a round, I was happy, sure. But in the back of my mind was the nagging awareness that defeat might still loom.

Unless they win the whole darned thing, of course. Which is the only outcome that can possibly scratch the sports fan's itch.

In 2011, a friend of mine who grew up in Vancouver—and was not just a bandwagon Canucks fan like me—did not seem to be enjoying her beloved team's playoff run very much at all.

In fact, she looked miserable. She could barely watch a game. She shut herself in her apartment whenever they played and forced herself not to check the score.

"You have no idea," she told me gravely, "how long we've been waiting for this." The Canucks had never won



a Cup, and they didn't that year either. After that calamitous game seven, my friend, who is Jewish, joked that she would now be sitting shiva. (Or maybe she wasn't joking?)

As I write these reflections, the Canadiens have lost three straight games to the despised Tampa Bay Lightning. Things are *not* looking good. Yet they were also down against

Toronto and seemed defeated then. They bounced back and won. Hope tortures eternal.

Of course, as you read this, on a Tuesday morning, the Canadiens may have already been swept and the whole accursed playoffs might be over.

In that case, if you want me, I'll be home sitting shiva. Or at least until next season begins.

Why I Love The Record

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We recently asked readers why they enjoy reading the paper every day. Here is what they had to say:

The Record keeps me aware of local, provincial and Canadian national news.

Interesting editorials

I especially enjoy reading the "My Takes", and I respect their comments.

As a Townshipper and longtime supporter of The Record, I enjoy the following: TALK: Your weekly guide to Townships Culture and Country Connection by Jessie Pelletier.

Great memories for me, because I remember many of the country-western bands and the players. I even attended many dance halls mentioned in her research.

She does a very good job interviewing the musicians for her write-ups. It is very inter-esting to read. I am really looking forward for country music to return to Burroughs Falls.

The Record is very interesting for daily readers. Thanks to all for the good work.

HARVEY

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

Expos steal win over Big Bill, collapse in loss against Pirates

Record Staff

Two weeks into the season, the Sherbrooke Expos sit at two wins and two losses, and they have already proved that they can swing for the fences with a high-powered offence and pull out ahead in a tight, defensive matchup.

After being dominated by the Coaticook Big Bill in game one of the Ligue de Baseball Majeur du Québec (LBMQ) regular season, the Expos responded with a 2-1 victory over their regional rivals on Friday evening at Amédée-Roy Stadium.

Tyler Havlena, a new addition to the squad this summer, propelled Sherbrooke over the Big Bill with a two-run single in the bottom of the fifth inning. Havlena brought in Expos standout Ismael Pena and Nelson Ercia Jr for the win.

Maxime Lavoie put the Big Bill ahead in the fourth inning with a single to the outfield that helped Anthony Quirion reach home plate. However, Sherbrooke's starting pitcher Oscar Rodriguez was lights out on Friday, allowing only two hits for his first win of the season.

According to a press release, there were roughly 200 spectators at the stadium, despite the Montreal Canadiens playing in game three of the Stanley Cup Finals. The Expos followed up a stingy win with a tough 12-8 loss to the St-Jean-sur-Richelieu Pirates on

Saturday.

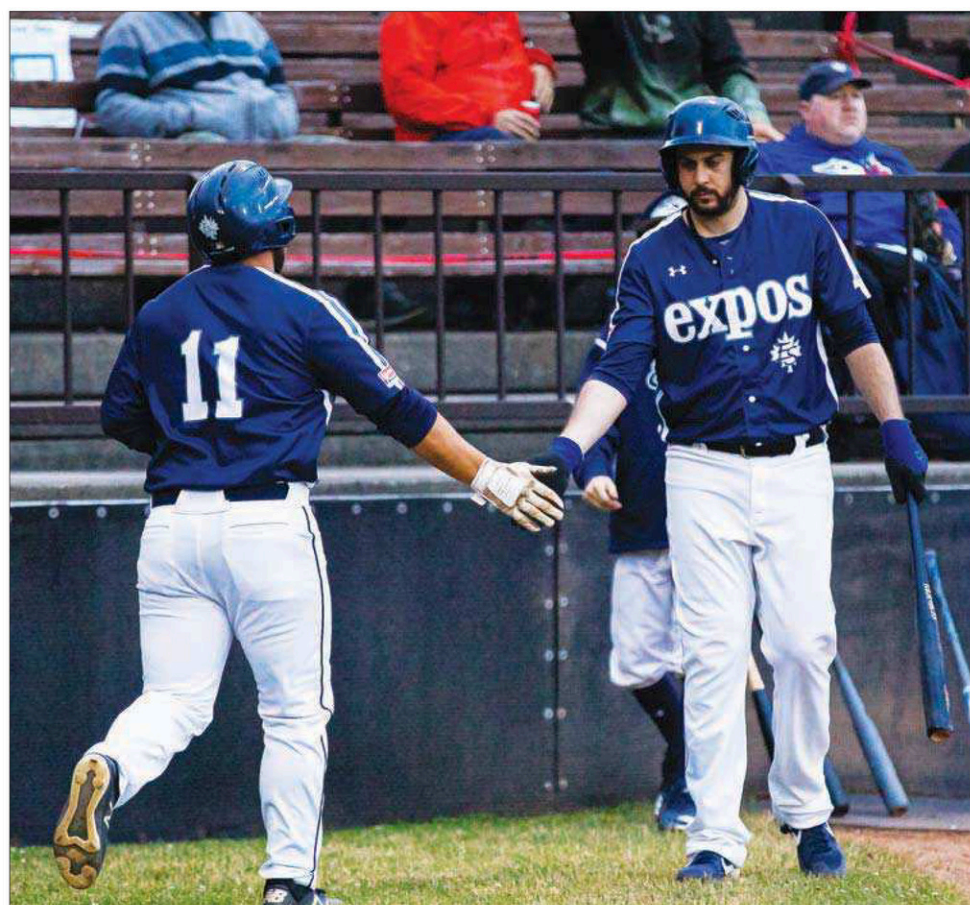
It was a game marred by errors, as the Expos blew two significant leads. Sherbrooke was up 6-0 at one point, and 8-3 later in the game, but the Pirates clawed back, scoring six runs in the sixth inning. The Expos struggled on the mound, giving the Pirates some life.

St-Jean-sur-Richelieu's Nicolas Loiseau led the comeback after he struck a ball to Expos second baseman Christophe Jutras. Jutras committed an error, which in turn allowed three Pirates' runners to get on the board.

Expos pitcher Claudio Ortiz only gave up three hits to the Pirates before being pulled from the game. Sherbrooke's reliever Samuel Greene was given the loss. The Expos will have a week to regroup before taking on the Pirates again next Friday at Richard Lafontaine stadium.

Sherbrooke will also face the Montreal Jets Saturday afternoon, and they take on a dangerous Thetford Mines Blue Sox team Sunday afternoon. Both games will be held at Amédée-Roy stadium. The Expos have divided the stadium into two sections of 250 spectators.

Sherbrooke has also reminded its faithful fans to respect health and safety measures. People inside the stadium must wear a mask and maintain a physical distance in order for the team to continue the team's partnership with the city of Sherbrooke.



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Datebook

TUESDAY, JULY 6, 2021

Today is the 187th day of 2021 and the 17th day of summer.

TODAY'S HISTORY: In 1785, Congress chose the dollar as the monetary unit of the United States.

In 1854, the Republican Party was formally launched at a convention in Jackson, Michigan.

In 1885, Louis Pasteur successfully tested his rabies vaccine on a boy who had been bitten by a rabid dog.

In 1892, 16 people were killed during fighting between guards and striking steelworkers at a Carnegie

Steel Co. plant in Homestead, Pennsylvania.

In 1942, diarist Anne Frank and her family went into hiding in a "secret annex" in a warehouse in Amsterdam.

TODAY'S BIRTHDAYS: Frida Kahlo (1907-1954), painter; Nancy Reagan (1921-2016), actress/first lady; Merv Griffin (1925-2007), TV personality; Janet Leigh (1927-2004), actress; Tenzin Gyatso (1935-), 14th Dalai Lama; Ned Beatty (1937-2021), actor; George W. Bush (1946-), 43rd U.S. president; Sylvester Stallone (1946-), actor; Geoffrey Rush (1951-), actor; Brian Posehn (1966-), actor/comedian;

50 Cent (1975-), rapper; Kevin Hart (1979-), actor/comedian; Pau Gasol (1980-), basketball player; Manny Machado (1992-), baseball player.

TODAY'S FACT: Future Beatles bandmates John Lennon and Paul McCartney met for the first time at a fair in Liverpool, England, on this date in 1957.

TODAY'S SPORTS: In 1957, Althea Gibson became the first Black athlete to win a tennis title at Wimbledon.

TODAY'S QUOTE: "Laughter heals all wounds, and that's one thing that

everybody shares. No matter what you're going through, it makes you forget about your problems. I think the world should keep laughing." - Kevin Hart

TODAY'S NUMBER: 49,200 - fans in attendance at Major League Baseball's first All-Star Game, held on this day in 1933 at Comiskey Park in Chicago. The American League defeated the National League by a score of 4-2.

TODAY'S MOON: Between last quarter moon (July 1) and new moon (July 9).

Yam vs. sweet potato: A reference guide to food differences

By Mark Kennedy
The Associated Press

You're at the supermarket and a recipe you're shopping for calls for rutabagas. Don't see any? Can you substitute turnips?

While you're thinking about that, you've also been asked to pick up some condensed milk. Isn't that really just the same as evaporated milk?

The answers to those and other vexing kitchen-based questions can all be found in the insightful book "What's the Difference?: Recreational Culinary Reference for the Curious and Confused."

Author Brette Warshaw wades into the potentially fraught worlds of jam versus jelly, broth and stock, the various types of regional barbeque, pie versus tart, and the potentially combustible differences between grinders, heroes, hoagies and subs.

"I feel like this hopefully can help fill in the gaps for people," she said. "And even if they do know the difference, hopefully there's some other fun facts they can take away to make their knowledge more well-rounded."

The entries - nicely illustrated by Sophia Foster-Dimino - are short and tight, showing off Warshaw's journalist roots, and sometimes betraying the author's opinion.

Take her entry on Parmesan versus Parmigiano-Reggiano. The latter is strictly regulated and refers to cheese from a specific Italian region, while the former has looser standards and doesn't even have to be 100% cheese. She notes grated supermarket Parmesan can have cellulose, an anti-clumping agent made from wood pulp.

"To me, what felt egregious about the whole situation is that all sorts of stuff could be passing as Parmigiano-Reggiano and it's definitely not the same thing," she said. "I definitely whip out opinions sometimes and that felt like an appropriate place."

But she's not being judgmental. Her fiancé has been known to sprinkle some grated Parmesan on his pizza and she says that's OK: "The crime is not actually eating it. If you want to eat it and you like it, no judgment there."

Sometimes Warshaw's research discovered no difference between commonly confused items. Readers may be shocked to discover that button, cremini and Portobello mushrooms are all the same type of mushroom.

Or they may be stunned to find out that shrimp and prawns are completely different creatures but pretty much taste the same. "That's an interesting one, where it's like there is definitely a difference. But, in

the end, it kind of doesn't matter."

The book emerged from a newsletter Warshaw started in 2018 which addresses the differences between all kinds of things, like how sea lions and seals are not the same and why balconies are not terraces. It started with a simple question.

"I had been debating with friends about the difference between a sweet potato and a yam and realized I didn't know the difference," she says. "I was kind of upset by that."

Warshaw turns out to be a person who finds a gap in her knowledge and really doesn't walk away, shrugging. "I did a little bit of research and then realized how many other questions I had that were of the what's-the-difference variety."

For the book, Warshaw concentrated on food and beverages, leaning on her own food knowledge that she'd built up at stints working at Food52 and Lucky Peach magazine.

Karen Rinaldi, senior vice president and publisher at Harper Wave, helped convince Warshaw to focus the book as a culinary resource, calling her a creative and naturally curious person with a wide-ranging brain.

Rinaldi cooks all the time and still finds things confusing, like the differences between IPA, pale ale and pilsner. The entry she most appreciates is on cobbles, crisps, buckles and crumbles: "That was the

one that just delighted me because it slotted into a question that we have all the time. Now I know."

One of the exasperating questions many consumers debate is competently dealt with: What's the difference between canola and corn oil, much less grapeseed, peanut, safflower and vegetable oils?

"Something that a lot of people maybe don't know is that any sort of neutral oil is pretty much fine for the same sort of purpose," she said. "I think that's actually a difference that hopefully makes your life a bit easier - to know the basics of what you really need and what can be swapped for each other."

