

## Write here, Write now! in the Townships

By Ocean Francoeur  
Special to The Record

Words hold power. They can create, destroy, transport, inspire. But you have to know how to use them.

Transposing thoughts to paper is no easy feat, but luckily, Townshippers' Association will be starting up a new writing workshop, which will help budding writers tap into their inner Hemmingway.

The two-year project is being launched after last year's success with "Our Stories". Townshippers' Association discovered, after a poll, that literary events qualified in the top three most requested activities by locals. Jan Draper, along with Etienne Domingue and Melanie Cutting, have organized the brand-new Write here, Write now! workshop.

The project, according to Draper, will host workshops which will feature writing tips, activities exploring genre and theme, and even reading techniques. Write here, Write now! will also be dedicated to creating "a sustainable support system for creative writers", and will train those interested to give workshops of their own.

"There will be workshops for everyone," said Draper. "We will be creating links with youth groups and sixth graders, but we also want to have a project where we collect stories from old folks. We all know those people who are always telling these great stories, and we tell them: you should write those down. Well, this will be a way to preserve those stories."

Write here, Write now! will focus on showcasing the talent of Townshippers.

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## Townshippers' Association recognized outstanding locals at AGM



MATTHEW MCCULLY

TA Executive Director Rachel Hunting, Outstanding Townshippers Award recipients CFUW Sherbrooke and District members Carol Mooney, Yvette Voisard, Judy Hopps, Geraldine McGurk, Janet Angrave and Wendy Durrant, Young Townships Leader Award recipient Audrey Morneau, Excel in the Estrie Essay competition winners Sunny Skelling Brooks and Junia Goddard, and TA President Gerald Cutting.

By Matthew McCully

At its Annual General Meeting held on Friday evening at the Johnville Community Centre, Townshippers' Association took the opportunity to name the Outstanding Townshippers and Young Townships leader nominated for awards this year.

The award for Outstanding Town-

shipper went to the Canadian Federation of University Women (CFUW) Sherbrooke and District.

One of 100 branches across the country promoting equality, social justice, fellowship and lifelong learning for women and girls, the local chapter is celebrating 50 years of community involvement this year. With a focus on education, the CFUW has continuously

pushed for local resources; Interest groups within the CFUW have raised funds to donate to local organizations as well as international humanitarian initiatives, and its affiliated Lampe Foundation supports local students pursuing studies in a variety of fields including health, agriculture, science and

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TODAY:  
SUNNY

HIGH OF 22  
LOW OF 5



TUESDAY:  
SUNNY

HIGH OF 25  
LOW OF 11



WEDNESDAY:  
70% CHANCE  
OF SHOWERS

HIGH OF 23  
LOW OF 13



THURSDAY:  
CLOUDY

HIGH OF 21  
LOW OF 8



FRIDAY:  
MIX OF SUN  
AND CLOUDS

HIGH OF 22  
LOW OF 9

## ETRC ARCHIVES

# The Eastern Townships Bank

Walking down the main streets of any number of Townships' towns – Coaticook, Rock Island, Danville, or Granby – passersby can find themselves taken in by the commanding neo-classical and second empire architectural styles of the buildings that once served as branches of the Eastern Townships Bank. Apart from the dramatic and almost intimidating nature of these buildings, the E.T. Bank played a meaningful role in the lives of the local population as it served farmers, artisans, and businessmen alike.

From the moment of its establishment in 1859, the Eastern Townships Bank was to be a bank supported by the people of the Townships and that served the people of the Townships. In fact, in 1863, 89% of the E.T. Bank's capital was held by Townshippers. The presence of a regional bank and the access to loans meant that local businessmen and entrepreneurs were able to get their businesses off the ground. One small example of this was James H. Smith of Sutton, who received a loan from the Eastern Townships Bank so that he could become a dealer of carriages, harnesses, farming implements, wagons, and cream separators. In addition to small businesses, the E.T. Bank invested in many of the large industries emerging in the Townships in the latter part of the 19th century, such as Jenckes Machine Shop in Coaticook, Royal Paper Mills in East Angus, and Paton Manufacturing Company in Sherbrooke.

The E.T. Bank had gone from a head office and two agencies in 1859 to 61 branches and 31 agencies in a span of 50 years. In addition to its more notable branches, the Eastern Townships Bank

had a presence in a great many towns and villages throughout the region, including Roxton Falls, East Broughton, and Upton, which afforded smaller communities access to local banking services.

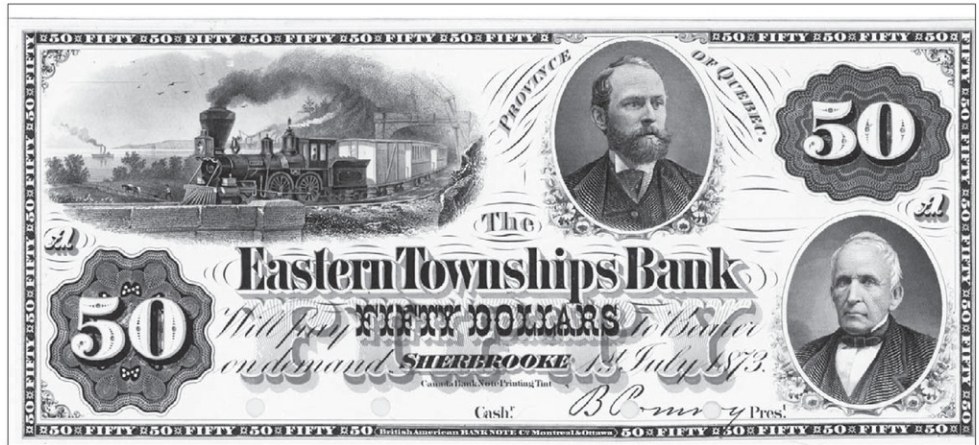
Beyond its practical involvement in the financial affairs of the region, the E.T. Bank displayed its Townships roots on its money and stock certificates; they bore farming and mining scenes as well as recognizable landscapes such as the iconic Lake Memphremagog steamer, the Lady of the Lake, and the Magog River Gorge in Sherbrooke.

The Eastern Townships Bank continued to grow into the early years of the 20th century but as shareholders from outside the region increased (by 1912, 64% of the Bank's capital was held by those outside the Townships) and with

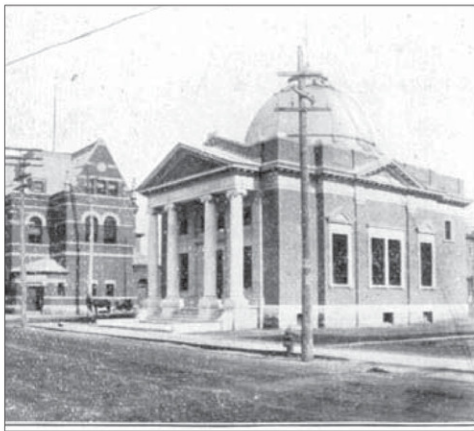
increased competition from the major national banks, the directors of the Eastern Townships Bank elected to sell to the Canadian Imperial Bank of Commerce in 1912. Even though over 100 years have passed since its absorption into the CIBC, the Eastern Townships Bank continues to live on in the landscapes of the Eastern Townships. In the words of C.C. Colby: "[...] let us hope that the Eastern Townships Bank will never forget its years of youth amid the noble and beloved hills of the Eastern Townships!"