Oh, and for the record: Rutabagas are not the same as turnips, and don't confuse condensed milk with evaporated milk.

One never-finished entry still haunts Warshaw, the one that got away: What's the difference between frosting, icing and glaze? It seems basic but tons of her research hasn't produced an adequate response.

"I still don't really have the answer there or a definitive answer. The answer might be that there is no definitive answer. But that's a tough thing to accept. So I think I'm still going to be trying to get to the bottom of that one."

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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

ONLINE

Mental Health Estrie invites you to a free virtual information session in English: "Drug Interactions: The effects of alcohol and other substances on your prescription medications" presented by

Pierre-Olivier Fortier, pharmacist and owner of Familiprix in Lennoxville and Waterville. This event is open to all and will be held on Wednesday, July 7th from 7-8 pm on ZOOM. To register, email Emily at outreach@mentalhealthestrie.com or call (819) 565-2388. For more information visit our Facebook page or website at www.mentalhealthestrie.com

RICHMOND

The Richmond County Historical Society has been documenting our experiences with the pandemic to leave a record of our experiences for future generations. Covid Conversations Art Exhibit, July 10 & 17, August 7, September 11, from 1-4 p.m. Book your visit at president@rchs-shcr.ca



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SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

7/6

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PREVIOUS SOLUTION

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

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

- ACROSS**
- 1 Burnish
 - 5 Min. fraction
 - 8 Flavor enhancer, for short
 - 11 Nobel Prize city
 - 12 First-quarter tide
 - 14 — — premium
 - 15 Four quarters
 - 16 Ms. Gluck
 - 17 Dollop
 - 18 Miniature
 - 20 Branch of physics
 - 22 Eland cousin
 - 23 "Oh, gross!"
 - 24 Eyes impolitely
 - 27 Longer
 - 29 Neptune's kingdom
 - 30 In exile
 - 34 Digs up
 - 37 Constantly, to Poe
 - 38 Dad's sister
 - 39 Nulls
 - 41 Throw
 - 43 Bond rating
 - 44 Releases (2 wds.)
 - 46 — Downs (racetrack)
 - 49 Pack it away
 - 50 What the suspicious smell (2 wds.)
 - 52 Down Under birds
 - 54 St.
 - 55 Horse's brake
 - 56 "Mona —"
 - 57 — diem
 - 58 Mouths, in biology
 - 59 Wineglass feature
- DOWN**
- 1 Tarzan's son
 - 2 Exploited
 - 3 Defect
 - 4 Silo filler
 - 5 Foul up
 - 6 Sushi fish
 - 7 Hunter's garb
 - 8 Orlando cagers
 - 9 Soup base
 - 10 Yaks
 - 13 Ancient scrolls
 - 19 Med. personnel
 - 21 Before Wed.
 - 24 Buckeye campus
 - 25 Mil. rank
 - 26 Resin
 - 27 Trading center
 - 28 Switch positions
 - 30 "— -Hur"
 - 31 The lady letters
 - 33 JAMA readers
 - 35 Boathouse items
 - 36 Coarse
 - 39 Phaser blast
 - 40 Artists' stands
 - 41 Pant
 - 42 Make a sound
 - 43 Prudential competitor
 - 44 Frog step
 - 45 Black-and-white snack
 - 47 Not mention
 - 48 Think on
 - 51 Broadcast
 - 53 "Casablanca" pianist

Answer to Previous Puzzle

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

7-5

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CELEBRITY CIPHER

by Luis Campos

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

“ WOHWCO HGFOI DBE T XBPO DH
 SKNX OIOVJE, FXBF T IOPOV DFHW;
 LKF FXBF'D RXBF TF FBZOD FH
 BNNHSWCTDX EHKV JHBCD.”
 — 50 NOIF

Previous Solution: “I'm an old-school, embarrassing Joni Mitchell fan. ... I even sing her songs as lullabies to my kids.” — Edie Falco
TODAY'S CLUE: M sjenba R

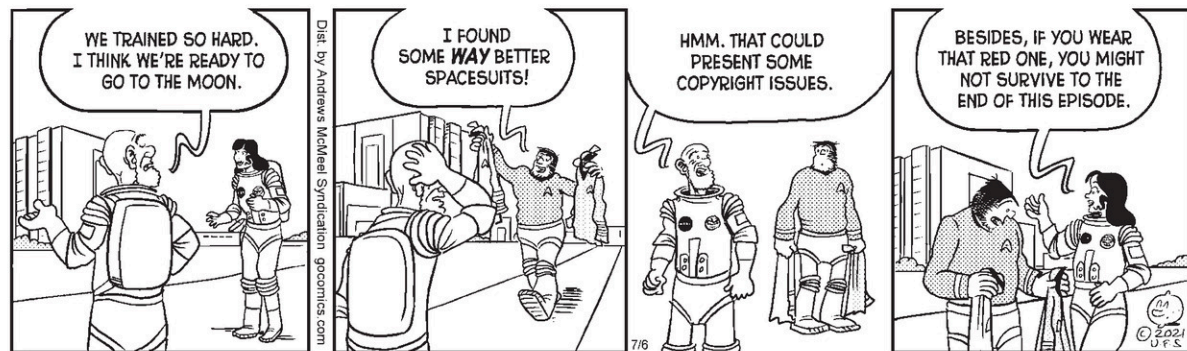
REALITY CHECK



HERMAN



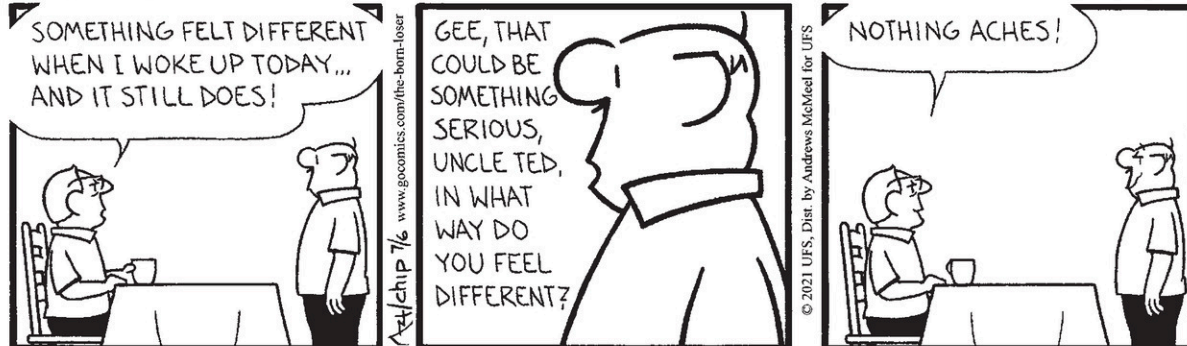
ALLEY OOP



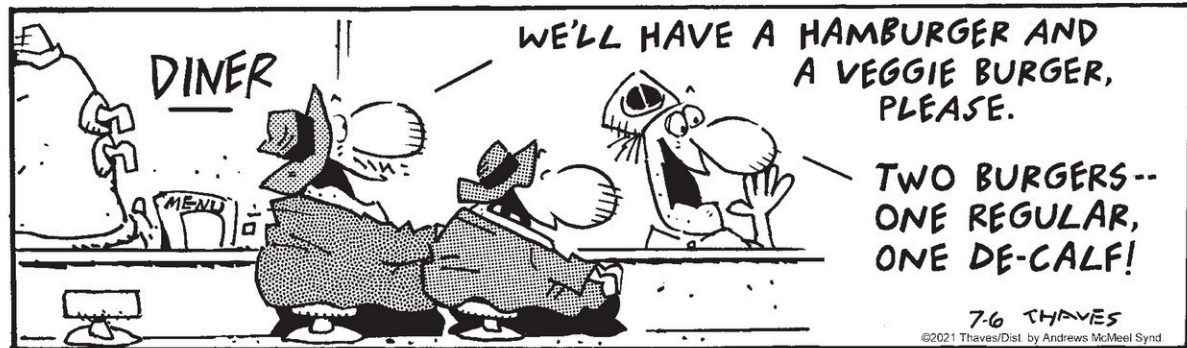
ARLO & JANIS



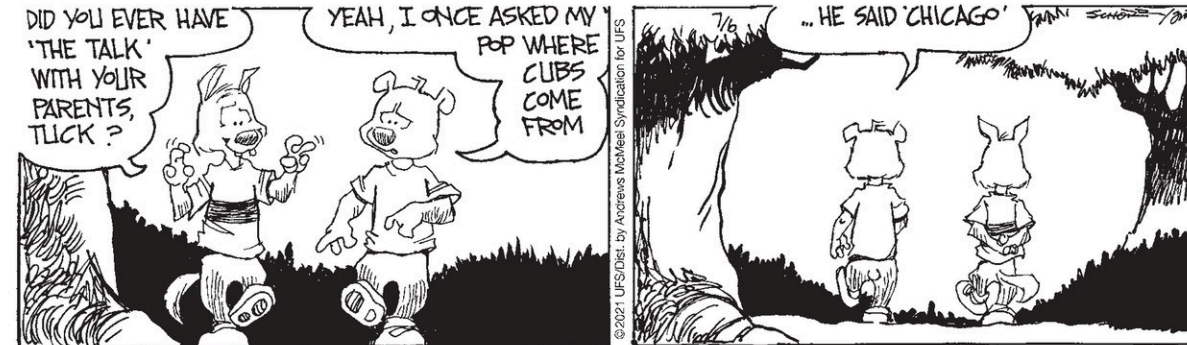
THE BORN LOSER



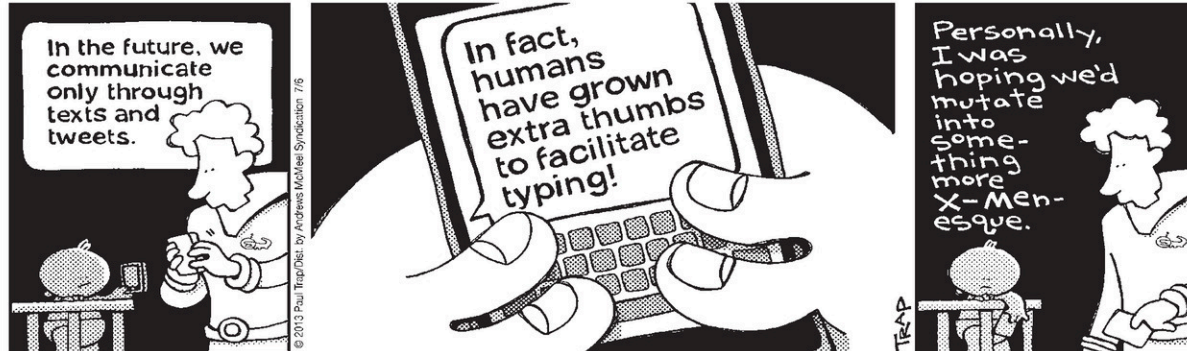
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Sister obsessed with conspiracy theories

Dear Annie

TUESDAY, JULY 6, 2021

Dear Annie: My sister and I reunited about five years ago after not speaking for at least 10 years. Unfortunately, we did not have a good childhood; as we got older, our own dynamics grew toxic, and I had no choice but to keep her away. I was glad that we started talking again earlier this year, but since we have reconnected, I have noticed some quirks. She believes in a lot of conspiracy theories and practices a religion that has some strange beliefs. She says very hateful things about certain groups of people. Sometimes, we will be enjoying ourselves at the mall or at lunch, and seemingly out of nowhere, she will start espousing some of her crazy or hateful beliefs. She has also done this around my children. Another thing is that she randomly gets incredibly frightened and calls me crying and begging me to buy supplies for her in case it's the end of the world, or to loan her money to leave the country because she believes the government is trying to kill her. She gets all her information from videos she finds online. I have begged her to stop, and I try to be patient, but it's upsetting to me, and I stay stressed for days after one of her episodes. I don't want to lose my sister again, but our relationship is wearing me down. Can you help? – Sad About Sis

Dear Sad: The internet has flooded the world with conspiracy theories. Millions are lost in that sea, while the rest of us, their friends and family, stand waiting at the shore. In your sister's case, it sounds as though there might be a deeper issue at play. Her extreme paranoia suggests an underlying mental illness. While you can't force her to seek help, you can encourage her to do so.

First, empathize with her anxieties. The modern world can be an overwhelming, frightening place right now; history seems to be moving at an alarming clip. Technology does raise legitimate privacy concerns. You can understand where she's coming from without agreeing to where she's ended up.

Ask how she's doing. Let her know that you've been concerned lately, because her fears seem to be causing her a lot of distress – such as the times when she called you asking for money to flee the country. Encourage her to consider talking with a counselor.