Note: Please consider the ETRC Archives as a location to donate your family's or organization's archives.

Jody Robinson, Archivist  
819-822-9600, ext. 2261  
[etrc2@ubishops.ca](mailto:etrc2@ubishops.ca)



Eastern Townships Bank \$50 bank note, 1873 (Courtesy of CIBC Archives)



Postcard of the newly completed Eastern Townships Bank branch in Coaticook, ca. 1905. (P058 H.R. Derick collection)



Eastern Townships Bank office, possibly in Leeds, shortly after its acquisition by the CIBC, ca. 1912. Both bank names are visible on the window. (P020 E.T. Heritage Foundation fonds)

## Ben by Daniel Shelton



## LOCAL NEWS

*By the time the three villages are finished, the camp will be able to welcome 96 campers for overnight stays over three seasons of the year.*

# Quebec Lodge project growing year by year

## Restarted summer camp plans for eight weeks of programming in 2018

By Gordon Lambie

**L**ittle by little, the Quebec Lodge Outdoor Centre on the shores of Lake Massawippi is making its way back to being a summer-long overnight camp. Officially reopened in the summer of 2016 for two weeks of day programming with little more than a yurt and a forest trail, the camp is now looking forward to a full-summer of activity in 2018.

"We've gone from two weeks, to four weeks, to eight weeks," said Ruth Sheeran, President of the Quebec Lodge Foundation, explaining that the plan is to have the structure and programming of the camp grow as interest and registration grows. "We're doing this cautiously," she added.

The President told The Record that in the month of June the camp will be

adding two more yurts to its layout, tripling the indoor space currently available to campers. These added structures will complete the first of three planned "yurt villages" that will form the basis of the camp's eventual residential program.

"We will develop the yurt villages gradually as our registration grows," Sheeran said "We don't want to grow too quickly."

By the time the three villages are finished, the camp will be able to welcome 96 campers for overnight stays over three seasons of the year.

"The goal is to have one residential week next year," said Kelly Hurdle, Quebec Lodge's Program Director, explaining that the camp will continue to operate on the established day camp model while overnight camping is phased back in.

As to the programming at the camp, Hurdle explained that each of the eight weeks will have a theme that is based in the natural world. She offered examples like survival, plants and animals, and camouflage, and said that each week's activities will lead towards a culminating task that will draw on everything the campers have seen and heard.

As in years past, the program is based on the structure of the Quebec Education Program, and specifically on developing the children's environmental literacy, ability to cooperate with others, ability to use information, and healthy lifestyles. Although that basis might make the camp sound a lot like school, Hurdle pointed out that the ways the camp works on those concepts is through activities like fire building, arts and crafts, boating, exploring nature, and taking on the site's three low-ropes courses.

"We do a canoe trip each week, and the campers love it," the program director said, explaining that the day-trip takes the campers out to another beach



COURTESY

on the lake to explore in a different environment.

Looking to the future and the plan of residential camping, there is one major piece of the camp that has been missing over these first years. Namely; there is no "lodge" at Quebec Lodge. That, according to Sheeran, should be changing in the fall.

Although Camp Director Brian Wharry told The Record in the spring of 2017 that a lodge would be built at the camp starting at the end of that summer, the Foundation President explained that delays with some of the preparatory steps led to a decision to put the work off until the fall of 2018.

"We knew we wouldn't be able to complete the lodge before the beginning of summer and we really didn't want to be having day camp in a construction site," Sheeran said. "Since we wouldn't be using the lodge for the camp anyway,

we thought the best thing to do would be to create the lodge in the fall so it will be all nice and ready for camp next summer."

The president explained that, once completed, the Bodtker Lodge will serve as a three-season hall, dining room and recreation area with a kitchen, bathrooms with showers, administrative offices, and storage areas.

Quebec Lodge's 2018 season starts on July 2, with programming running from 8:30 in the morning to 4 in the afternoon each day. The camp currently has openings for 30 campers per week.

"There is plenty of room," Hurdle said, when asked about current registrations, saying that the camp has yet to reach its goal of 200 children aged seven to 15.

More information about the Quebec Lodge Outdoor Centre is available at [www.quebeclodge.org](http://www.quebeclodge.org)



COURTESY

## Outstanding locals

CONT'D FROM PAGE 1

vocational training with annual bursaries and scholarships.

The Young Townships Leader Award was presented to Audrey Morneau, from Richmond.

Morneau put her heart and soul into what began as a school project to create a fundraising initiative, to launch the 'Legendary' Show. The May 12th event attracted 43 registrations and participants from around the province and generated \$7,000 for the Au Coeur des Famille Agricole, which helps farmers and their families across the province with their mental and physical health.

Also recognized during the meeting were Junia Goddard and Sunny Skelling Brooks, both from Alexander Galt Re-

gional High School, and winners of the Excel in the Estrie Essay Competition.

Goddard and Skelling Brooks' essays focused on building confidence and transitioning into adulthood. Both entries illustrated the authors' attachment to the region and their plans to build their futures in the community after pursuing their educational dreams, for Ms. Goddard as a future journalist and Mr. Skelling Brooks as an emergency room or neonatal care nurse.

The AGM itself was dealt with in less than 20 minutes.

Roughly 50 TA members and members of the public attended the meeting.

All members of the board of directors, the majority of which were not in attendance, were acclaimed, and new member Jamie Marotte was welcomed into

the fold.

The auditor's report gave TA a clean financial bill of health.

Among the highlights listed in the annual report, the organization noted 905 jobs posted through the Make Way for Youth Estrie program, 89 local artists who benefitted from Townships Expressions to promote and sell their work, 613 jobs shared on TA's website and mobile app, 28 entrepreneurs who received specialized business coaching through partner YES, and four young English-speaking professionals who participated in Make way for Youth and have since migrated to the Townships.

The organization also participated in close to a dozen provincial and federal consultations, giving presentations on behalf of the English-speaking commu-

nity.

Following the meeting and award presentations, TA gave the floor to Leslie Acs, Executive Director the organization La Passerelle, to talk about the pilot project undertaken last year in partnership with TA and CEDEC.

Acs explained that La Passerelle is a non-profit organization based in Montreal that offers resources and services to job seekers who are over 40 years old.

Pointing out that the project attracted less interest than the three groups had hoped for, Acs took the time to explain La Passerelle's mission to TA members meeting at in the hope of spreading the word and gaining more interest among Townshippers who might be in need of assistance with job searching.

# Out of sight, not out of mind

By Matthew McCully

The large mound of rubble uncovered on Winder Street at the intended site of a chlorination station

project for the City of Sherbrooke was covered with blue tarps on Thursday evening. According to the city, the debris is being studied to determine its level of

toxicity. The results of the study will be sent to the Ministry of Environment to decide how to proceed. The property in question, on Winder in between Mallory and Campbell Streets, is supposed to be

the site of a water chlorination station serving Huntingville area residents.

PHOTOS BY MATTHEW MCCULLY



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# Retirement gala for outgoing ETSB staff

The Eastern Townships School Board (ETSB) honoured its retiring staff members at a Gala event at the beginning of June.

In attendance were administrators, commissioners, teachers, professionals, support staff and invited guests, all there to recognize and toast the honourees. The evening entailed the exchange of stories and a tribute to each retiree in attendance. As each administrator spoke of his or her retiring personnel, it became very apparent the wealth of experience, dedication and commitment these individuals held collectively for their students and colleagues.

On behalf of everyone at the ETSB we extend our best wishes to the following retirees:

Sharon Badowich, Petra Bardon-Stroebele, Raymond Beau-doin, Christian Brisebois, Anastasia Christodouloupoulos, Robin Colyer, Chantal Fréchette, Michael Goodsell, Kathy Han-son-Gibson, Jean Harrison, Wendy King, Randy Kinnear, Kim-berley Logan, Ralph Marrotte, Trenholm Morin, Rita Morin, Pierre Morin, Janet Mosher, Constance Peacock, Lucie Pellerin, Kenneth Porter, Donna Reid, Anne Ryzora, Del Springate, Cathy St-Jean, Jennifer Sumner, Janet Whyte



COURTESY

Donna Reid, Robin Colyer, Rita Morin, Kathy Gibson, Kim Logan, Ralph Marrotte, Connie Peacock, Anne Ryzora, Anastasia Christodouloupoulos, Sharon Badowich, Pierre Morin.  
Seated: Lucie Pellerin, Trenholm Morin, Del Springate, Wendy King, Cathy St-Jean, Chantal Fréchette

## Friendship Day 2018



PHOTOS BY GORDON LAMBIE



## Write here, Write now!

CONT'D FROM PAGE 1

Draper announced that the group planned on creating an online presence and e-book, where people could publish work by those who participate in the workshops.

“We will also be working in partnership with the Quebec Anglophone Heritage Network and Bishop’s University’s Senior Academy for Lifelong Learning,” she added. “BU has accepted to help us publish a hard-copy of a collection of our work, so that participants can take it home after the workshops are done.”

It is not the first time that the Townshippers’ Association workshops have led to publications. During Our Stories, one participant became a successful, published author.

“Our North Hatley poster child came to a past workshop. It was about memoirs,” said Draper. “When it came time to share our work, she accepted to have us read hers, and we were all touched by the memoir she wrote. It turned out she had already published a book years ago, and we encouraged her to write another. Well, she did, and her book is now a

huge success.”

The ‘poster child’ in question was Ann Mitchell; her book “Memories Are Made of This” can be found in the North Hatley Library. Draper and other organizers hope to have other similar success stories. They plan to regularly submit work produced in the workshops to the press, using outlets such as The Record and The Townships Sun as well as CJMQ. There is even a Podcast being planned.

Gerald Cutting, president of the Townshippers’ Association, praised the project as a means to preserve the spirit of the Townships, since, as he put it, “writing lasts forever”.

“Jan is tenacious. She had a vision where we celebrate the culture, arts and vitality of the Townships, and this project is a beautiful way to bring together that vision with the concrete,” he said.

Each session will be complemented by a bunch of goodies, from homemade baked goods to fresh fruit and coffee, and has a plethora of creative techniques to get the writing juices flowing. Draper, for example, does ‘otherworldly guided journeys’ through visualization techniques which help participants embody



COURTESY

Jan Draper, Melanie Cutting, Étienne Domingue and Gerald Cutting at a Write here, Write now! workshop held on Thursday evening in North Hatley.

the scene they wish to write about. The result is incredible, as she pushes participants to explore every detail of the scene, smells, textures, colors, to reach a new level of realism. The experience is

worth a try.

Details concerning the workshops, such as time and location, will be made available soon.

EDITORIAL

Whatever interpretation one might have of Doug Ford's stunning victory in Ontario, there was undeniably a bright spot in the 58 percent voter turnout rate, the highest Canada's biggest province has seen in 20 years.

# Democracy is just the worst, but still the best



PETER BLACK

I think my first lesson in the wonder of democracy was thanks to a friend named Mark T.

This was back in high school at a time when the youth revolution zeitgeist had gusted into the more remote corners of North America. What we were rebelling against? Memory fails, although our school principal was the archetypal authoritarian square who didn't contenance long hair or hippie attire. He would later be incarnated in the repressed and crazed principal in Ferris Bueller's Day Off.

What sparked the walk-out? Doesn't matter. What does matter is it led to a campaign to elect Mark T. student council president in the upcoming vote. Yours truly was his campaign manager, making up signs with slogans and writing up a revolutionary stem-winder of a speech for our photogenic but unread candidate that he promptly tossed aside at the election assembly. He ran against the uber-keener of the school who was handicapped by her brains, her prim demeanor and a coherent platform.

It may be worth mentioning that

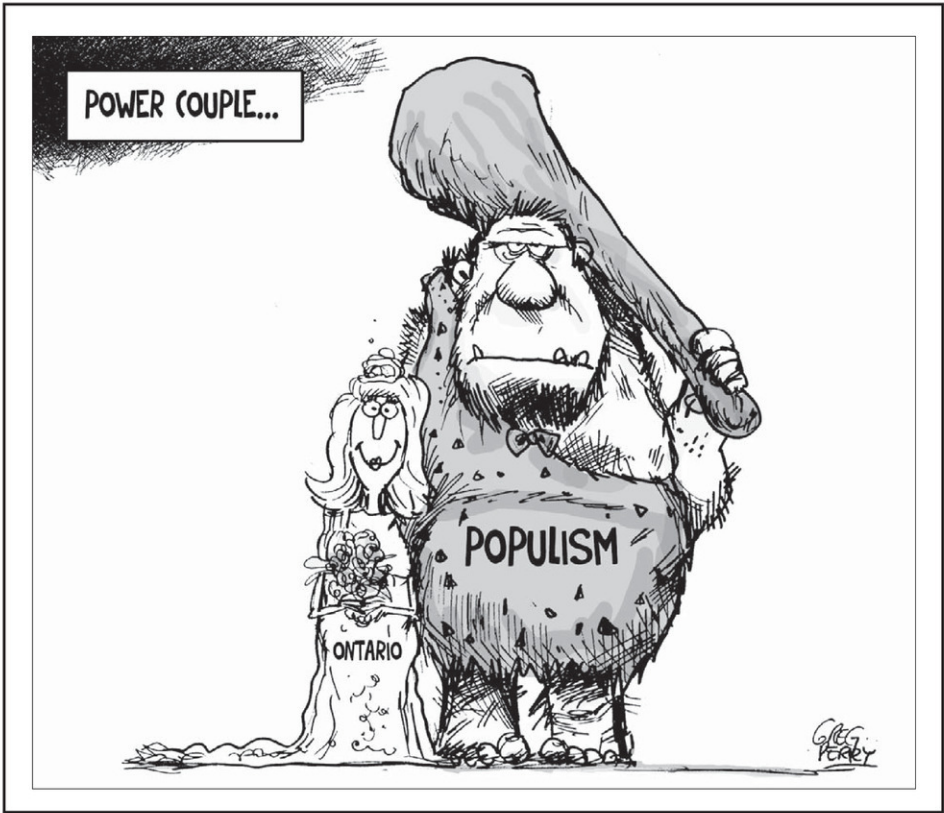
Mark T. was a Mormon who had fully embraced that faith's practice of letting teens go wild and blow off steam before they put childish things away and do a missionary stint somewhere in the world and then settle down and raise a family. He obviously viewed his gig as student militant leader as part of that experience.