Whether or not she agrees to get help, you can help yourself by setting better boundaries. Let her know you won't tolerate any hate speech; the second she starts that up, firmly excuse yourself. For relief from the burden of shouldering this weight alone, visit <https://www.nami.org>; select "Support and Education"; then "Support Groups." From there, you'll find the link for family support groups. Meetings are free, and the peace of mind they can offer is priceless.

Dear Annie: I would like to start downsizing and have yard sales. But I have hoarders living next door to me. All we have, we have taken good care of, and I don't want to see these items sitting carelessly out in the rain and snow for months between now and the time we move. How do I tell my neighbors that they cannot purchase any items? – Nervous Neighbor

Dear Nervous Neighbor: You could try selling some of the furniture online, on

platforms such as Facebook Marketplace or Nextdoor – but those can raise safety concerns. Ebay is another option, although the costs of shipping can be high. Of course, you can have a yard sale without any price stickers and give your neighbors an unreasonably high price point if they inquire. But the fact of the matter is that if you're going to sell something, you need to relinquish control of what happens to it afterward.

Dear Annie: My longtime best friend of 15 years and I entered into a romantic relationship in March of last year. It was a nightmare from almost the very beginning. There were faults and failures on both sides, but ultimately, it ended when it came to light that he had not only been cheating on me but also gotten the other girl pregnant!

The breakup has left me very confused and deeply hurt and traumatized. I miss my best friend more than anything. We've had no contact for more than a month now, but lately the urge to reach out to him has been overwhelming. What do I do? Is it better to leave things as they stand? Is reaching out a bad idea? – Missing My Best Friend

Dear MMBF: Wounds can get itchy when they're healing. That doesn't mean we should scratch them. The longing you feel to talk to your ex right now is an itch that shouldn't be scratched. Take time to mend and focus on your own mental health and personal development. Try new hobbies. Establish positive routines. When you feel yourself wanting to reach out to him, reach out to another friend instead. It won't be easy, but it will get a little bit easier every day.

Dear Annie: The world is full of self-righteous people. I have a few strategies to avoid becoming one, which I thought you might share with your readers.

First, I have learned that being empathetic – always trying to understand where the other person is coming from – and a good listener goes a long way, not just in conflicts but in everyday life. When a friend is venting about a problem, don't interrupt. Take a deep breath. Just listening will be much more helpful to them than armchair diagnoses.

Second, I forgive myself and others in my life every day. I will myself to do so even when I don't feel like it.

And lastly, I have a sign on my desk that I look at before I call anyone about anything. It says, in big bold type, "NO 'YOU' STATEMENTS." I invite all to do the same. – Big T.

Dear Big T: I think your sign ought to come pre-installed on desks. Thanks for the thoughtful tips.

Dear Annie: Your response to "Wrongfully Accused," the man in the long-distance relationship with a woman who wrongly accuses him of infidelity, misses another possibility. She may have a paranoid delusional disorder known as Othello syndrome. Those diagnosed with it are unable to distinguish between reality and their delusions that a spouse or partner is being unfaithful. My wife of 35 years is continually tormented by these thoughts, and it causes great stress in our marriage. But I would never leave her. – Faithful Husband

Dear Faithful Husband: Until receiving your letter, I had never heard of Othello syndrome, which is "a psychotic disorder characterized by delusion of infidelity or jealousy," as noted in the Journal of Psychiatry and Clinical Neurosciences in 2012. Although it's a rare condition, it's a possibility worth considering, for sure. Thank you for writing.

Dear Annie: I believe you missed the tongue-in-cheek nature of the letter written by "Simply Smitten." Clearly, the letter is written in the voice of the dog. There were several clues, not the very least of which is when the letter writer stated, "I guess Laura is turned off by my puppy love." If you hadn't figured that out already, reread the letter with this in mind. – A Dog Lover

Dear Dog Lover: Oh, dear. I think you're right – and in that case, I'd like to take back my advice that he should seek therapy. Thanks for the reminder not to take everything so seriously.

Dear Annie: When I was a child, I had many chilling things happen to me. I barely remember some incidents, and they don't seem to affect me now – well, other than the mental illness running through my entire body.

Anyway, as a 47-year-old looking back, one thing still hurts me to the core and brings tears to my eyes as I write this: I miss my sister. And I miss her because there is this huge divide between us stemming from something that happened when I was 17. I was forced to reveal to her and my mother, at a psychiatric treatment facility for depression, that my mother's ex-husband had abused me when I was in seventh and eighth grade, and my sister flat-out told me and the therapist that she didn't believe it.

How do I repair our relationship if she never believed me to begin with? – Brokenhearted

Dear Brokenhearted: You were very brave to tell your sister what happened. Sadly, it was too painful for her to say she is sorry for what happened. Hopefully, in time, she will gain strength and compassion for you, and you can begin to heal your relationship. But regardless of your relationship with your sister, your relationship with yourself and the trauma that you suffered are first and foremost. I believe you, and I am sorry that happened to you.

You can heal and become stronger than before, but the 13-year-old girl has to heal first. Once you tell her that it was not her fault what happened to her, and your adult self starts to heal, your relationship with your mother and sister will shift. Even if they don't say they believe you, you will better understand that it is too painful for them to admit it. Best of luck to you, and my hope is that your heart begins to heal itself. You are not alone on this journey.

I recommend reading "The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma" by Bessel van der Kolk.

"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.

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NEA Crossword Puzzle

Your Birthday

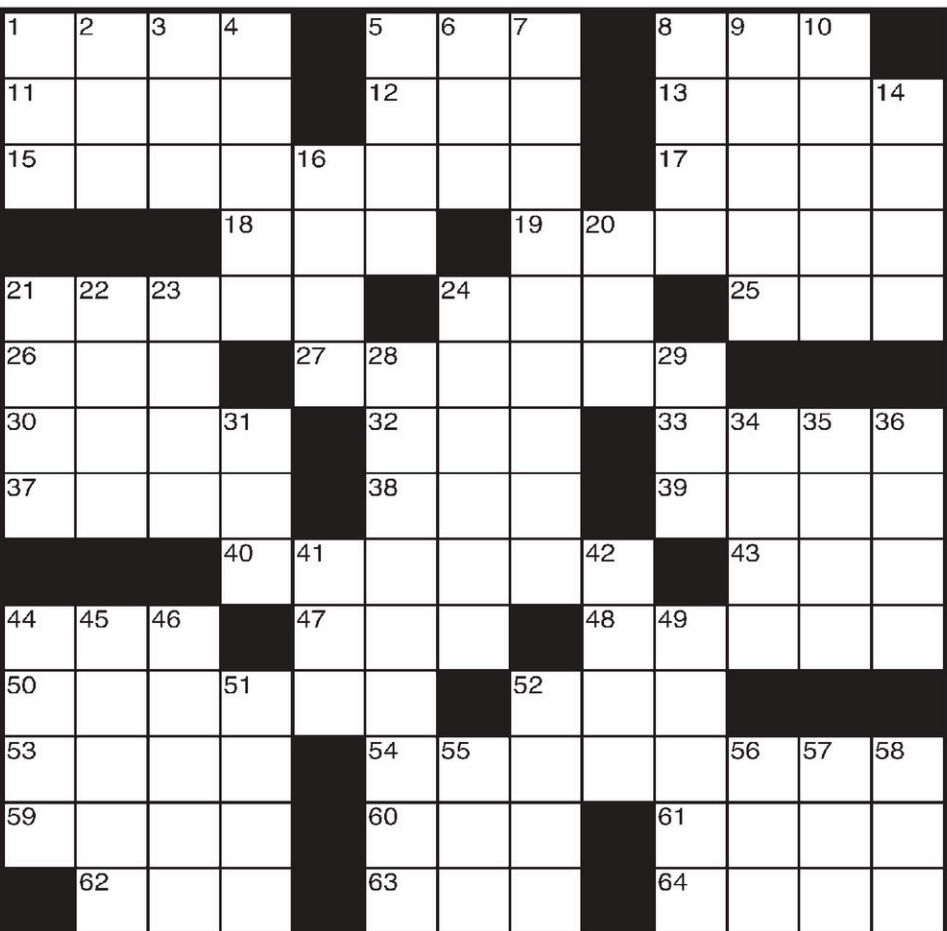
TUESDAY, JULY 6, 2021

Answer to Previous Puzzle



- ACROSS**
- 1 Scenery
 - 5 Garden pond fish
 - 8 Search engine find
 - 11 Land measure
 - 12 — up (confess)
 - 13 Medieval holding
 - 15 Drubbed
 - 17 Squashed circle
 - 18 Aunt or bro.
 - 19 Wobbly, say
 - 21 Whammy
 - 24 Mi. above sea level
 - 25 Wood ash product
 - 26 Rollover subj.
 - 27 Joust competitor
 - 30 Hardware item
 - 32 Friend of Henri
 - 33 Strike callers
 - 37 Fitzgerald or Raines
 - 38 Metal in bronze
 - 39 Majority
 - 40 People
- DOWN**
- 43 — tai cocktail
 - 44 Clean water org.
 - 47 Gear tooth
 - 48 Playbill listings
 - 50 Gift wrap item
 - 52 Airline to Stockholm
 - 53 At close quarters
 - 54 Lionel Richie song, “ — — Long”
 - 59 Comics’ Miss Kett
 - 60 Southeast Asian language
 - 61 Parroted
 - 62 Even so
 - 63 Cpl.’s superior
 - 64 Votes against

- 7 Humoring
- 8 Flying saucers
- 9 Opponent
- 10 Springlike
- 14 Escape
- 16 Go in search of
- 20 Extreme degree
- 21 Film
- 22 Mountains or river
- 23 Banister
- 24 Zeroing in on
- 28 Washing-ton, D.C. team
- 29 Bathroom fixture
- 31 Milieu for some rats
- 34 Shaggy flowers
- 35 Urban map
- 36 Takes to the slopes
- 41 “Foucault’s Pendulum” author
- 42 Examine
- 44 Sea eagle
- 45 Devout-ness
- 46 Subside
- 49 Like some elephants
- 51 Sausage variety
- 52 Piggy bank feature
- 55 Dawdle
- 56 College stat
- 57 “Psst!”
- 58 Gridiron stats



Consider your options. Explore engaging, creative endeavors that broaden your perspective. Refuse to let outsiders interfere with your plans. Change begins with you, so follow your heart and put your energy where it counts. Don't take unnecessary health risks.

CANCER (June 21-July 22) – Do what feels right and makes you happy. Take responsibility for your life and your livelihood. Step into the spotlight if it will help you reach your objective. Don't let anyone meddle in your affairs.

LEO (July 23-Aug. 22) – Work to improve your relationships with honesty and integrity. Limit overspending and taking on responsibilities that don't belong to you. Choose to be fair, not generous.

VIRGO (Aug. 23-Sept. 22) – Nothing will be as it appears. Double-check information and don't rely on others. Spend more time on details, and use your imagination to outsmart someone who offers an exaggerated point of view.

LIBRA (Sept. 23-Oct. 23) – Stand alone and finish what you start. Don't listen to someone who can't support their claims. Choose peace over chaos, and you'll come out on top. Romance is favored.

SCORPIO (Oct. 24-Nov. 22) – You'll face opposition if you are too open about your intentions. Iron out any foreseeable problems before you share your plans. Changes you make at home will improve your lifestyle.

SAGITTARIUS (Nov. 23-Dec. 21) – Leave

nothing to chance. State the facts and proceed to the finish line. Your strength and courage will motivate others to help you reach your objective. Beware temptation.

CAPRICORN (Dec. 22-Jan. 19) – Cut your overhead and free up cash for something you want to do that will improve your life and an important relationship. Trust your intuition to help you make the right decision.

AQUARIUS (Jan. 20-Feb. 19) – Spend more time at home or with someone who makes a difference in your life. Discussions will lead to plans that will add stability to a meaningful relationship. Listen to your heart.

PISCES (Feb. 20-March 20) – Be careful what you say. Sensitive issues will erupt if you don't choose your words wisely. Someone you think you can trust will let you down or lead you astray. Verify all the information you receive.

ARIES (March 21-April 19) – Reach out to someone who can offer sound advice. Clear up a work-related situation before agreeing to something that may stand between you and a job prospect. Personal improvements will be heartening.

TAURUS (April 20-May 20) – When in doubt, take a step back and let matters unfold naturally. Don't feel pressured to get involved in something that is costly or doesn't line up with your beliefs.

GEMINI (May 21-June 20) – Take better care of yourself and avoid unpredictable situations. Pay attention to detail, and respectfully present your thoughts. Tell the truth and stand behind your word.

TUESDAY, JULY 6, 2021

The strong lure of those overtricks

By Phillip Alder

John Burroughs, who was a naturalist active in the conservation movement, wrote, “The lure of the distant and the difficult is deceptive. The great opportunity is where you are.”

At bridge, you try to play correctly where you are – at the present trick – but you also wish to improve your chances of winning later tricks.

In today's deal from an online duplicate, how should South play in three no-trump after West leads a fourth-highest heart three and East puts up the jack?

South assumed that North had a decent hand for a first-seat weak two at adverse vulnerability, but if he had inquired with two no-trump, North would have rebid three spades to show his feature and a maximum.

If one diamond finesse was working, declarer could see at least 10 tricks via two spades, two hearts, five diamonds and one club. Additionally, there were black-suit finesses available.

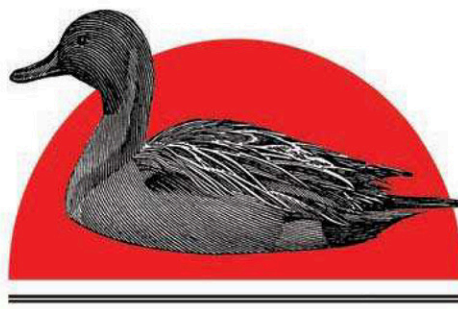
South won the first trick and ran the diamond six. East took that trick and returned the heart seven (high from a remaining doubleton). What did declarer do now?

It was tempting to trust the mathematicians, who say that one

North		07-06-21
♠	K J 3	
♥	9 8	
♦	A J 10 9 7 2	
♣	5 2	
West		East
♠	Q 10 6 4	♠ 9 8 7
♥	Q 10 5 3 2	♥ J 7 6
♦	3	♦ K Q 5 4
♣	K 9 7	♣ J 8 3
South		
♠	A 5 2	
♥	A K 4	
♦	8 6	
♣	A Q 10 6 4	
Dealer: North		
Vulnerable: North-South		
South	West	North
		2♦
3NT	Pass	Pass
		Pass
Opening lead: ♥ 3		

diamond finesse will win 76% of the time. Then, by taking the third trick and running the diamonds, declarer might have been able to read the ending correctly and win a lot of tricks. But since there were no guarantees, South played low and took the third heart. Then when he played his last diamond and West discarded a spade, declarer was relieved.

Later, South took a winning spade finesse to land the valuable overtrick anyway.



TUESDAY, JULY 6, 2021

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Yamaska National Park activities this summer

BCN Staff

Yamaska National Park will gain new activities this summer with the Motion's team, which has been offering Ninja warrior-type training, urban parkour, interactive games and trampoline activities since 2018 at Motion Parc Évolutif, and will launch its second location at the park.

According to the press release, the Motion at Yamaska National Park will offer a simplified version of its indoor installations with a series of balancing obstacles, structural blocks measuring 12 feet long and four lanes wide, 10- and 12-foot inclined walls, as well as an airbag at the end.

Everything is configured in a dual formula (side by side) in order to be able to experience racing against an opponent if desired.

The activity lasts 30 minutes with a small number of participants at the same time in order to

respect the necessary distance and optimize the experience. Online booking is strongly recommended. The site will be open from 10 a.m. to 5 p.m. Users of Yamaska National Park will be able to pay for the activity in installments.

"The issues of temperature and delivery times put us under a lot of stress. We were lucky to build most of the obstacles. Structures are made to go in the rain, but installing them is another story. Once again, I was able to count on a motivated and involved team," emphasized Patrick St-Laurent, co-owner of Motion Parc Évolutif.

To reserve your tickets, visit <https://www.sepaq.com/pq/yam/>.

CAB Sutton seeks to make new space a home



MIKAËL THEIMER

Laure Waridel, spokesperson for the Maison des générations-Olivet House

By Taylor McClure
Special to Brome County News

The Sutton Volunteer Centre (CAB Sutton), whose services include Meals on Wheels, the food bank, community cafés, the collective kitchen, intergenerational activities, family services, and outreach work, was gifted the Olivet Church May 16 to carry out its community project Maison des générations-Olivet House. Looking to create a new space that will support the needs of CAB Sutton while also allowing it to expand its programs and services, the group is now launching a fundraising campaign to adapt the building to better serve the communities of Sutton and Abercorn.

The total cost of the project is \$750,000 and the goal of the fundraising campaign is to raise \$70,000 within the

local community. Its first fundraising activity is Go Bare Foot for the CAB and collaborating with Laure Waridel, eco-sociologist and spokesperson for the project, CAB Sutton hopes to enter a new era.

"It's a very old building and not at all adapted to hold a food bank, collective kitchen, family and senior services," said Janna Hubacek, director of CAB Sutton. "We need to universal access for washrooms and the doors. The overall cost of the project is \$750,000." This includes professional fees, bringing the building up to code for a public building, and adding outdoor gardens.

The group has already raised almost half of the \$750,000 thanks to grants from various levels of government and different organizations. "That's why we chose to launch with the public now; people need to see it's a realistic project

and that there's some support behind it. People already started giving and we are quite confident."

The fundraising campaign will run from now to December with the goal of raising \$70,000 in the local community with the help of CAB Sutton's appointed spokesperson Laure Waridel, whom Hubacek met at a conference over a year ago and immediately knew she was the right person for the role.

Laure Waridel was instrumental in the buy-local movement and was one of the founding members of Équiterre. She has written several books and holds conferences on ecology and the importance of community. "That's where our paths crossed; building connections in the community and a lot of the projects we are doing is around food so there is that aspect as

CONT'D ON PAGE 3

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Brome County Community Bulletin Board

Lac Brome Food Bank- if you need assistance, please call 450-242-2020 ext: 319. Pick up at 270 Victoria at the back.

July 10

Bibliothèque Sutton Library will be holding its annual fundraising sale Saturday July 10 from 9 a.m. to 3 p.m. at the John-Sleeth Center, 7 Academy. Don't miss it...many many books to find.

La Bibliothèque Sutton Library tiendra sa grande vente annuelle de livres le samedi 10 juillet de 9h00 à 15h00 au 7 rue Academy à Sutton. Des livres, des livres et encore des livres, une belle levée de fonds pour la Biblio.

July 17

The Annual Yamaska Valley Optimist Club Cancer Walk Garage Sale! The Garage sale will be held on Saturday July 17 from 8 a.m. to 4 p.m. at 15 Ellson and 18 March Road Knowlton. Item Drop off: July 10, 9 a.m. to 12 noon. No electronics, sofas or, tires For information Louise Gélinas 450-521-9478.

CHURCH BULLETINS

ALL SAINTS ANGLICAN CHURCH - DUNHAM

Sunday services at 10 a.m. - all welcome! The Reverend Sinpoh Han. Information: 450-295-2045.

ANGLICAN PARISH OF BROME
Sunday services cancelled until further notice. See the announcement for Grace Anglican Church to join the on line meeting on Sunday mornings. Information: Rev Tim Smart 450-538-8108.

BEDFORD PASTORAL CHARGE OF THE UNITED CHURCH OF CANADA
Joint Sunday worship service via Zoom is available in partnership with Emmanuel, Cowansville. Sundays at 10:30 a.m. (For details, see Emmanuel United Church.)

Church office: 450-248-3044; email: bedford.pastoral@yahoo.ca

CREEK/WATERLOO PASTORAL CHARGE

Church worship services are available on Facebook Live for the foreseeable future. Please contact the Rev. Dave Lambie for virtual pastoral care. Creek United, 278 Brill Rd., West Bolton, St. Paul's United, 4929 Foster, Waterloo, Reverend Dave Lambie, minister. For information or to leave a message call: 450-539-2129. Sunday Service is available for now on Facebook Live through the page of none other than Dave Lambie.

EMMANUEL UNITED CHURCH

Emmanuel's service will be held in Mystic, outdoors beginning at 10:30

a.m. (church open and service could be moved inside if inclement weather, with adherence to pandemic protocols). No Zoom link. There will be a short Zoom gathering Sunday afternoon from 1-1:45 p.m. Bring your own Bible and hymnbooks. The Zoom link will be in the Friday newsletter. Minister: Rev. David Lefneski, 450-955-1574.

Church office: 450-263-0204; email: capchurchoffice@bellnet.ca

ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

Our 10:30 a.m. Sunday Mass has resumed as we adhere to the strict protocols established by the Quebec Public Health Department. Thank you for your understanding. For more information, call: 450-263-1616 or visit the website <http://unitedesvignes.org>

GRACE ANGLICAN CHURCH

Grace Church Sutton, now meets online on Sunday mornings at 10:30 am. Everyone is invited to join in. For an invitation, please email the Rev. Tim Smart at revtimsmart@gmail.com or go our Facebook page for the Sunday link. We are on Facebook at "Grace Church, Sutton".

KNOWLTON-MOUNTAIN VALLEY PASTORAL CHARGE

Join us on the facebook Church group 'Knowlton-Mountain Valley

Pastoral Charge' for weekly Sunday services. Knowlton United Church, 234 Knowlton Road. For information please contact Rev. Steve Lawson at 450-242-1993.

ST. PAUL'S ANGLICAN CHURCH

We continue to livestream our Sunday morning worship at 8 and 10 a.m. at St. Paul's Knowlton on Facebook. All services are also available for replay. At 24 St. Paul's Road in Knowlton, St. Paul's is a dynamic diverse community pursuing and serving Jesus in the Eastern Townships. Our mission is to grow in members and spiritual maturity so that we can reach as many people as possible with the love of Jesus. Every welcome! St. Paul's intends to re-open for Sunday (in person) worship on September 12, 2021 at 8 and 10 am. More details to follow. Telephone: 450-242-2885 email: stpaulsknowlton@gmail.com

TRINITY ANGLICAN CHURCH

In conformity with government recommendations, church services are suspended on a temporary basis. Trinity Anglican Church members are now using Bell Conferencing Services to maintain contact with each other. If a special need arises, you are invited to contact the church office 450-955-3303 and please leave a message.

A gathering of lament at Emmanuel United

By Louise Smith

It seems that every week new unmarked graves, near closed residential schools across Canada, are being discovered. Indigenous people have long known that they existed and now the proof is being revealed.

On Sunday, June 20, a large gathering of close to 50 people came together in the Cowansville Cemetery beside Emmanuel United Church in Cowansville. Many were wearing orange, the colour to recognize the atrocities committed against Indigenous Peoples in residential schools. A moving commemoration

was held to honour the children who had been lost to residential schools and to honour the survivors of the system.

Prior to the day, children's shoes had been collected and were on display outside of the church. After the ceremony, Susan Burnham took the shoes home and cleaned them and passed them on so that children could benefit from the shoes.

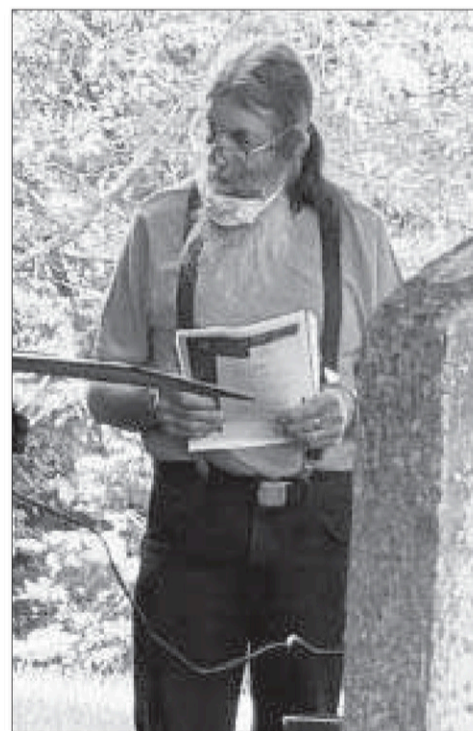
The ceremony opened with Honour Parent-Racine and her mom, Lise, both of Mohawk descent, performing a smudging. A smudging is the spreading of fragrant smoke from the burning of a mixture of grasses. With a feather Honour spread the smoke

over people. It is a form of cleansing and opening up the spirit. Drumming was coordinated under the direction of Susan Reininger.

Retired United Church Diaconal minister, Sally Meyer, wrote a lament for this day. Her lament was followed by 11 different readers, who read the names of 215 missing Indigenous children whose names were taken from the national Memorial Register. Names were chosen randomly from the register because the names of the children whose bodies were discovered are not known. Each set of names was followed by a verse of the hymn "God Weeps". For the final verse, Rev. David Lefneski joined in on his viola.

The gathering closed with more drumming and Honour presenting a candle which symbolized the Three Sisters who are corn, beans, and squash. This candle was given as a gift to Emmanuel United Church as a thanks for this acknowledgement and remembrance.