Mark T. was of course elected in a landslide and served an unremarkable term as president. After high school he apparently became a carpenter and moved out west.

Thoughts of the marvels and quirks of democracy come to the mind in the wake of a few recent disparate exercises in what Churchill famously described as the "worst form of government except for all those other forms that have been tried from time to time."

Across our western border, Ontario voters opted to elect a Progressive Conservative government led by a man who clearly took a page or two from President Donald Trump's populist manual of catchy slogans - "buck a beer" - and disdain for the apparatus of modern government and bureaucracy. He never actually said "make Ontario great again." Voters swung sharply away from the opposite menu on offer from the NDP of more costly government intervention in the lives of citizens.

Whatever interpretation one might have of Doug Ford's stunning victory in Ontario, there was undeniably a bright spot in the 58 percent voter turnout rate, the highest Canada's biggest province has seen in 20 years. As encouraging as that may be, it still lags behind Quebec which had a participation rate



in the 2014 election of 71 percent.

Quebec's lowest turnout rate in modern times was 57.4 percent in 2008, just slightly below Ontario's recent highest mark. The highest level ever was in the watershed 1976 election where 85.27 of voters on the list cast a ballot. Ontario's historic high was 73 percent in 1971.

It's perhaps absurd to draw a comparison between official election participation and street protests, the ground level expression of democracy, but based on the experience in Quebec City for the three days of anti-G7 demonstrations, there appears to be a high degree of apathy afoot in the militant community.

Some will say the massive police presence in the streets of the old city discouraged a larger participation than the maximum of barely 1,000 who showed up for the two largest marches on Thursday evening and Saturday afternoon, both in pleasant weather.

Composed of gaggles of groups protesting everything from pipelines, to tax havens, to North Korean human rights abuses, to the treatment of Canada's first nations, the marches scarcely compared in size or ferocity to an average Quebec public sector union-organized manif in the streets of the capital. (Given that 10,000 civil servants had been given two days off for the G7 event, one might have expected more to have shown up at the protests.)

While demonstrators declared the G7 meeting of the world's richest democracies as not representing the real people, the self-declared real people marched in small numbers in the cocoon of police protection.

Who knows what Mark T., a one-time leader of a short-lived democratic movement, would have thought?

## Ville en Santé launches new impaired driving awareness initiative

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**Record Staff**  
SHERBROOKE

Sherbrooke Ville en Santé and its Community Safety Committee partners began a pilot initiative Friday, with the aim of educating high school seniors about the dangers of driving while impaired.

Participating students were given the opportunity to drive a "go-kart" on a closed track wearing glasses that simulate a high level of inebriation. While driving, participants faced different difficulties, such as: negotiating a curve correctly, stopping on a stop line, avoiding obstacles, and keeping on a straight line. The activity was carried out among

90 graduating students at l'École internationale du Phare,

"As the prom and summer seasons arrive, it is important to continue prevention activities and to diversify the way we reach young people," said school Principal Patrick Levasseur. "We believe that the activity will meet this need through first-hand experience."

The school environment is an ideal place to hold prevention activities. The hope is that the event was able to raise awareness of the potential dangers of alcohol consumption and that "young people will enjoy a summer where pleasure and safety are combined."

Local Sports

"We always want to give the best of ourselves so as not to disappoint our supporters and our partners."

# Magog honours Les Cantonniers

Record Staff

On Thursday, Magog Mayor Vicki-May Hamm and Magog city councillors welcomed twenty players from the Magog Cantonniers, winners of the 2018 Jimmy Ferrari Cup and finalists in the National Midget Championship for the Telus Cup.

Hamm emphasized the importance of the team's success for citizens that has contributed to Magog's influence in the region and beyond. "We are proud of you, obviously because you are talented athletes with a future," she said. "We are also proud of you because you are young adults capable of conveying beautiful values that will serve you throughout your life," she added, referring to the special connections made at La Ruche High School with students with mild disabilities.

Hamm also mentioned the important contribution of "everybody around the Cantoniers and who support you daily in the development of your sports and human skills, including your coach, Felix Potvin, and president, Renaud Légaré. They also received well-deserved honors at the Champions League of the Quebec Midget AAA League. There are also volunteers and families who kindly hosted players, most of whom work in the shadows, but are an integral part of your success."

Légaré thanked the Town of Magog, the team's partners, and all those who support them. "This encouragement and solidarity are essential for administrators and players," he said. "This is what stimulates us every moment. We always want to give the best of ourselves so as not to disappoint our supporters and our partners." In closing, Légaré invited the public to follow the team closely next season, which will be the 40th, beginning on August 31, 2018.



(COURTESY VILLE DE MAGOG)  
Magog Mayor Vicki-May Hamm and Magog Councillors greeted 20 members of Les Cantonniers hockey club at a civic reception last Thursday.



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# Datebook

MONDAY, JUNE 11, 2018

Today is the 162nd day of 2018 and the 84th day of spring.

**TODAY'S HISTORY:** In 1770, Captain James Cook discovered the Great Barrier Reef off the coast of Australia by accidentally running aground on a shoal.

In 1776, the Continental Congress appointed the Committee of Five — John Adams, Thomas Jefferson, Benjamin Franklin, Roger Sherman and Robert Livingston — to begin drafting the Declaration of Independence.

In 1963, Alabama Gov. George Wallace, confronted by National Guard troops, allowed the University of Alabama to be desegregated.

**TODAY'S BIRTHDAYS:** Richard Strauss (1864-1949), composer/conductor; Jacques Cousteau (1910-1997), explorer/inventor/writer; Vince Lombardi (1913-1970), football coach; William Styron (1925-2006), author; Gene Wilder (1933-2016), actor; Joe Montana (1956- ), football player; Hugh Laurie (1959- ), actor; Peter Dinklage (1969- ), actor; Joshua Jackson (1978- ), actor; Diana Taurasi (1982- ), basketball player; Shia LaBeouf (1986- ), actor.

**TODAY'S FACT:** In 2002, the U.S. House of Representatives passed a resolution stating that Italian inventor Antonio Meucci, who demonstrated his "telegrafofono" device in New York in 1860, should be acknowledged for his work in the invention of the telephone.

**TODAY'S SPORTS:** In 1919, Sir Barton won the Belmont Stakes, becoming the first horse to win horse racing's Triple Crown.

**TODAY'S QUOTE:** "There are friends one makes at a youthful age in whom one simply rejoices, for whom one possesses a love and loyalty mysteriously lacking in the friendships made in after-years, no matter how genuine." — William Styron, "Sophie's Choice"

**TODAY'S NUMBER:** 133,000 — square mileage of the Great Barrier Reef, the world's largest coral reef system, made up of more than 2,500 individual reefs and 900 islands.