On Canada Day the new Champlain Bridge was lit up in orange to pay homage to Indigenous Peoples. This year Canada Day has become a day of reflection, but representatives of Indigenous Peoples across Canada are saying that this is also a time for people everywhere to encourage their political representatives to take action to improve the situation of Indigenous Peoples. For many years the quality of drinking water has been a fundamental issue in many communities. How to fix the problem has been known, but the political will to follow through

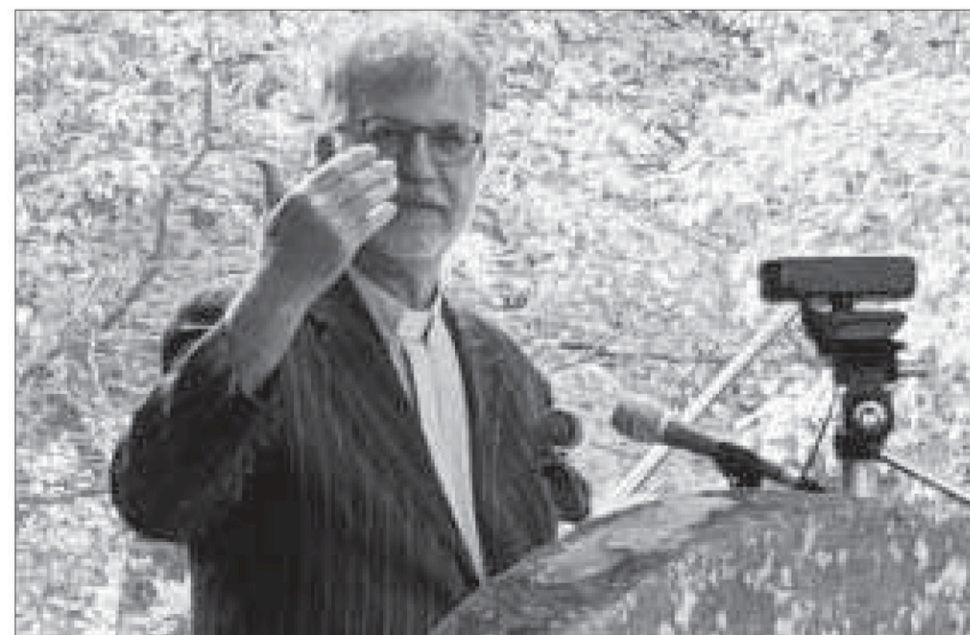


PHOTOS BY LOUISE SMITH

Eleven different readers read groups of names of missing Indigenous children.

has not happened, likely because the Indigenous Peoples represent a small percentage of voters.

Anyone who wishes to write to the Prime Minister or to their Member of Parliament can do so. The address is Prime Minister Justin Trudeau, 80 Wellington St., Ottawa, ON, K1A 0Z4. No postage stamp is required. Just write FREE or write OHMS (On Her Majesty's Service) in the spot where a stamp would usually be placed.



Rev. David Lefneski played his viola and gave words of comfort at the end.

Sutton municipal park restrictions frustrate residents

By Michael Boriero

The town of Sutton recently announced that the Goyette-Hill Park chalet will be off-limits to residents from June 28 to Aug. 22, as the local day camp overtook the facility to accommodate 95 children on Monday.

While the surrounding park area will be open to everyone, the town also placed tempo tents — giant, gazebo-like fixtures — in the dek hockey rink. And they blocked off a two-hour period, between 1 p.m. and 3 p.m., at the public swimming pool for day camp users during the week.

The sudden decision has left many residents, mainly parents with young children, disgruntled and confused by the lack of communication from the town's municipal council. Caitlin Levesque-Pegg said the facility was open last summer at the peak of the pandemic.

"It's the fact that we don't have access to somewhere that is shaded to be able to change, so we're going to end up doing the towel in the corner and changing our kids outside from their wet bathing suits or vice versa," she said.

Levesque-Pegg has a four-year-old daughter who enjoys swimming in the summer. She noticed a schedule change at the pool on Saturday. Levesque-Pegg expected to bring her daughter swimming at noon, but it was booked up for adults lap swim.

The online schedule had not been updated at the time. And although she lives a short drive away from the pool, she decided to wait outside for an hour before entering the swimming area. There is no place to cool down, she said, or to escape the sun's glare.

"I understand that we need to accommodate other groups, so these

kids from the day camp do need shade and I understand they need some space that is cool, but I just feel like there is a compromise that we could find," said Levesque-Pegg.

The Sutton mother was one of many residents to join a chorus of complaints on the Sutton Locals Facebook page. She told The Record that there needs to be a way to make the space available for everyone in the town. Last year, certain lockers were reserved for camp users.

The chalet has bathrooms, lockers and changing rooms for boys and girls. It will be strictly off-limits to non-day camp users. Resident cannot use it even on weekends. There are two public bathrooms outside, according to Levesque-Pegg, but it is a small consolation.

Jasmine Lynn has lived in Sutton her entire life, and this is the first time she has seen the day camp take over the park. Normally, it is located at the Sutton School. However, the town has stated that the school is currently undergoing renovations.

"The thing is I understand, sure, fine, if you are doing renovations, you know, the kids aren't allowed to be in the school, however, the field in the back, you know, they are setting up tents in technically what I feel is an area where they shouldn't be," said Lynn.

Lynn has a three-year-old nephew, and she often takes him to the dek hockey rink. But she won't be able to do that this summer. Lynn said she brings her nephew to the park at least twice a week during the day. She believes the town should have consulted its residents.

"It was kind of shifty how they went about it because I'm sure that if they would have put out a call to the town's people [...] I absolutely know it would have gone a lot differently, a lot more



PHOTOS COURTESY

people would have protested it," said Lynn.

She doesn't know how to break the news to her nephew. And although the pool is open on weekends, free swim is from 1 p.m. to 6:30 p.m., she told The Record that residents typically avoid going out on Saturday and Sunday due to the massive amount of visitors.

According to Sutton Mayor Michel Lafrance, the decision was mostly based on the current pandemic situation, but also the lack of resources. They have struggled to hire staff members at the swimming pool. And the dek rink was the best option for the tempo tents.

"Well, there comes a point where we were elected to make decisions, so if you start consulting everybody then you accumulate delays, and so we had to act very promptly to make sure we got our camp off the ground on proper footing so we made the decision," said Lafrance.

It is never black and white, he continued, adding that the town council will never be able to please

everybody in this type of situation. But he firmly believes that this was the best decision for Sutton. The pool, for example, is limited to camp users for two hours to respect ratios.

There were three options for the tempo tents: the skate park, tennis courts and the dek hockey rink. They chose to use the rink because the skate park turned out to be too small, and they deemed the tennis courts would be too dangerous for the children.

He also addressed what he called "aggressive comments" on Facebook direct towards the town's council. Lafrance is trying to keep the morale up in the town. He believes the comments were unwarranted and lacked research, so he decided to stand up for his colleagues.

"Public officers are an easy target because they can't respond and I felt as an elected official I had to speak for them. We don't need this at this time of year, so I had to defend our rights [...] to make sure to let people know to be more tolerant," said Lafrance.

CAB Sutton

CONT'D FROM PAGE 1

well," Hubacek said.

To raise the \$70,000 that is needed, CAB Sutton will be doing different fundraising activities throughout the rest of this year.

Its first fundraising activity is an online social media initiative called Go Bare Foot for the CAB with a set goal of \$15,000. It will take place for the month of July. "It's a peer-to-peer campaign chosen to symbolize vulnerability in people and in organizations as well, because this project was also brought about by the fact that we needed to find a new home, by bare feet. We are sending out the message to people that no matter their background, sex, or religion, deep down we are vulnerable and we all need extra support sometimes. In this case, CAB Sutton needs help from the community to help others. We ask people to take a selfie barefoot with the hashtag #GoBarefootfortheCAB and to nominate friends to take on the challenge."

The Go Bare Foot for the CAB fundraising activity has already gained many ambassadors and it is expected to gain even more to help spread the work. "Ambassadors not only make a donation themselves, but give themselves an amount that they will raise in the community and that's where it becomes a peer-to-peer campaign. We have 15 to 20 people from the community, businesses, as well as the Anglican Grace Church that just joined us and the minister. They

set themselves an objective to help us obtain our objective."

Through its various fundraising initiatives, CAB Sutton hopes to better support the needs of its community members. "Essentially, the present infrastructure we have access to has reached its maximum potential. This new space will really allow us to have more volunteers, community meals, gardens and involve volunteers

and kids from the schools to garden together. The new infrastructure will help us grow our programming and that's our main goal: to better serve the community of Sutton and Abercorn."

For more information about the fundraising activity, visit www.cabsutton.com.

Financial statements, Audit, Bookkeeping, Taxation, Corporations, Individuals, Estate planning and settlement, Farm and business transfers, re-organizations



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Opinion

Why did the Town of Brome Lake cancel its Canada Day festivities?

Along with many others, I was surprised to learn, just two days before our national day on July 1, that the Town of Brome Lake had cancelled its Canada Day festivities.

This decision raises a number of questions: first, on what basis this decision was made, and second, whether or not it was a good decision.

Was this cancellation a result of some form of public pressure? Or widespread demands from a large number of residents? Or did the Town itself initiate some form of general public consultation? Was a formal resolution adopted at a special meeting of the municipal council? If so, were residents informed of such a meeting, as is the usual practice? If not, under what authority were the Canada Day festivities cancelled?

As to whether or not the decision was the best thing to do, there can of course be various opinions.

I have no doubt that there were well-intentioned reasons for such a decision, namely, in the words of

the Town's June 29 news release, "in the wake of the tragic events of the past few weeks affecting Indigenous peoples, this is a time for reflection and education, so that we can demonstrate our solidarity with Aboriginal peoples".

But it is very difficult to understand how the cancellation of our very popular Canada Day festivities demonstrates anything of the kind.

On the contrary, it appears to many of us to be another example of the pointless virtue-signalling that is so prevalent these days. It accomplished nothing concrete, while it disappointed hundreds of Town of Brome Lake residents - especially children. It provided no truth, no reconciliation, no reparations, no offer to return any stolen lands, no financial contribution to indigenous reserves, nothing tangible of any kind.

Rather than simply cancel our marvellous Canada Day festivities, the Town could have accompanied these festivities with something meaningful,

something that would actually be of some help to our Aboriginal peoples, such as a fundraising campaign, a demonstration at the office of our member of parliament, or a public information session on Zoom.

The municipality of Hatley did not cancel its Canada Day festivities to demonstrate its solidarity with Aboriginal peoples. As far as I know, nobody suggested that any celebrations of la Fête Nationale, formerly known as Saint-Jean Baptiste Day, should be cancelled to demonstrate solidarity with Aboriginal peoples. La Fête Nationale was celebrated throughout Quebec as enthusiastically as ever, given the restrictions of the pandemic. Despite the obvious imperfections of every nation, no other country in the world cancels the observance of its national day because of its historical failures.

We should not fall into the currently fashionable trap of denigrating our country at every turn, highlighting only our mistakes, and ignoring our

great accomplishments.

Canada is still the best country in the world, and Canadians are the most fortunate people in the world. We must never fail to celebrate those facts. None of us, I venture to say, would exchange this country for any other country on earth. We should never be ashamed of expressing our pride in Canada.

A better approach might have been to hold our Canada Day festivities as usual, and to use the occasion for a public moment of reflection, as we do each year on Remembrance Day. A speech by the mayor on such a well-attended occasion, accompanied by a specific project to actually assist Canada's Aboriginal peoples in some material way, would, it seems to me, have been far more effective, and more acceptable to the patriotic residents of our wonderful town.

Submitted by Peter White Knowlton

Donations needed for Yamaska Valley Optimist Club garage sale

By Louise Smith

On July 17, from 8 a.m. to 4 p.m., the Yamaska Valley Optimist Club will have a garage sale at 15 Ellison and 18 March in Knowlton. All proceeds from the sale will go towards the 2021 Women's Cancer Walk.

The Women's Cancer Walk has raised thousands of dollars to directly buy equipment for the BMP Hospital over the years. The number of participants

and the money raised has increased annually. This garage sale is a way to start the fundraising for the fall event. Last year the walk was held virtually with small groups walking across the region. Hopefully this year the in-person walk can occur.

Anyone who wishes to donate items for the sale can drop them off at the addresses listed above on Saturday, July 10, from 9 a.m. to noon. For more information go to www.YVOC.ca.

Canadiens fever is spreading

By Louise Smith

A month ago, the odds that the Canadiens would be in the Stanley Cup Final Playoffs were low. Even though, at the time of this writing, the Canadiens are down by three games, the hockey games have been exciting.

Across the region evidence of support for the team is wide spread. Car banners are out of stock in many stores. Some cars have one banner,

while others have two, three, and sometimes four banners flapping from windows.

In Sutton, outside the Café de Village Cantons de l'Est, on Principale Street, a huge Canadiens flag is on display.

During the games, when the Canadiens score, joyous sounds reverberate from households and terraces. Groans also are transmitted when the Tampa Bay Lightning team does the scoring. It seems that this series has become a community event!

Brome County News 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.

Preference is given to writers from the Eastern Townships.



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COMMISSION SCOLAIRE
Eastern Townships
SCHOOL BOARD

It's that time of year again, when the Eastern Townships School Board (ETSB) has the sincere pleasure of saluting our dedicated employees who are taking their retirement!



Their devotion and dedication to our students has been nothing less than praiseworthy, and we thank them for their invaluable contribution. In normal times, it is the ETSB's honor to fête our retirees with a formal gala, but this doesn't take away from the spirit of celebration we send to the retirees of 2019-20 & 2020-21!

The ETSB is grateful for their commitment, hard work and endless enthusiasm shown over the years. With this, we send our best wishes for wonderful adventures, health and happiness in this new chapter of life! On behalf of the Council of Commissioners and the personnel of the Eastern Townships School Board, we warmly congratulate our retirees!

May the best be yet to come - BRAVO!!

2019-2020

Jane	Akroyd	Farnham Elementary
Jocelyn	Bennett	Pope Memorial Elementary
Gary	Calloway	Bus Driver
Danielle	Champigny	Bus Driver
Annie	Coates	Cookshire Elementary
Sue	Cote	Sherbrooke Elementary
Brian	Curtis	Bus Driver
Ann	Edwards Staton	Knowlton Academy
Sylvain	Fontaine	Board Office
John	Harkins	Alexander Galt Regional High School
Sharon	Haworth	Drummondville Elementary
Christine	Keeble	Bus Driver
Patricia	Kendall	St. Francis Elementary
Anne	Lawton	Sherbrooke Elementary
Céline	Lecompte	Sherbrooke Elementary
France	Longchamps	Alexander Galt Regional High School
Maureen	Lord	Alexander Galt Regional High School
Jill	Lowry	Sawyerville Elementary
Chantale	Ménard	Sunnyside Elementary
François	Mercier	Lennoxville Vocational Training Centre
Christine	Moore Dohler	Alexander Galt Regional High School
Eric	Nutbrown	Alexander Galt Regional High School
Hélène	Patch	CBM Vocational Training Centre
Claire	Pelletier	Board Office
Jean	Provençal	Board Office
Danielle	Robert	New Horizons Adult Education Centre
Brenda	Scott	Knowlton Academy
David	Scott	Mansonville Elementary
Belinda	Spoor	Alexander Galt Regional High School
Audrey	Tillotson	Lennoxville Elementary
Lyne	Villeneuve	Lennoxville Elementary

2020-2021

Margaret	Badger	Distance Education
Allen	Chapados	Lennoxville Vocational Training Centre
Lise	Cote-Dougherty	Lennoxville Vocational Training Centre
Linda	Desrosiers	Heroes' Memorial Elementary
Penny	Dezan	Ayer's Cliff Elementary
Marc	Dougherty	Board Office
Carole	Gagné	Alexander Galt Regional High School
France	Gagné	Lennoxville Elementary
Louise	Hébert	St. Francis Elementary
Brian	Kelso	Transporation
Diane	Larivière	Distance Education
Hélène	Lefrançois	Richmond Regional High School
Marilyn	McKelvey	Princess Elizabeth Elementary
Maureen	McMahon	Sunnyside Elementary
Lois	Miller	St. Francis Elementary
Jacynthe	Nolet	Sherbrooke Elementary
Chris	Obermeir	Alexander Galt Regional High School
Sharon	Priest	Board Office
Louise	Retchless	St. Francis
Carole	Savard	Princess Elizabeth Elementary
Peter	Taylor	St. Francis Elementary
Heather	Webster	Sunnyside Elementary
Margaret	Young	Alexander Galt Regional High School

Congratulations!

www.etsb.qc.ca

Arts Sutton celebrates 40 years of creativity

By Taylor McClure
Special to Brome County News

Arts Sutton is marking its 40th anniversary highlighting the occasion with its first glass art exhibition titled *SCULPTURES: FROM LIGHT TO DARK* by artist David James.

Arts Sutton was started by a small group of local artists looking for an outlet to show their work to the community. After a one-time weekend exhibition, the group realized they wanted something more permanent to stir up the arts scene in Sutton, and Arts Sutton was born. James, who has been recognized for mastering the art of cast glass, a rare form of glass art, was president of Arts Sutton in the early 2000s and now he's back to help celebrate the group's special milestone.

"In the early 70s, a group of artists in Sutton decided they wanted to put on a show. There were seven or eight of us. We rented a church hall and had a show called 'The White Dwarfs Gallery.' White Dwarfs is a type of planet or a type of star," said John Ballantyne, one of the founding members of Arts Sutton and renowned artist in his own right.

The White Dwarfs Gallery, a one-time only exhibition, ended up having 20 exhibitors, mostly painters, with



Pinnacle

a number of visitors and the group of artists decided they wanted to do something more. "We said hey, we like this, why don't we start something a little bit more professional? And away we went."

Ballantyne credits his artist wife, Elizabeth Davidson, with being one of the people who helped establish a bustling arts scene in the village. "My wife really was one of the prime movers of the art's scene in Sutton. She was a really strong artist that made the best use of her talent."

The group needed to find a permanent building to organize their exhibitions, and started out in an former mortician's office. "That lasted three years, then we moved into a building owned by the town, and afterwards, moved to the John Sleeth building. It is still there now, going strong."

The group had only one goal in mind when starting Arts Sutton. "It was an outlet where we could show our work, simply that. When I was looking for galleries, basically I walked around Paris and London, and I came back and walked around Montreal and Toronto. In order to get a gallery, you needed to go through 25 rejections. As artists, we were continuously being rejected so we said why don't we open our own space? It won't be an earth-shaking gallery, but why not see what happens."

Ballantyne explained that Arts Sutton served as a 'launching pad' for new artists since it is difficult to get shown in a big gallery without any experience. "One of the first things gallery owners ask is how many shows have you had?"

As the gallery grew more popular, the group of artists, who were all volunteering their time to coordinate the exhibitions for Arts Sutton on top of creating their own art, things started to shift for the group. "Little by little, it became more popular and we realized as a group of volunteers that we would have to become more involved on a professional basis. We couldn't disappear to our studios and



Tranquility, blue

PHOTOS: ANDRÉ CORNELIER

let this thing runs itself. Other people came in with expertise and knowledge and it became more professionally run. It needed people who understood business."

Now 40 years later, Arts Sutton has established itself as a buzzing art gallery in Brome-Missisquoi and the group has chosen to showcase the works of former Arts Sutton president and famous cast glass artist David James to highlight the occasion.

James, a former journalist, didn't get involved in the artistic scene until later in life when he came across a storefront in Toronto exhibiting glass art. "I saw this piece and thought, I'd like to this. But before starting, I went off to a summer class in Germany. I took 3-4 months off work to go to a national glass school in Sweden."

James had his first show in 2002 and became president of Arts Sutton a few years afterwards. He has since established a reputation for himself in Canada, as a master in cast glass, a rare form of glass art. "I cast glass in a mold, that's what I do. Very few artists do this because it takes a very long time to produce a piece and therefore your output in a year is small; in my busiest year I made 25 pieces."

Cast glass involves a long cooling process. "You have to cool the piece

off very slowly. Usually three to four weeks depending on how large and how intricate the piece is. The more complex the piece, the longer it takes to cool down." James explained that if there is too much difference in temperature between the centre of the mold and the outside touching the mold, it can cause cracks.

Fifteen pieces of his work, including never before seen pieces from his private collection, and Portal, the most valuable piece of cast glass created by a Canadian artist, will be exhibited at Arts Sutton from July 22 to Sept. 5. "It's a survey of a range of my pieces created with materials and different styles. It's a selection of works trying to represent samples of my body of work over time."

He will present various techniques, like clear colored glass, and works made from granite. "I turned to granite and incorporate stainless steel spheres in my granite work."

The goal with James' exhibition is to introduce people to an art form that is rarely seen. "It's a rare opportunity in the province for an up and coming artist to gain some experience, to gain some attention in the gallery world, and to gain confidence in front of public. It's a reflection of the vitality all of the community."

Brome-Missisquoi's Housing Toolbox highlighted for its innovation in urban planning projects

BCN Staff

The Relève en urbanisme (RU) of the Ordre des urbanistes du Québec released their 2020 compilation of innovative urban planning projects and the MRC of Brome-Missisquoi's Housing Toolbox was one of the eight

projects selected. This compilation aims to promote good practices across the province and inspire urban planning professionals to innovate in their field.

As outlined in the press release, the main objective of the Housing Toolbox for Dynamic and Innovative Living Environments is to offer support in terms of territorial development and to aid municipalities in the implementation of effective housing means and

strategies, while respecting differences.

This dynamic and informative tool is comprised of two parts: to invite municipalities to adopt a housing strategy using a six-step process and to propose inspiring and innovative ideas, examples of partnerships, case studies from here and elsewhere.

This guide also offers a series of resources to support municipalities in matters of citizen consultation, adapted densification, financing and access to housing.

The 2020 theme of the compilation, the levers for the reorganization of a city, consisted in highlighting the projects which have temporarily or permanently transformed the procedures, the territory or even

pushed back the barriers to meet local challenges.

The MRC guide was highlighted because it is an unprecedented project which, among other things, puts the population at the heart of the process.

"This tool is all the more relevant as it now offers the support that may often be lacking in certain municipalities having to deal with migratory flows," mentioned the selection committee.

Consult the Housing Toolbox for Dynamic and Innovative Living Environments, available in French only, to learn more about the project at https://mrcbm.qc.ca/common/documentsContenu/MRC_BM_Guide_FINAL_web.pdf.



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Experience Mont Sutton's new giant zipline

BCN Staff

Mont SUTTON inaugurated its new giant zipline over the weekend making it the longest zipline in the Eastern Townships and one of the most impressive in the province. In addition to mountain biking, hiking, chairlift rides and camping at the summit, the giant zipline will establish Mont SUTTON as a four-season outdoor destination in the Eastern Townships, in Quebec and in Eastern North America.

"The objective with this giant zipline project is to position Mont SUTTON even more as a first class four season's destination. We are really proud of this achievement. It is a new milestone in the execution of our strategic development plan that will not only consolidate and annualize existing jobs, but also create more than 20 new ones at the mountain. This new activity will increase the tourist offer and favour more overnight stays in the region and for Sutton as a destination,"

stated Jean-Michel Ryan, President and General Manager of Mont SUTTON, in a press release.

Building the longest zipline in the region with one of the steepest inclines in Quebec was a major undertaking that lasted almost eight months. By the fall of 2020, designers and employees were already hard at work putting in place the foundations for the start, mid-station and finish towers.

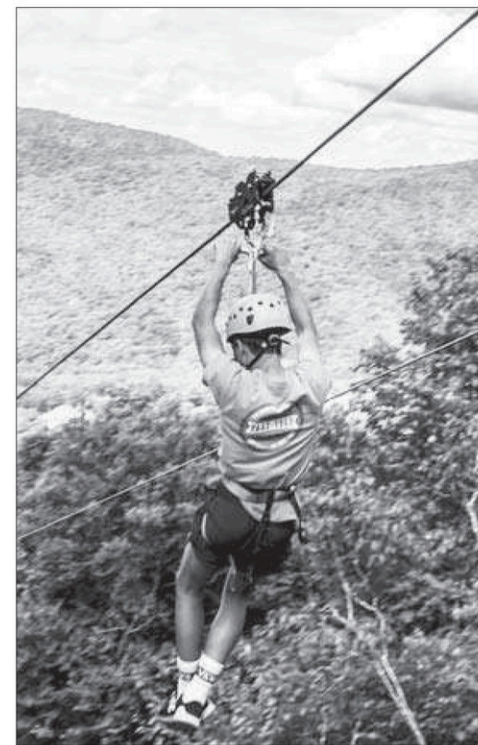
This spring, as soon as the snow melted, the work began anew. Several hours of manpower and several helicopter hauls were required to complete this major project. Tons of beams and zipline material were transported from the foot of the mountain to two of the tower locations. All of this was done with respect for the environment, minimizing the impact on the mountain's appearance.

The only one of its kind in Quebec, it will be distinct with its steep incline, and kilometre-long course and infrastructure designed to harmonize with the mountain's natural surroundings.