**TODAY'S MOON:** Between last quarter moon (June 6) and new moon (June 13).

## Lifestyle changes can reduce frequency of atrial fibrillation

in the United States, making it the most common heart-rhythm abnormality in the country.

For those not familiar with the condition: The atria are the chambers of the heart that pump blood into the ventricles, which are the more muscular chambers that then push blood out to the rest of the body. Injuries to the atria can happen for a variety of reasons, leading to abnormal electrical conduction and what is known as atrial fibrillation. In these circumstances, the atria quiver instead of contracting rhythmically, creating the possibility that the blood in the chambers will form a clot, travel to the brain and cause a stroke. In fact, 15 percent of all strokes are caused by AFib.

The new study you reference assessed ways to prevent AFib. Researchers analyzed data from 13,182 men and women, ages 45 to 64, who had filled out questionnaires from 1987 through 1989 about their health habits. The participants were reassessed four more times: from 1990 through 1992; from 1993 through 1995; from 1996 through 1998; and from 2011 through 2013. Data included height and weight, smoking status, blood pressure, cholesterol levels and blood sugar levels. Questionnaires also assessed participants' diet and level of physical activity.

From all of this information, the authors divided people into three different health categories: inadequate, average or optimal. Over the years of the study, up until Dec. 31, 2014, the authors also identified those in each category who developed atrial fibrillation.

After adjusting for confounding factors, the authors found that people in the average health category had a 37 percent decreased risk of AFib compared to those

in the inadequate health category. And those in the optimal health category had a 57 percent decrease in risk compared to those with inadequate health.

Note that diet and cholesterol level did not appear to have any effect upon atrial fibrillation.

One problem with the study, however is that the authors didn't explain how they adjusted for binge drinking, which is a major risk factor for this condition. In fact, AFib occurs in 60 percent of binge drinkers. But even moderate amounts can cause the abnormal rhythm. A 2014 study found that, compared to people who had less than one drink per week, those who had seven to 14 drinks per week had a 14 percent greater risk of atrial fibrillation; those with 15 to 21 drinks per week had a 39 percent greater risk of AFib. Another factor on which the researchers were unclear is how they controlled for the impact of exercise; moderate exercise decreases the risk of AFib, while extreme exercise increases the risk.

If you have had atrial fibrillation for many years, it may be difficult for your heart to resume a normal rhythm.

However, removing risk factors such as hypertension, diabetes, smoking, sleep apnea and excessive alcohol consumption can reduce the frequency of AFib. Further, among people who underwent a heart ablation procedure to stop AFib, 62 percent of those who made lifestyle changes were able to eliminate the condition, compared to 26 percent of those who didn't make such changes. And, as we said, moderate exercise may slightly decrease the risk of AFib.

*Robert Ashley, M.D., is an internist and assistant professor of medicine at the University of California, Los Angeles.*



**ASK THE DOCTORS**  
By Robert Ashley, M.D.

**Dear Doctor:** I've suffered from atrial fibrillation for several years now. I recently read that overall heart health could reduce the risk of the condition. Is it too late for me, considering I've already been diagnosed?

**Dear Reader:** You're not alone in asking this question, especially in light of this new report. Atrial fibrillation, or AFib, affects more than 2 million people



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## RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

**BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:**  
Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)  
Discounts: 2 insertions or more: 15% off  
With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.  
**BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:**  
Text only: \$16.00 (includes taxes)  
With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.  
**WEDDING WRITE-UPS:**  
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**Please Note:** All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: [clas-sad@sherbrookerecord.com](mailto:clas-sad@sherbrookerecord.com) - They will not be taken by phone.  
**DEADLINES FOR DEATH NOTICES:**  
For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.  
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NEA Crossword Puzzle

ACROSS

1 Triumphed

4 Worn-down pencils

8 Golfer's peg

11 Bone-dry

13 General — Bradley

14 Samovar

15 TV's Jay

16 Decides

17 Slangy physique

18 Untie

20 GI's dinner

21 Psyche parts

22 Young goat

24 No-goodnik

27 Loud

30 Butter substitute

31 Songbird

32 Electric swimmer

34 Type of parrot

35 Brake pad

36 Riot spray

37 Kind of cracker

39 Tracks

40 Collection

41 California fort

42 Logger's commodity

45 Minor cleric

49 TV pioneer

50 Do origami

53 Budge

54 "Rope-a-dope" boxer

55 Eurasian mountains

56 Send out

57 Sully

58 Curious

59 Mag VIPs

DOWN

1 House part

2 Sandwich cookie

3 El — (ocean current)

4 Middays

5 Strike caller

6 Right off the —

7 Almost-grads

8 Brit's subway

9 Winged god

10 Terminates

12 Square dance call (hyph.)

Answer to Previous Puzzle

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

19 Ben & Jerry rival

20 Hosp. workers

22 Swiss artist

23 Oddjob's creator

24 — choy

25 Shake — —! (Hurry!)

26 Treasured

27 Gift card word

28 Miami cagers

29 Ugh!

31 Huh?

33 Brown of big bands

35 Hen or mare

36 Senora, in Paris

38 Deadly snake

39 Game or season opener

41 Strangely enough

42 Wheels for nanny

43 Bruins

44 Fox's abode

46 — and get it!

47 Roman poet

48 Court dividers

50 Merriment

51 Pizarro's quest

52 Musical notes

|    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  |    | 4  | 5  | 6  | 7  |    | 8  | 9  | 10 |
| 11 |    |    | 12 |    | 13 |    |    |    | 14 |    |    |
| 15 |    |    |    |    | 16 |    |    |    | 17 |    |    |
| 18 |    |    |    | 19 |    |    |    | 20 |    |    |    |
|    |    |    | 21 |    |    |    | 22 | 23 |    |    |    |
| 24 | 25 | 26 |    |    |    | 27 |    |    | 28 | 29 |    |
| 30 |    |    |    |    | 31 |    |    |    | 32 |    | 33 |
| 34 |    |    |    | 35 |    |    |    |    | 36 |    |    |
|    | 37 |    | 38 |    |    |    |    | 39 |    |    |    |
|    |    |    | 40 |    |    |    | 41 |    |    |    |    |
| 42 | 43 | 44 |    |    |    | 45 |    |    | 46 | 47 | 48 |
| 49 |    |    |    | 50 | 51 | 52 |    |    | 53 |    |    |
| 54 |    |    |    | 55 |    |    |    |    | 56 |    |    |
| 57 |    |    |    | 58 |    |    |    |    | 59 |    |    |

Your Birthday

MONDAY, JUNE 11, 2018

Take the initiative when it comes to family and friends. The work you put in nurturing important relationships will help you avoid losing touch. Preparation should be your priority this year. Keep documents and records up to date, and concentrate on making personal and physical improvements.

GEMINI (May 21-June 20) — An aggressive approach when dealing with others will be taken the wrong way. Be prepared and offer solutions that are difficult to refuse. Don't let your impulsiveness take the reins.