This major project will allow thrill seekers to careen down the mountain in a different way. The adventure will start with a chairlift ride to the altitude of 680m. Once at this summit, one will be able to enjoy the magnificent view of the Eastern Townships landscape. Then, after this moment of contemplation, one can move on to the action from the top of the zipline's impressive launching tower.

This first section of the new giant zipline is one kilometre long, offering a breathtaking incline and view. After this long descent through the canopy, another 400m descent on a second zipline, heads back to the base of the mountain. Once this second section is completed, adrenaline seekers will have covered a total of 1400m of travel through the air.

Reservations can be made via the Mont SUTTON website and are strongly recommended, as availability can become scarce very quickly. All details and reservations at: montsutton.com/zipline.



MONT SUTTON WEBSITE

Town of Brome Lake awarded funding to improve road network

BCN Staff

In support of the Town of Brome Lake's initiative to improve local road network, Isabelle Charest, MNA for Brome-Missisquoi, announced that provincial government is granting the municipality financial assistance of \$849,556.

According to the press release, this funds, from the Programme d'aide à la voirie locale (PAVL) du ministère des Transports, will be used for the Johnston Road rehabilitation project, a gravel road that 6.1 km long, as well replacing culverts.

The PAVL program was completely revised in February, 2021 and there are now additional components to meet

new needs as well as the implementation of best management practices for some of them, such as calls for projects and selection criteria. In addition, the terms and conditions have been standardized, the requirements simplified, administrative procedures, and better support is now offered to eligible organizations, especially to less well-off municipalities.

"We warmly welcome this government financial support, which will allow us to

continue the long work aimed at refreshing our infrastructure and our road network. Our citizens will derive very concrete benefits," said Richard Burcombe, Mayor of the Town of Brome Lake.

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Québec 

The curious correspondence of Sarah and Paul Holland Knowlton

How would you react if you received a letter from someone claiming to be a long lost relative? I am willing to bet that your first reaction would be to assume that someone was trying to pull the wool over your eyes. In this column, we turn our attention to one of the most fascinating episodes in the life of Paul Holland Knowlton to explore why that initial defensive reaction might not be the best course of action.

In the late 1830s, Paul Holland Knowlton was just about to enter the busiest period of his life. He had left his log cabin on the shores of Brome Lake to dedicate himself to the development of what would become the heart of Knowlton and had accepted to sit on the Special Council that governed Lower Canada after the rebellions of 1837-38. The latter won him tremendous praise in British newspapers and that praise set off the most interesting sequence of events in Knowlton's life.

Sometime in early 1838, he received a letter from a certain Sarah Knowlton of Darley House in Derbyshire, England who claimed to be related to him. She was not wrong but erroneously considered Paul Holland Knowlton a descendant of her grandfather's brother when in

fact their shared ancestor was further removed. While the Brome County Historical Society archives, that hold most of Paul Holland Knowlton's correspondence, do not contain Paul Holland's replies to Sarah, we know he wrote back many times. Sarah Knowlton is herself an intriguing historical figure, but a full biography is beyond the scope of this column. Suffice to say here that although she was known for her tremendous beauty, she never married and spent the later years of her life with her brother Thomas—who was incidentally the only man to successfully cultivate pineapples in England according to one biographer—and her many cats.

The tone of their correspondence is difficult to pin down. Sarah repeatedly lamented that Paul Holland's letters were "few and far between" and threatened to end their correspondence but never followed through on her threat. Similarly, while she constantly warned he would be terribly disappointed in her looks, she regularly pressed him to come and visit her—something he seemingly did around 1844. Regardless, their relationship lasted until Sarah's death in March 1845 at which point one of Sarah's confidants wrote to Paul Holland informing him that she had left him Darley House

and all her "moveable property". It is unclear whether Paul Holland knew prior to her death he had been named her primary heir, but Sarah had declared him a "true Knowlton" in 1843 and informed him in another letter written after his visit to her that she had rewritten her will and that she was "comparatively happy but would be more if I had you nearer to me".

Paul Holland returned to Derbyshire to settle her estate as reveals a list, written in his own hand, detailing all the items shipped to Lower Canada from Darley House. Although the fate of Darley House is unclear, one can only assume Paul Holland sold it. All told, he left England with just over £3,800 (approximately \$700,000 in today's money) and another £1,000 worth of china, furniture, books, natural history specimens, and other assorted objects including a beautiful portrait of Sarah Knowlton by Ramsay Richard Reinagle. In Canada, the portrait hung for many years at Darley Place, the house built by Paul Holland for HIS adopted daughter and named after the Derbyshire estate.

The Reinagle portrait of Sarah Knowlton had since passed into the care of the Brome County Historical Society where it remains on display in the Old County Courthouse. The next



The portrait of Sarah Knowlton currently in the collection of the Brome County Historical Society

time you walk by, consider stopping in and asking Sarah Knowlton to send you a wealthy long-lost relative. If it worked for Paul Holland Knowlton, it could work for you!

Submitted by Jeremy Reeves
and Brome County
Historical Society

Bromont biz receives support to upgrade capabilities

BCN Staff

Mélanie Joly, Minister of Economic Development and Official Languages and Minister responsible for CED, and Lyne Bessette, MP for Brome-Missisquoi, announced \$5-million in financial support to the MiQro Innovation

Collaborative Center (C2MI) located in Bromont.

C2MI is the largest microelectronics R-D and commercialization centre in Canada and is an international innovation hub.

The financial assistance will help C2MI to purchase and install state of the art equipment to be used

to manufacture microsystems, to integrate opto-electronic components and to screen print circuit boards in order to accelerate the development of new products and procedures.

In addition to acquiring new capabilities, the centre will be able to upgrade and optimize some of its existing industrial capabilities to

maintain cutting-edge technology and train highly qualified personnel.

This project will lead to the creation of two specialized positions for C2MI as well as several dozen other positions in Quebec and Canadian small and medium enterprises that will be able to use this innovative new technology.

Phantoms of the Townships coming to a stage near you

BCN Staff

After a year's hiatus, the theatrical animation "Réguines et fantômes: investigation sur le Chemin des Cantons" will return to different stages of the Chemin des Cantons in Brome-Missisquoi. Developed by the Chemin des Cantons, in collaboration with Productions Traces et Souvenances, the play is intended for the whole family and it provides an opportunity to learn more about the history of the region in a fun way.

In Brome-Missisquoi, the play will be presented for free on Saturdays and Sundays, from July 4 to Sept. 12. The performances will alternate through

the towns of Bedford, Frelighsburg, Brome Lake, Stanbridge East and Sutton.

Text, direction, actors, props, costumes and sound will transport spectators into the mysterious universe of ghosts. The performances take place outside, except in the event of rain, and spectators are invited to bring their own chairs. Also note that for the 2021 edition, it is best to book in advance.

The play is about strange occurrences taking place on Chemin des Cantons. Objects disappear or are moved from site to site, someone - or something - is having fun with the facilities much to the chagrin of Olivia, the attendant assisting visitors. She calls on the services of Glenn Stevens, ghost hunter.

Through his monitoring, Glenn will discover that the disturbances are caused by a spirit. But not just any: it is the ghost of Queen Lil, a landlady in search of a ring that is dear to her. Olivia and Glenn will soon realize that the only way to get rid of this awkward visitor is to help her find what she's looking for.

The calendar of performances are as follows:

- July 4, 2021 - 11 am: Sutton | Veterans Park (Town Hall in case of rain)
- July 10, 2021 - 11 am: Frelighsburg | Public market
- July 10, 2021 - 1pm: Brome Lake | Brome Museum (Lac-Brome Theater in case of rain)

• July 24, 2021 - 11 am and 2 pm: Bedford | Place du Dr. Adrien Tougas (Center Georges Perron in case of rain)

• August 7, 2021 - 11 am: Frelighsburg | Public market

• August 28, 2021 2 pm: Brome Lake | Brome Museum (Lac-Brome Theater in case of rain)

• August 29, 2021 - 1:30 pm: Stanbridge East | Missisquoi Museum

• September 12, 2021 - 11 am: Sutton | Veterans Park (Town Hall in case of rain)

For all performance dates in the Eastern Townships, see the Chemin des Cantons website. <https://www.chemindescantons.qc.ca/fr/reguines-et-fantomes/>

Missisquoi County Women's Institute annual meeting was held outside in Dunham

By Louise Smith

Twice a year the Missisquoi County Women's Institute meets. The two branches of the county, Dunham and Fordyce, meet to go over their joint activities and goals. Elizabeth Milroy finished her term as the county president. Louise Smith became the new county president.

It was great that the meeting was able to be held outside. The meeting met on the playground field area in Dunham. There is a large sheltered building, open to the air, that is near the field.

Linda Hoyt, the Canada Area President for the ACWW (Accredited

Country Women of the World) was in attendance as a guest. Another guest was Sheila Needham, the president of the Abercorn branch and the Brome County president.

Norma Sherrer, the president of the Fordyce branch, showed everyone the special card she had received from Buckingham Palace. On behalf of the Women's Institutes across Quebec, she had sent a sympathy card to the Queen when Prince Philip passed away. The Queen is a member of the Women's Institutes of Britain.

Judy Page Jones, the President of the Dunham branch, was happy to see the large turnout from both the Dunham and Fordyce branches.

Women's Institutes promote health, good farming practices, education, and many issues related to women locally, provincially, nationally, and internationally.



Linda Hoyt (Fordyce member) on the left and Linda Hoyt (Canada Area President for ACWW) have similar names and often have to identify who they are in meetings.



A good turn out of the Dunham and Fordyce branches came to the Missisquoi County meeting

PHOTOS BY LOUISE SMITH



In memory of
His Royal Highness Prince Philip,
Duke of Edinburgh

1921 - 2021



(left and top photos) A sympathy card acknowledgement was received from Buckingham Palace for a card sent to the Queen

Learning about water pays off for students

BCN Staff

L'organisme de bassin versant de la Yamaska (OBV Yamaska) has been recognized by le Ministère de l'Économie et de l'Innovation for an education program that teaches students about the important role water plays in daily life.

Teachers can now apply to the La culture à l'école program in order to be fully reimbursed for the costs associated with the J'adopte un cours d'eau, Citoyen Eaux Courant, and Milieux Humides activities organized

by OBV Yamaska in the Yamaska watershed. With this recognition, schools will also be able to have access to grants to bring water specialists into class.

J'adopte un cours d'eau brought students to a watercourse in order to analyze the quality of the water using scientific materials and to take inventory of the species of macroinvertebrates. The analysis of the results obtained makes it possible to determine the state aquatic ecosystem health.

Reimbursement for this activity

does not include transportation of students to the river.

Citoyen Eaux Courant was an activity that took place in the classroom where, using an interactive model, students learn the cycle of water in urban areas, from the treatment of drinking water to wastewater. A laboratory experiment was combined with this activity to familiarize students with the basics of filtration and water treatment processes.

Milieux Humides got students learning about different types of

wetlands, their ecological functions and threats to these ecosystems. A virtual activity is also available to present the characteristics of wetlands using a trivia game.

Reimbursement is offered to classes at levels ranging from 3rd year of primary to 5th year of secondary education.

All these activities allow students to familiarize themselves with basic scientific concepts, the scientific language as well as the scientific validation process in the field of the environment and water.

Donald Finigan



The State of Independents

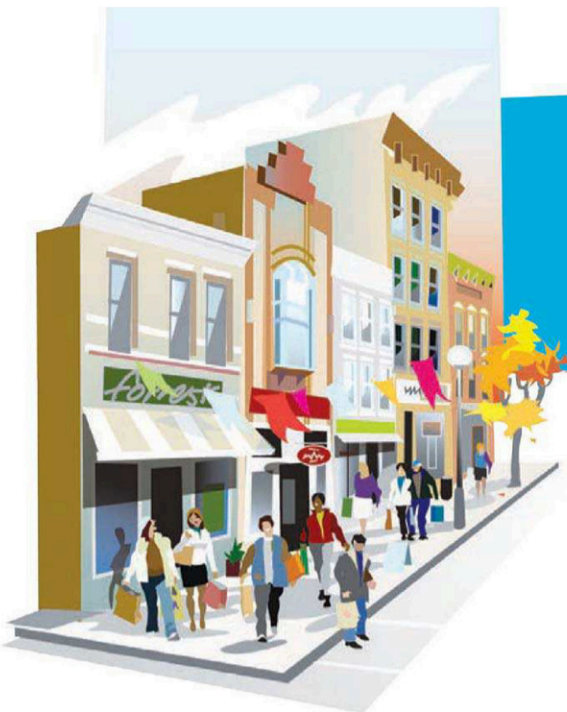
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Ben in Focus



BEN MCAULEY

A Kingfisher fishing.