CANCER (June 21-July 22) — If you take every opportunity you get to help someone, you'll get something unexpected in return. A window of opportunity will soon open. Personal gain is apparent.

LEO (July 23-Aug. 22) — Be careful how you handle others, especially in a work environment. Overreacting will bring about unwanted change and plenty of questions. Remain calm and take care of business.

VIRGO (Aug. 23-Sept. 22) — Take advantage of every chance you get to learn something new. Bring about a change that will help secure your position or stabilize your lifestyle or an important relationship.

LIBRA (Sept. 23-Oct. 23) — Make the first move. Stop procrastinating and speak up about your intentions and plans. Listen to people's concerns, but follow what you feel is in your best interest.

SCORPIO (Oct. 24-Nov. 22) — Personal

changes should be made. Whether you are updating your image or altering a personal relationship, the results will turn out better than anticipated.

SAGITTARIUS (Nov. 23-Dec. 21) — Question what you hear. Go to the source if you feel unsure of a developing situation. Be willing to talk matters through until you resolve any outstanding issues.

CAPRICORN (Dec. 22-Jan. 19) — Don't hesitate to get involved in something you find interesting or intriguing. Consider the best way to turn someone else's negative into a positive. Make choices based on experience.

AQUARIUS (Jan. 20-Feb. 19) — Emotional matters will escalate quickly if you or someone close to you overreacts or behaves indulgently. Use your intellect to deal with matters that could affect an important relationship.

PISCES (Feb. 20-March 20) — How you help others will make a difference. Make sure you are clear regarding what's entailed and what you will receive in return. Don't put up with lip service or evasive answers.

ARIES (March 21-April 19) — Keep your eye on the ball when dealing with people who tend to use persuasive charm, wit and deceptive verbiage to lure you into something you should probably walk away from.

TAURUS (April 20-May 20) — Emotions are running high and should be channeled into something beneficial. Sharing with someone you love, improving your surroundings and making physical changes are highlighted.

MONDAY, JUNE 11, 2018

From a keyboard in Los Angeles

By Phillip Alder

I receive instructive deals from two people, Steve Conrad and Danny Kleinman, on a fairly regular basis. This week, I will describe some of Kleinman's deals. Like all expert players, he has his own opinions about the game, with a particular dislike of all things Blackwood. He writes for The Bridge World magazine and plays regularly in his hometown of Los Angeles.

In today's deal, how should South plan the play in six diamonds after West leads a heart?

In the auction, over one diamond, North, in his partnership methods, could not make an inverted minor-suit raise (two diamonds indicating at least game-invitational strength) or a splinter bid (three hearts promising a singleton or void in that suit), so he improvised with two clubs. South might have rebid two no-trump, but chose three clubs. Then North bid what he hoped his partner could make.

Initially, South thought that he needed West to hold the diamond king and East the spade king. Then he could have collected two spades, one heart, six diamonds and three clubs. However, there was an extra chance that cost nothing to try.

North 06-11-18

♠ A 3 2

♥ 9

♦ A Q 10 7 5 2

♣ K 9 7

West

♠ K 8

♥ 10 8 6 5 4 3

♦ K

♣ 6 5 3 2

East

♠ J 10 9 5 4

♥ K Q J

♦ 9 3

♣ J 10 4

South

♠ Q 7 6

♥ A 7 2

♦ J 8 6 4

♣ A Q 8

Dealer: South

Vulnerable: East-West

|       |      |       |          |
|-------|------|-------|----------|
| South | West | North | East     |
| 1♦    | Pass | 2♣    | Pass     |
| 3♣    | Pass | 6♦    | All Pass |

Opening lead: ♥ 5

South took the first trick and played a trump, West's king appearing immediately. Declarer won with dummy's ace, cashed the diamond queen, played a club to his queen, ruffed a heart, crossed again with a club, ruffed the last heart and cashed the club king. Finally, South played the spade ace and a spade to his queen. Bad news — West won the queen with the king. Good news — West held only two hearts and one club left, so had to concede a ruff-and-sluff.

### 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.

“XP FDBCCAD, UIH SBTDP’C SBG  
DPIHNS MIEEDD HPCXA UIH MBP  
CSLDBG B FDKXPB RBMSXPD KSXAD  
XC’F LHPPXPN.” — YDEE WDJIF

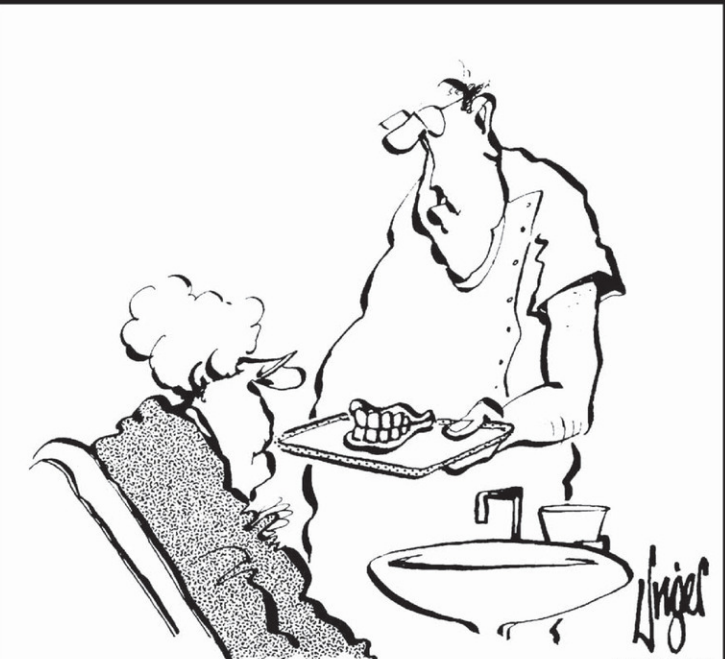
Previous Solution: “I was among those who received food and medical relief right after World War II.” — Audrey Hepburn

TODAY’S CLUE: Z sjenba f

REALITY CHECK



HERMAN



HERMAN

“These are expensive, but they’re guaranteed up to 140 words per minute.”



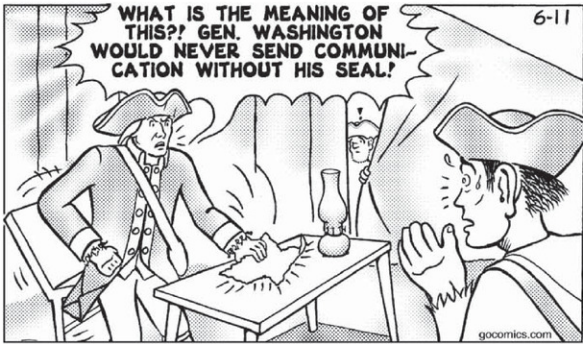
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ALLEY OOP



6-11



6-11

ARLO & JANIS



SOYBEAN OIL IS IN NEARLY ALL THE PROCESSED FOOD WE EAT!



SOYBEAN MEAL IS FED TO LIVESTOCK AND POULTRY!



SOYBEANS ARE MADE INTO SUBSTITUTES FOR MILK AND MEAT AND YOGURT!



AND I COULDN'T TELL YOU WHAT A SOYBEAN LOOKS LIKE!

THE BORN LOSER



I SLIPPED AND FELL DOWN, HITTING MY HEAD!



I THINK I MAY HAVE A CONCUSSION- I FEEL VERY DAZED AND CONFUSED!



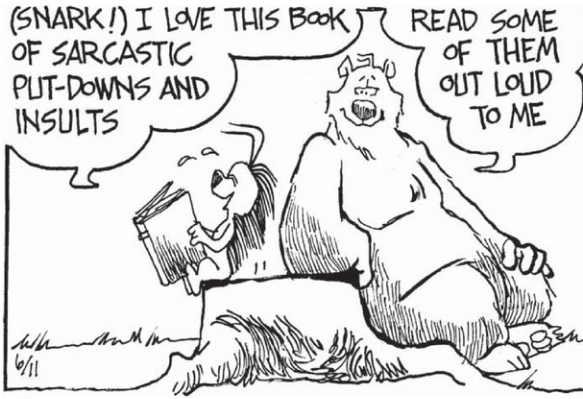
YOU MEAN MORE THAN USUAL?

FRANK AND ERNEST



I KEEP TRYING TO TELL THAT DOG THAT GIVING UNCONDITIONAL LOVE LEAVES YOU NOTHING TO BARGAIN WITH.

GRIZWELLS



(SNARK!) I LOVE THIS BOOK OF SARCASTIC PUT-DOWNS AND INSULTS



READ SOME OF THEM OUT LOUD TO ME

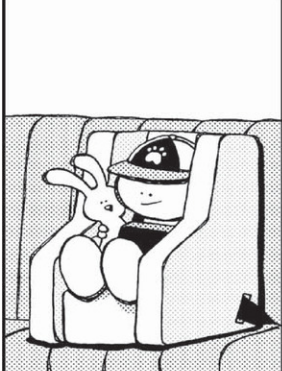


UM... I'D RATHER NOT, BUDDY

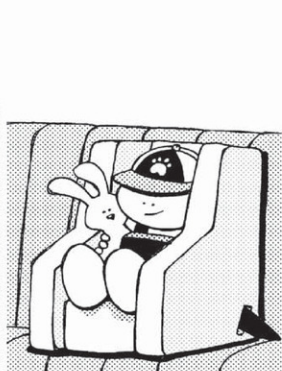


NO, PLEASE... I INSIST!

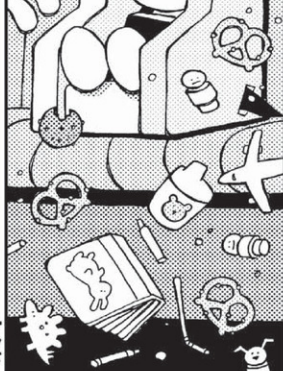
THATABABY



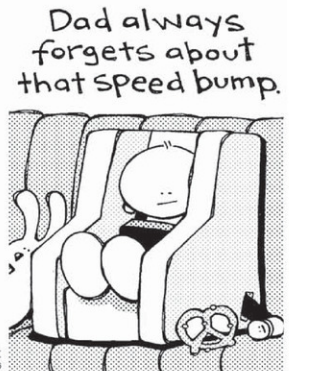
6-11



6-11



6-11



6-11

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E-MAIL: [classad@sherbrookerecord.com](mailto:classad@sherbrookerecord.com)  
OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

CLASSIFIED

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION  
OR MAIL YOUR PREPAID CLASSIFIED ADS TO  
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100 Job Opportunities

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- Report irregularities to maintenance team.
- Autonomy, courtesy and team spirit.

Servers

- Setting up the dining room
- Bring plates/clear away tables
- Bilingual French/English required

Please share your application by email at [marketing@manoirhovey.com](mailto:marketing@manoirhovey.com) or in person at 575 rue Hovey, North Hatley, QC

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294 Events

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PUBLIC NOTICE

Notice is hereby given, in accordance with section 278 of the *Education Act*, that the budget for the 2018-2019 school year will be presented for adoption by the Council of Commissioners at the next Board meeting that will be held in the Board Room of the Eastern Townships School Board located at 340 Saint-Jean-Bosco, in Magog, QC, on Tuesday June 26, 2018 at 7:00 p.m.

Given in Magog, Quebec, on this 11th day of June 2018.

Eric Campbell  
Secretary General

THUMBS UP!

Whatever you're after, just thumb through the Classifieds and you'll be good to go! That's all there is to it!

819-569-9525  
450-242-1188



SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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

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PREVIOUS SOLUTION

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

HOW TO PLAY:

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

# Behaviour when getting a lift

## Dear Annie

MONDAY, JUNE 11, 2018

Dear Annie: About a month ago, a truck with an attached trailer lost control while on the highway and smashed into my sedan. Luckily, everyone was OK. However, my car is currently in the shop for major repairs. I'm working through some fear of driving, and I didn't want to pay the insurance on a car I might not use, so I decided to forgo getting a rental. Instead, my insurance is covering the cost of ride-hailing services. My son introduced me to some apps, and I've been using them to get to and from work and other places a few days a week.

Most drivers have been very pleasant. However, I am perplexed by the etiquette, and the internet hasn't been much help. Sometimes the driver will motion for me to sit up front. Sometimes I get no acknowledgment until I'm already climbing in the back of the car. Sometimes I open the front door and there's a bag in the way, which leads to a shuffle, with the driver trying to move the bag and me trying to get in the back, and I end up feeling nervous. Sometimes the driver is

chatty when I'm in no mood to chat; I don't want to be rude, so I'll exchange some small talk. Sometimes I'd like to talk but the driver seems to want quiet, so I don't talk because I don't want to be rude. My son says this is all normal, but I'm tired of feeling anxious in the cars. Are there ways to show that I'm interested in talking or not? — New to Ride-Hailing

Dear New to Ride-Hailing: In general, opting for the front seat indicates that you'd like to chat, whereas sitting in the back seat says you'd like to be left alone. Either option is fine. If your driver is chatty and you don't feel like talking, be cordial but keep your responses short and the driver will usually get the hint.

A bag or something else on the passenger seat typically means that the driver would prefer you to sit in the back. But don't worry if you miss that cue. Really, don't sweat any of this too much. As long as you're polite, sober and waiting at the designated pickup location, your driver will be happy.

Dear Annie: This is in response to "Can't Go Barefoot on My Own Lawn." I have a solution for the problem of dogs doing their business on the lawn. I live in Hawaii, and I've seen this used for 40 years. It is an old Japanese remedy. You get a large glass jar; the kind that mayonnaise comes in works well, but any glass jar will do. Take off the label. Fill the jar with clear water. Put the top on, and put it on your lawn. Anywhere is fine. One jar will work for a small lawn. Use two or three for a large lawn.

It sounds crazy, but dogs get spooked by the jars of water and will not sully the grass. They just won't go.

If you drive around Hilo, Hawaii, and most towns here, you see water jars on many lawns. Sounds weird, but "Can't Go Barefoot" should give it a try. — Dennis in Hawaii

Dear Dennis: If this works, you will be a hero to beleaguered lawn owners the world over. I would love to hear from any readers who try this.