Happy 90th Birthday Ronald Talbot of Warden!

He celebrates his 90th birthday on July 6th!

When asked for advice on reaching this milestone, he stated: "Keep yourself busy and be happy, be grateful for every day that you are given."

Happy Birthday Dad, from your three daughters, Barbara (Michel), Angela (Mark) and Deborah (Dany); your five grandchildren, Marc, Karl, Melanie, Samantha and Jessie; and your five great grandchildren: Elliott, Zakary, Benjamin, Zoe and Callum.

Enjoy your day! We love you very much!



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Vietnamese caramel sauce yields complex savoury sweetness

By Christopher Kimball

Cooking in Southeast Asia often means incorporating a riot of contrasting flavors and textures, and the classic Vietnamese technique of simmering meat or fish in dark, bittersweet caramel is a great example of this.

As we were taught by chef Peter Franklin, owner of the Anan Saigon restaurant in Ho Chi Minh City, we cook chicken thighs in the sauce until it forms a glaze. Mixing the caramel with fish sauce and a few aromatics yields rich, wonderfully complex savory-sweet flavors. And the technique, which is in our book "Milk Street Tuesday Nights," could hardly be simpler.

Instead of a traditional clay pot, we use a 12-inch skillet to make our version. Using coconut water as the cooking liquid adds a subtle, salty-sweet richness that brings even more

complexity to the dish.

A generous amount of ginger, cut into matchsticks, mellows and softens as it cooks, and adds a brightness that perks up the deeper flavors. Bruising the lemon grass releases its flavor and fragrance.

Be sure to have the fish sauce measured out so that when the caramel turns mahogany, it can be added immediately to stop the cooking. Serve the chicken with steamed jasmine rice.

Caramel Chicken
Start to finish: 45 minutes
Servings: 4

- 1/2 cup plus 1 tablespoon coconut water, divided
- 1/4 cup white sugar
- 3 tablespoons fish sauce
- 2 medium shallots, peeled, halved and thinly sliced (1/2 cup)
- 2-inch piece fresh ginger, peeled and cut into 1/8-inch matchsticks

- 2 pounds boneless, skinless chicken thighs, trimmed, cut into 1 1/2-inch chunks
- 1/4 cup chopped fresh cilantro leaves and tender stems
- 1 small jalapeno chili, stemmed and sliced into thin rings
- 1 tablespoon grated lime zest, plus 1 tablespoon lime juice
- Steamed rice, to serve
- Lime wedges, to serve

In a 12-inch skillet over medium-high, combine the 1 tablespoon coconut water and the sugar. Bring to a boil and cook, stirring occasionally, until the mixture turns golden at the edges, about 3 minutes. Reduce to medium and continue to cook, swirling the pan but without stirring, until the caramel is mahogany in color and smokes lightly, another 4 to 5 minutes.

Off heat, add the fish sauce and stir; the mixture will steam and

bubble vigorously. Set the pan over medium, pour in the remaining 1/2 cup coconut water and stir until fully incorporated. Add the shallots and ginger and bring to a simmer, then cover, reduce to low and cook for 5 minutes.

Stir in the chicken. Cover and cook over medium, stirring once or twice, until the chicken is cooked through, 15 to 20 minutes, adjusting the heat as needed to maintain a steady simmer. Uncover, increase to medium-high and simmer vigorously (the sauce will form large bubbles), stirring occasionally, until the chicken is glazed and the sauce is syrupy, about 8 minutes.

Off heat, stir in half of the cilantro, the jalapeno, lime zest and lime juice. Top with the remaining cilantro and serve with steamed rice and lime wedges.

(The Associated Press)

Today in History

Today in History for July 6:

On this date:

In 1415, Czech reformer Jan Hus was martyred. He was condemned for heresy and burned at the stake because of his outspoken appeals for church reform and for political and religious rights for the common people.

In 1535, Sir Thomas More was executed. More, once King Henry VIII's chief minister and friend, had refused to take the oath of supremacy accepting the English monarch as head of the Roman Catholic church. He was beatified in 1886 and canonized in 1935.

In 1777, a British force under General John Burgoyne captured Fort Ticonderoga, New York.

In 1809, French troops arrested Pope Pius VII, who had excommunicated Emperor Napoleon I.

In 1852, a fire in Montreal destroyed more than a thousand buildings.

In 1854, the Republican Party came into being at a convention in Jackson, Mich.

In 1854, German physicist Georg Simon Ohm died. The physical unit measuring electrical resistance was named for him.

In 1885, French scientist Louis Pasteur tested an anti-rabies vaccine on a boy who had been bitten by an infected dog. It worked.

In 1896, the boundaries of Quebec were enlarged to the shores of Hudson Bay, adding 306,765 square kilometres to the province by an order-in-council.

In 1906, Parliament passed the "Lord's Day Observance Act" to prohibit work, entertainment, sport and almost all commerce on Sundays. The law remained on the books until the Supreme Court of Canada struck it down in 1985.

In 1917, during the First World War, Arab forces led by British Capt. T. E. Lawrence captured the port of Aqaba from the Turks.

In 1923, the Union of Soviet Socialist Republics was formed.

In 1928, in New York, the first all-talking picture, "Lights of New York" opened.

In 1930, Fred Newton began swimming the Mississippi River from Fort Dam, Minn., to New Orleans. He reached his destination on Dec. 29 after swimming more than 2,900 kilometres.

In 1933, the first All-Star baseball game was played at Chicago's Comiskey Park. A home run by Babe Ruth led the American League over the National League 4-2.

In 1935, the 14th Dalai Lama was born to a farming family in northeastern Tibet. At the age of two, the child - who was named Lhamo Dhondup - was recognized as the reincarnation of the 13th Dalai Lama. The Dalai Lamas, both the head of state and the spiritual leaders of Tibet, are believed to be manifestations of the patron saint of Tibet.

In 1944, 168 people died when fire broke out in the main tent of the Ringling Brothers, Barnum and Bailey Circus in Hartford, Conn.

In 1950, in Nelson, B.C., 195 radical Doukhobors, the Sons of Freedom, were given prison sentences totalling 793 years on numerous charges, including

burning schools and conspiracy. After much unrest in the 1950s and 1960s, the fanatical activism died down. Descendants of the original Doukhobors, a sect of Christian Russian dissenters, number about 30,000 across Canada.

In 1954, Argentinian Ana Beker, 36, arrived in Ottawa after a four-year, 27,000-kilometre horseback ride from Buenos Aires.

In 1957, Althea Gibson became the first black tennis player to win a Wimbledon Singles title, defeating fellow American Darlene Hard 6-3, 6-2.

In 1961, Robert N. Thompson was elected president of the Social Credit Party.

In 1967, the Biafran War erupted as Nigerian forces invaded an eastern region that had declared its independence on May 30. The war ended in 1970.

In 1975, a hailstone weighing 249 grams fell near Wetaskiwin, Alta.

In 1977, federal Solicitor General Francis Fox announced a royal commission to investigate mounting allegations of wrongdoing by members of the RCMP.

In 1980, former Canadian lightweight champion Cleveland Denny, 24, died 17 days after being knocked out by Gaetan Hart in a fight in Montreal.

In 1988, an explosion and fire aboard the Piper Alpha oil rig in the North Sea killed 167 crew members, including two Canadians. The worst disaster of its kind to that date, the explosion was blamed on a gas leak. The rig's owner, Occidental Petroleum, later offered families of the victims compensation totalling US\$180 million.

In 1989, Ottawa sold its remaining 57 per cent interest in Air Canada, completing privatization of the airline. Air Canada's new issue of 41.1 million shares was an immediate sellout. Ottawa had begun its sale of the Crown corporation in October. The Tories had sold 12 Crown corporations since coming to power in 1984.

In 1989, nine Indian tribes across Canada signed a mutual defence treaty to go to one another's aid in confrontations with authorities.

In 1994, Dirk van Zyl, the then longest-surviving heart-transplant patient - at 23 years - died in South Africa. He was 68.

In 1995, Saidye Rosner Bronfman, patron of arts and matriarch of the wealthy Bronfman family, died.

In 1998, a British court found Canadian Albert Walker guilty of murder in the 1996 death at sea of British-born Ronald Platt. The accused swindler was sentenced to life in prison.

In 2000, Kingston's infamous Prison for Women closed its doors in a private ceremony marking the end of a turbulent history at the 66-year-old institution. The dreary stone facility had been the subject of at least 13 inquiries and commissions.

In 2001, members of Canada's Anglican and Lutheran churches voted at separate conferences in Waterloo, Ontario to forge closer ties.

In 2004, U.S. fighter pilot Major Harry Schmidt, who killed four Canadian troops and wounded eight others when he mistakenly bombed them in Afghanistan, was found guilty of

dereliction of duty and fined more than US\$5,000.

In 2005, New York Times reporter Judith Miller was ordered jailed after she refused to identify a confidential source to a grand jury investigating a suspected leak by White House officials of the name of a CIA undercover agent. (Miller was jailed for 85 days before agreeing to testify).

In 2006, Stephen Harper met with U.S. President George Bush at the White House during his first official visit to the United States as prime minister. The low-key visit focused on world trouble spots and new U.S. border identification rules.

In 2008, Pte. Colin William Wilmot from the Princess Patricia's Canadian Light Infantry died in an explosion while on foot patrol in the Panjwaii district in Afghanistan.

In 2009, two Canadian soldiers, Master Cpl. Patrice Audet, 38, of Montreal, a flight engineer, and Cpl. Martin Joannette, 25, a gunner from St-Calixte, Que., and a British soldier died in a helicopter crash in Zabul province in Afghanistan.

In 2010, Queen Elizabeth addressed the United Nations for the first time since 1957 during her first New York visit in over 30 years; she then laid a wreath at Ground Zero.

In 2012, Col. Tammy Harris was sworn in as the first female base commander at CFB Borden, assuming responsibility for Canada's largest training base.

In 2013, a runaway train carrying crude oil derailed in Lac-Mégantic, Que., igniting explosions and fires that incinerated the small town's centre, killing 47 people and forcing the evacuation of nearly 2,000 others. Millions of litres of oil also leaked into the soil and nearby water bodies.

In 2013, an Asiana Airlines flight from Seoul, South Korea, crashed while landing at San Francisco International Airport, killing two Chinese students. A coroner found a third Chinese student, who later died in hospital, survived the crash but was killed by an emergency vehicle racing to the scene.

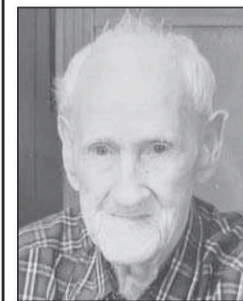
In 2016, an appeals court judge sentenced double-amputee Olympic runner Oscar Pistorius to six years in prison for the 2013 murder of his girlfriend Reeva Steenkamp. The State appealed the sentence and the South African Supreme Court of Appeal more than doubled it to 13 years and five months.

In 2019, Brazilian singer and composer Joao-Gilberto - considered one of the fathers of the Bossa Nova genre - died at 88. His son said he had been battling a variety of health problems.

In 2020, Prime Minister Justin Trudeau replaced Canada's ambassador to the United Nations, just weeks after Canada lost its attempt to win a temporary seat on the Security Council. Former Ontario premier and federal interim Liberal leader Bob Rae replaced Marc-Andre Blanchard. The Prime Minister's Office said Blanchard notified Trudeau of his intention to leave the position earlier in the year.

(The Canadian Press)

Death



**Carlton Persons
1927-2021**

It is with broken hearts we announce the passing of our dear husband, father,

grandfather, great-grandfather and friend, who passed peacefully away at La Maison Au Diapason, on Thursday, July 1st, 2021 at the age of 93.

Carlton was predeceased by his parents, Velma and Gordon Persons, his grandsons, Jeff Comeau, Jordan Persons Hodge and many brothers and sisters.

Leaving behind with fond and loving memories his wife Margaret Grubb, whom he loved dearly for 70 years. His 6 children whom he adored, Audrey (Richard), Marjorie (Ronnie), Joanne (Dave), Cathy (John), Barry (Diane) and Billie-Jo (Alain), his 12 grandchildren and 15 great grandchildren whom he thought the world of.

A special thank you to the entire staff at the BMP Hospital for being by his side during these hard Covid times, when other family members were not permitted to see him. Due to Covid restrictions, the family will hold a celebration of life at a later date.

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Memorial Service

HUME, Douglas - The family of Douglas Hume (April 24, 1941 - November 5, 2020) invites you to a memorial service that will be held at Hillhouse Cemetery on Brill Road in West Bolton on Sunday, July 11th at 11:00 a.m.





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