"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.

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# How to make a juicy blueberry pie and keep your crust crisp

By America's Test Kitchen

We wanted a pie that had a firm, juicy filling full of fresh blueberry flavour with still plump berries, and we also wanted a crisp, flaky crust.

To thicken the pie, we tried cornstarch as well as our gluten-free flour blend but preferred tapioca starch, which was subtle enough to allow the berry flavour to shine through. Too much of it, though, created a congealed mess.

Cooking some of the blueberries down to a saucy consistency helped us reduce the amount of tapioca required, as did adding a peeled Granny Smith apple that we shredded on the large holes of a box grater.

Rich in pectin, the apple helped thicken the berries naturally. Since gluten-free pie crusts can easily turn soggy, we found that preheating a sheet pan in the oven and baking the pie on the lower rack helped keep the crust crisp. (We also offer a gluten-free flour blend).

It's not safe to place a glass (Pyrex) pie plate on a preheated baking sheet. If you must use a glass pie plate, do not preheat the baking sheet; note, however, that your crust will not be as crisp. This pie is best served the day it is made.

## BLUEBERRY PIE

Servings: 8  
Start to finish: 3 hours

30 ounces (6 cups) blueberries  
1 Granny Smith apple, peeled, cored, and shredded  
5 1/4 ounces (3/4 cup) sugar  
2 tablespoons tapioca starch  
2 teaspoons grated lemon zest plus 2 teaspoons juice  
Pinch salt  
1 recipe Double-Crust Pie Dough (recipe below)  
1 large egg white, lightly beaten

Cook 3 cups blueberries in medium saucepan over medium heat, mashing occasionally with potato masher to help release juices, until half of berries have broken down and mixture is thickened and measures 1 1/2 cups, about 8 minutes. Let cool slightly.

Place shredded apple in clean kitchen towel and wring dry. Combine apple, cooked berry mixture, remaining 3 cups uncooked berries, sugar, tapioca starch, lemon zest and juice, and salt in large bowl.

Adjust oven rack to lowest position, place foil-lined rimmed baking sheet on rack, and heat oven to 425 F. Roll 1 disk of dough into 12-inch circle between 2 large sheets of plastic wrap. Remove top plastic, gently invert dough over 9-inch metal pie plate, and ease dough into plate; remove remaining plastic. Roll other disk of dough into 12-inch circle between 2 large sheets of plastic. Remove top plastic. Using 1 1/4-inch round cookie cutter, cut hole in centre of dough, then cut out 6 more holes, about 1 1/2 inches from hole in centre, evenly spaced around centre hole.

Spread blueberry mixture evenly into dough-lined pie plate. Gently invert top crust over filling and remove remaining plastic. Trim dough 1/2 inch beyond lip

of pie plate, pinch dough edges together, and tuck under itself to be flush with edge of pie plate. Crimp dough evenly around edge using your fingers. Brush pie with egg white.

Place pie on preheated baking sheet and bake until crust is light golden brown, about 25 minutes. Reduce oven temperature to 350 F, rotate baking sheet, and continue to bake until juices are bubbling and crust is deep golden brown, 30 to 40 minutes longer. Let pie cool on wire rack to room temperature, about 4 hours. Serve.

## DOUBLE-CRUST PIE DOUGH

Makes enough for one 9-inch pie

Perfect pie dough has just the right balance of tenderness and structure. The former comes from fat, the latter from the long protein chains, called gluten, that form when flour mixes with water. Too little gluten and the dough won't stick together; too much and the crust turns tough.

So presumably we would face mostly a structural issue with a gluten-free dough, since gluten-free flours are naturally low in protein. As our first step, we swapped in our gluten-free flour blend for the wheat flour in all the pie dough recipes the test kitchen has developed over the years. We produced workable doughs in every case, but an all-butter dough (which includes sour cream for tenderness) had the necessary richness to stand up to the starchiness of the gluten-free flour blend and was clearly the best starting point.

Although we weren't surprised to find that the dough was still too soft and lacked structure, we were taken aback by how tough it was; on its own, the sour cream was not sufficient to tenderize a gluten-free dough. We solved the structural problem easily with the addition of a modest amount of xanthan gum, but flakiness and tenderness were still elusive.

In an effort to further tenderize our dough, we tested ingredients that are known to tenderize: baking soda, lemon juice, and vinegar. Vinegar was the clear winner, producing a pie crust that was not only tender, but also light and flaky. Like conventional recipes, this pie dough can be prepared in advance and refrigerated for two days; however, it is not sturdy enough to withstand freezing.

6 tablespoons ice water  
3 tablespoons sour cream  
1 tablespoon rice vinegar  
13 ounces (2 3/4 cups plus 2 tablespoons) ATK Gluten-Free Flour Blend (recipe below)  
1 tablespoon sugar  
1 teaspoon salt  
1/2 teaspoon xanthan gum  
16 tablespoons unsalted butter, cut into 1/4-inch pieces and frozen for 10 to 15 minutes

Combine ice water, sour cream, and vinegar together in bowl. Process flour blend, sugar, salt, and xanthan gum together in food processor until combined, about 5 seconds. Scatter butter over top and pulse until crumbs look uniform and distinct pieces of butter are no longer visible, 20 to 30 pulses.

Pour half of sour cream mixture over flour mixture and pulse to incorporate, about three pulses. Add remaining sour cream mixture and pulse until dough comes together in large pieces around blade, about 20 pulses.

Divide dough into two even pieces. Turn each piece of dough onto sheet of plastic wrap and flatten each into 5-inch disk. Wrap each piece tightly in plastic and refrigerate for 1 hour. Before rolling out dough, let it sit on counter to soften slightly, about 30 minutes. (Dough can be wrapped tightly in plastic and refrigerated for up to 2 days.)

## THE AMERICA'S TEST KITCHEN GLUTEN-FREE FLOUR BLEND

Makes 42 ounces (about 9 1/3 cups)

It is important to bring the mix to room temperature before using it in a recipe. Be sure to use potato starch, not potato flour. Tapioca starch is also sold as tapioca flour; they are interchangeable. See notes at right about shopping for rice flours and substitutes for potato starch and nonfat dry milk powder.

24 ounces (4 1/2 cups plus 1/3 cup) white rice flour  
7 1/2 ounces (1 2/3 cups) brown rice flour  
7 ounces (1 1/3 cups) potato starch  
3 ounces (3/4 cup) tapioca starch  
3/4 ounce (3 tablespoons) nonfat milk powder

Whisk all ingredients together in large bowl until well combined. Transfer to airtight container and refrigerate for up to 3 months.

Nutrition information per serving: 506 calories; 227 calories from fat; 26 g fat (15 g saturated; 1 g trans fats); 63 mg cholesterol; 339 mg sodium; 70 g carbohydrate; 7 g fiber; 34 g sugar; 6 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Blueberry Pie in "The How Can It Be Gluten-Free Cookbook."

(The Associated Press)



*The Record would like to thank our loyal readers and invite them to participate in the*

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before June 15 and let us know why you want your father to win a trip to the spa.